

# K-12 Toolkit



THE HUMANE SOCIETY  
OF THE UNITED STATES

# A self-operated toolkit



Introducing our K-12 toolkit for self-operated accounts. The following information provides your staff and customers with a solid understanding of why you should offer more plant-based menu items and how you can offer more plant-based menu items. We have included tools and resources so you can successfully run your own plant-based culinary training.

No matter your reason for helping your guests choose plant-based options, feel good about your decision knowing that you're making a positive difference in the world. The HSUS stands behind you, ready to assist.

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# Why offer more plant-based menu items?

## STUDENT HEALTH, SUSTAINABILITY, ANIMAL WELFARE, AND COST SAVINGS

Diets rich in vegetables, fruits, whole grains, legumes and nuts are consistently linked to lower cholesterol levels, blood pressure and obesity rates. The Academy of Nutrition and Dietetics says that these diets are appropriate for people in all stages of life, including childhood and adolescence, and for athletes.

Animal agriculture has also been implicated by the United Nations as one of the top contributors to global environmental problems due to its vast use of water, land and fossil fuels and high carbon dioxide and methane emissions. And, the majority of meat, milk and eggs produced in the U.S. come from animals confined in factory farms, their lives bearing no resemblance to the way most of us envision farm life.

By reducing the amount of animal-based purchased—while increasing and highlighting plant-based options—your school can help improve the health of the children and the planet while simultaneously improving animal welfare.

This initiative at your school might even help meet the demand for healthier meals while saving money! As meat prices continue to rise, affordable favorites like a Fiesta Rice and Beans Bowl, Amazing Lo Mein or Crazy Chickpea Salad make hearty, protein-rich replacements for meat-based dishes.

Popular protein sources in child nutrition programs	Commercial pricing per 2-oz serving in participating Florida schools
Beans	\$0.15 - \$0.28
Beyond Meat crumbles	\$0.37 - \$0.42
Beef crumbles	\$0.33 - \$0.53
Dark and white meat chicken	\$0.33 - \$0.52
Fish sticks	\$0.45 - 0.66

“I know many of our families will be excited to see new ethnic dishes and more variety in our vegetarian offerings. When we implement these new dishes to our menu in February, not only will our kids be getting more variety in their protein sources, more fiber and less saturated fat and cholesterol, but we’ll also be saving money on food costs. By saving money on the protein, we’re able to invest more in other meal and snack offerings on our menu.”

– KINDERCARE EDUCATION





# How to implement more plant-based foods

This toolkit is specially crafted for self-operated K-12 accounts

## PREMIER ACCOUNTS

We can offer hands-on, in-person training and additional expertise for programs that set a goal of becoming a [Premier Account](#). We understand that such commitments are not immediately possible for all programs, so we've put together this Toolkit for Self Ops so that programs can easily utilize our standardized recipes and plant-based culinary trainings on their own. We're happy to jump on a call and walk you through any questions you may have, just send us a message!

→ [EMAIL](#) the HSUS with any questions at [forwardfood@humanesociety.org](mailto:forwardfood@humanesociety.org).

## RECIPES

Our team of chefs and registered dietitians have developed over 100 plant-based recipes that are compliant with USDA standards for nutritionals/components and are standardized for 50 and 100 servings. We encourage you to use our [plant-based recipes](#) and our [standardized tempting tempeh recipes](#) as they are or as a template that can be modified to best serve your school and childcare programs. We also have [cycle menu templates](#) that highlight different ways of including plant-strong entrees, anywhere from once a week to every day.



## Host a hands-on culinary training

The practical information you need to host a plant-based training yourself

### TRAINING BENEFITS

A great way to engage your program staff and get them on board with serving more plant-based food is to provide them with hands-on culinary training, working with delicious, student-friendly, plant-based recipes. As attendees prepare and sample a variety of meals, they explore the ease of making them, taste how flavorful they are and discuss which options might work best on the menus. This is a great way to spend time during professional learning days, for team building and enjoying innovative time together in the kitchen.

### TRAINING VARIATION

If you're unable to conduct a hands-on culinary training, another option is to have your staff participate in professional development training that includes recipe demonstrations and samplings. For this variation, the recipes will need to be prepared beforehand by kitchen staff, saving time while still offering recipe training and sampling. This variation is ideal when time and space are limited or there will be a large number of attendees without ample kitchen space for hands-on opportunities.



# Additional considerations and resources

Here's what you need to succeed

## RECIPE IMPLEMENTATION

- Create a goal for what percentage of your meals will be plant-based (aim for 20 percent or more each year) and select a menu that fits this goal.
- Try highlighting the plant-based options on your serving line and à la carte stations by making them the first options guests see.
- Use an “umbrella program” to feature plant-based options: Farm to School, Harvest of the Month, Wellness Initiatives and more. [Read more here](#) about Miami-Dade County Public Schools as an example.
- If creating your own plant-based recipes, use descriptive terms that convey the flavor, ethnicity, texture, etc. of the item. For example, “tasty char-grilled tofu bowl with miso ramen”.
- The most effective way to make plant-based food appealing to the majority (not just vegans and vegetarians) is to simply call food what it is and not label it “vegetarian or “vegan.” Using fun names, such as Big Bad Bean Burrito, versus just Bean Burrito, also goes a long way.
- Highlight and market your plant-based dishes via social media, point of sale signs, tastings, newsletters to families and staff, your website, posters, recipe contests and the like.

## TRAINING CONSIDERATIONS

- Will the training take place when school is in session or on break?
- How many attendees will there be?
- How much time do you have? This will help with determining how many recipes to make.
- What type of equipment are your staff accustomed to using? This will help with recipe selection.
- Where will the training be located?
- What is the size and layout of the kitchen? This will help determine how to best set up working stations, which can flow into the cafeteria or other room. Will the kitchen accommodate the entire group or will portable stations be needed in the cafeteria or adjoining space? An example of station set-up may be found [here](#).
- Which recipes would you like to feature?
- Basic food prep the day before or morning of the training might be necessary. This will include cooking rice, opening cans, rinsing produce, etc.
- If giving a presentation, will the location of the training have PowerPoint capabilities, appropriate cables and cords to display the PowerPoint from a computer, speakers, internet access, etc.?
- Would you like to invite media to cover the training?

## RESOURCES

- Check out [Meatless Monday](#) for more marketing resources!
- Try some of these [prepared products](#) to add to your existing recipes and to complement your robust, flavorful menu. All items listed are readily available to schools and compliant with crediting standards for the National School Lunch Program.
- Check out the [Professional Guide to Meat-Free Meals](#).
- Check out [Friends of the Earth](#).
- Sign up for our [Forward Food newsletter](#)!



## Appendix

Everything you need to host your own hands-on, plant-based culinary training

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# Template for self-guided, hands-on, plant-based culinary training

40 minutes	<b>Introduction to HSUS' self-guided plant-based culinary training</b> Pre-recorded webinar, overview of the program, identifying the demand for plant-based foods, investigating the research on plant-based nutrition, innovative plant-strong programs & marketing, plant-strong menu planning for schools
75 minutes	<b>Hands-on culinary training: 2-4 people per group</b> <b>Group 1:</b> Amazing Lo Mein <b>Group 2:</b> Asian Salad <b>Group 3:</b> Blazin' Buffalo Wrap <b>Group 4:</b> Booming BBQ Chopped Salad <b>Group 5:</b> Chocolate Chip Cookie Dough Hummus <b>Group 6:</b> Mediterranean Flatbread with Hummus <b>Group 7:</b> Buffalo Cauliflower (Baked), Terrific Tabbouleh <b>Group 8:</b> Sizzling Street Tacos with Cilantro Crema <b>Group 9:</b> Spectacular Sweet Potato & Bean Burrito <b>Group 10:</b> Sweet Sloppy Joes with Lentils, Confetti Coleslaw <b>Group 11:</b> Teriyaki Wrap <b>Group 12:</b> Tasty Tortilla Soup
35 minutes	<b>Recipe sampling &amp; discussion</b> Recipe presentation, sampling, brief discussion, clean up, end of program

## OBJECTIVE

The Humane Society of the United States (HSUS) is excited to provide this template for a self-guided plant-based culinary training. We hope that you will be able to use this template, along with our free standardized plant-based recipes, to offer an exciting and educational opportunity for your culinary staff. The objective is to educate your food service professionals about the benefits of and demand for plant-based foods. Training participants will learn how to create easy, delicious, and healthy plant-based items that students will love.

## TRAINING OVERVIEW

Our self-guided plant-based culinary training will include a recorded webinar where an HSUS staff member will discuss the overview of our program and explain why it's important to embrace plant-based menu items. The webinar will also review the research on plant-based nutrition and discuss how to incorporate more plant-based menu items in a school setting.

Participants will work together in teams of 2-4 to execute 1-2 plant-based recipes per group, for a total of 14 recipes. These recipes were created by HSUS' expert culinary team and reviewed by HSUS' team of registered dietitians. After recipe execution, participants will present their dishes to the group and everyone will sample the dishes. The discussion at the end is an ideal time for participants to share what they learned and for leadership to walk away with new recipes. This training is designed to be 2 ½ hours long.

→ **EMAIL** the HSUS to request the pre-recorded webinar at [forwardfood@humanesociety.org](mailto:forwardfood@humanesociety.org).

## NEXT STEPS

HSUS would love to hear about the success of your self-guided training! We would like to encourage you to share stories, photos, and feedback from your training with us by emailing [ForwardFood@humanesociety.org](mailto:ForwardFood@humanesociety.org). If you are interested in committing 50% of your menu to plant-based foods in the next two years, we would love to help support you farther with an in-person training.



# Ingredient list for self-guided K-12 culinary training

## GRAINS/OTHER DRY INGREDIENTS

- Whole grain spaghetti noodles - 1 lb. 4 oz.
- Lentils, dry, red lentils preferred - 6 ounces
- Tortilla, whole grain - 40 each
- Brown rice, dry - 4 cups
- Rolled oats - 2/3 cup
- Corn tortilla chips - 12 ounces
- Flatbread, whole grain - 10 each
- Hamburger buns, whole grain - 10 each
- Bean pasta - 2 pounds

## FROZEN INGREDIENTS

- Corn, thawed and drained - 3 pounds
- Beefless crumbles - 1 lb. 10 oz.
- Edamame, shelled - 1 ½ pounds
- Vegetables, Stir fry variety - 2 lbs. 10 oz.
- “Chicken-free” strips - 1 lb. 10 oz.

## CANNED GOODS

- Pinto beans, canned, drained - 1- # 10 can
- Green chilis - 12 ounces
- Garbanzo beans, canned, drained - 2-# 10 can
- Salsa - 5 cups
- Black beans, canned, drained - 1- # 10 can
- Black olives, sliced - 1 cup
- Green chilis - 1/3 cup
- Canned diced tomatoes - 15 ounces
- Tomato juice - 1 quart

## FRESH PRODUCE/REFRIGERATED PRODUCTS

- Mushrooms, sliced - 6 ounces
- Carrots, shredded - 5 ½ cups
- Carrots, cut in ½ -inch thick rounds - 2 cups
- Garlic, minced - 1 cup
- Cilantro, fresh - 2 bunches
- Avocado - 2 total
- Broccoli florets - 10 ounces
- Sugar snap peas - 10 ounces
- Potatoes, russet - 2 cups
- Cabbage, shredded - 4 ½ cups
- Onion, diced - 4 cups
- Cucumber, diced - 2 cups
- Apple - 4 total
- Romaine lettuce, chopped - 16 ounces
- Jalapeno - 1 each
- Kale, stems removed - 12 ounces
- Purple cabbage - 1 lb. 10 oz.
- Red Peppers - 5 cups
- Basil, fresh - 2 cups
- Carrot, diced - 1 cup
- Tomatoes, fresh, diced - 3 ½ cups
- Cauliflower florets - 1lb. 2 oz.
- Red onion, diced - 2/3 cup
- Sweet Potatoes - 1lb. 2oz.
- Parsley, fresh - 1 cup

## MISC.

- Non-dairy chocolate chips - ¾ cup

# Ingredient list for self-guided K-12 culinary training continued

## SAUCES/CONDIMENTS

- Soy sauce, low sodium -  $\frac{1}{2}$  cup
- Vegetable stock -  $5 \frac{1}{2}$  cups
- Lime juice -  $\frac{3}{4}$  cup
- Lemon juice -  $1 \frac{1}{2}$  cups
- Mayo, eggless -  $\frac{1}{4}$  cup
- Hot sauce - 1 teaspoon
- Teriyaki sauce -  $1 \frac{1}{2}$  cups
- Maple syrup - 2 cups
- Apple cider Vinegar - 1 cup
- Olive oil -  $3 \frac{1}{2}$  cups
- Nut or seed butter -  $\frac{3}{4}$  cup
- Vanilla extract - 3 tablespoons
- Dairy free Ranch dressing -  $2 \frac{1}{2}$  cups
- Hot wing sauce (mild) -  $\frac{2}{3}$  cup
- BBQ sauce -  $1 \frac{1}{2}$  quarts
- Dijon mustard - 2 tablespoons

## SPICES/SEASONINGS

- Salt -  $1 \frac{1}{2}$  cup
- Black pepper -  $1 \frac{1}{2}$  cup
- Taco seasoning - 2 tablespoons
- Garlic, granulated -  $\frac{1}{2}$  cup
- Ginger, ground - 2 tablespoons
- Sugar -  $\frac{1}{2}$  cup
- Cumin, ground -  $\frac{1}{4}$  cup
- Crushed pepper flakes - 3 teaspoons

# Equipment list for self-guided K-12 culinary training

- Stove top/ or portable burners
- Oven or steamer
- Hotel Pans – 10 (we recommend large disposable roasting pans. They can be used for mixing ingredients, then for baking or chilling and finally used to serve in)
- Large mixing bowls – 2
- Small mixing bowls -
- Large skillets- 1
- Large saucepan- 1
- Large pot- 1
- Food processor- 1
- Sets measuring cups- 1
- Sets measuring spoons- 1
- Sheet trays – 5
- Vegetable peeler- 1
- Serving spoons- 5
- Tongs- 2
- Cutting boards- 2
- Colander- 1
- Parchment paper - 1
- Plates for sampling
- Cutlery for sampling
- Napkins

# K-12 self-guided culinary training prep sheet

## Food preparation needed before training

### Time saving tips for prep

1. Open, rinse and drain all beans together. Group same bean type and store together in one container.
  - ✓ Example: Combined all chickpeas in one large container, all black beans combined in one large container
  - ✓ Wash and dry all produce at once and store in bowl/containers in cooler.
2. Cook rice for all recipes together.
3. Cook pasta for all recipes together, if same type.
4. Set up each station. One station per recipe.
  - ✓ On large sheet tray place one kitchen towel, 2 copies of the recipe and all ingredients. Store on speed rack in cooler over-night. One tray per recipe. Can also be done 1-2 hours before training and held on speed rack.
5. Place all ingredients that will be shared, garlic, beans etc. on a table together.
6. Place all spices, oils, mayo, etc. that everyone will be using, on a table together.

### Recipes and prep instructions

1. **Amazing Lo Mein**
  - ✓ Prepare pasta (best to do morning of)
  - ✓ Drain chickpeas and rinse and place in bowl/container in the cooler
2. **Asian Salad**
  - ✓ Wash produce and store in bowl/container in cooler
  - ✓ Prepare rice (best to do morning of)
  - ✓ Edamame (if frozen, thaw in cooler overnight)
3. **Blazin' Buffalo Ranch Wrap**
  - ✓ Wash produce and store in bowl/container in cooler
4. **Booming BBQ Chopped Salad**
  - ✓ Drain and rinse beans and place in bowl/container in the cooler
  - ✓ Wash produce and store in bowl/container in cooler
5. **Buffalo Cauliflower**
  - ✓ Rinse cauliflower, be sure they are cut in florets, store in bowl/container in cooler
6. **Chocolate Chip Cookie Dough Hummus**
  - ✓ Rinse and drain chickpeas and place in bowl/container in cooler
7. **Confetti Coleslaw**
  - ✓ Wash all produce and store in bowl/container in cooler

# K-12 self-guided culinary training prep sheet continued

## 8. Mediterranean Flatbread

- ✓ Rinse basil, then pat dry, store wrapped in damp paper towel in cooler
- ✓ Drain chickpeas place in bowl/container in the cooler
- ✓ Open any other cans and store in bowl/container store in cooler

## 9. Sizzling Street Tacos with Cilantro Crema

- ✓ Drain and rinse beans and place in bowl/container in the cooler
- ✓ Thaw corn in cooler
- ✓ Open any other cans and place in bowl/container and store in cooler
- ✓ Wash produce and store in bowl/container in cooler

## 10. Spectacular Sweet Potato & Bean Burrito

- ✓ Drain and rinse beans and place in bowl/container in the cooler
- ✓ Open salsa and place in bowl/container in cooler
- ✓ Prepare rice (best to do morning of)
- ✓ Wash produce and store in bowl/container in cooler

## 11. Sweet Sloppy Joes

- ✓ Prepare lentils and store in cooler

## 12. Tasty Tortilla Soup

- ✓ Drain and rinse beans and place in bowl/container in the cooler
- ✓ Open any other cans and place in bowl/container in cooler
- ✓ Wash produce and store in bowl/container in cooler

## 13. Teriyaki Wrap

- ✓ Drain and rinse chickpeas and place in bowl/container in the cooler
- ✓ Place frozen vegetables in cooler to thaw
- ✓ Wash produce and store in bowl/container in cooler

## 14. Terrific Tabbouleh

- ✓ Wash produce and store in bowl/container in cooler
- ✓ Prepare pasta (best to do morning of)

## General prep morning of

1. Set up stations for each recipe group
2. Set up 3-4 tables for shared ingredients
3. Place a Sani-buckets around stations (one for every 2 -3 three stations)
4. Group together foil pans, knives, cutting boards, measuring cups, spoons and food service gloves etc.

# Station set up



A close-up photograph of a red plastic tray filled with spaghetti. The spaghetti is topped with a light-colored sauce and mixed with diced orange carrots, green peas, and green beans. To the left of the spaghetti is a side salad consisting of green leafy vegetables and sliced cherry tomatoes. In the background, a clear plastic water bottle is visible, partially out of focus. The entire scene is set on a light-colored wooden surface.

**Recipe list for self-guided K-12  
culinary trainings**

# Amazing Lo Mein with Edamame

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield: 10 (2 m/ma) servings or 20 (1 m/ma) servings

Ingredients	Weight	Measure
Noodles, Spaghetti, dry weight	1 lb. 4 oz.	
Oil, olive or vegetable		1/3 cup
Garlic, minced		1 ½ Tbsp.
Onion, diced		1/3 cup
Carrots, shredded		1 ¼ cups
Vegetables, stir-fry variety, frozen		1 ¼ quarts (5 cups total)
Soy Sauce, low sodium		c1/3 cup
Sugar, granulated		3 Tbsp.
Beans, garbanzo, canned, drained OR cooked from dry		3 cups OR ¼ -#10 can
Edamame, shell removed, thawed	1 lb.	
Cilantro, fresh		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Spaghetti made be prepared ahead of time, please check with instructor before cooking spaghetti. If
2. not, prepare spaghetti al dente; drain and keep warm.
3. Heat oil in a wok, fry pan or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen
4. stir-fry vegetables. Sauté until vegetables are tender but crisp.
5. Add spaghetti, soy sauce, sugar, edamame and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
6. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

## Serving Information

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable. OR

Portion ¾ cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup other vegetable.



# Amazing Lo Mein with Edamame continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

**Nutrition Information** per 1 ½ cup serving \*From USDA Nutrient Database

Calories: 480 Total Fat: 14g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat:  
2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 76g Fiber: 17g Total Sugar: 10g Protein: 20g  
Sodium: 435mg Vitamin A: 305µg Vitamin C: 6mg Calcium: 100mg Iron: 5mg Folate: 193µg

# Asian Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Measure	Weight
Oil	2 Tablespoons	
Kale, chopped	1 ¼ cup	12 ounces
Lettuce, chopped	1 ¼ cup	12 ounces
Carrot, shredded	1 cup	8 ounces
Purple cabbage, shredded	1 cup	8 ounces
Cucumber, diced	1 cup	8 ounces
Red Pepper, diced	1 cup	8 ounces
Edamame, shelled		10 ounces
Chickpeas, canned, drained and rinsed		15-ounces
<b>Dressing</b>		
Seed or nut butter	¼ cup	
Apple cider vinegar	1 Tablespoon	
Lemon juice	2 Tablespoons	
Soy sauce	2 Tablespoons	
Agave	3 Tablespoons	
Garlic, minced	1 Tablespoon	
Ginger, ground	1 teaspoon	
Salt	½ teaspoon	
Crushed red pepper flakes	1 teaspoon	
Water, more for a thinner consistency	¼ cup	
Rice, brown	5 cups, prepared	

## Preparation

1. Check with instructor to see if rice is prepared
2. Place chopped kale in a medium bowl, pour oil over and massage the oil into the leaves, approximately 3-4 minutes, until they have softened and are pliable
3. Chop lettuce, carrot, purple cabbage, cucumber and red pepper
4. Set edamame and chickpeas aside.
5. Combine all the ingredients in a blender, and blend until completely smooth. Chill dressing.

## Serving Information/Notes

Toss chopped vegetables with chickpeas and edamame. Drizzle dressing over salad and toss  
1 cup of salad provides 1M/Ma, 1 ½ G/Veg, 1 OR/Veg, ½ purple/Veg

## Nutrition Information

 \*From USDA Nutrient Database

Calories: Total Fat: g Saturated Fat: g Monounsaturated Fat: g Polyunsaturated Fat: g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: g Fiber: g Total Sugar: g Protein: g Sodium: mg Vitamin A: µg  
Vitamin C: mg Calcium: mg Iron: mg Folate: µg

# Blazin' Buffalo Ranch Wrap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

**Yield: 10 servings**

Ingredients	Weight	Measure
Chicken-free strips 2 ounces = 2 m/ma	1 lb. 4 oz.	
Tortilla, 10", whole grain rich		10 each
Hot wing sauce		¼ cup + 1 Tablespoon
Romaine lettuce, chopped	4 ounces	
Carrots, shredded	5 ounces	
Dairy-free Ranch Dressing		1 ¼ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Preheat oven to 350°F.
2. Combine chicken-free strips and wing sauce and bake until product reaches an internal temperature of 150°F for 15 seconds. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

3. Combine chopped romaine and shredded carrots in a bowl.
4. Portion ½ cup of salad mixture and four pieces of the buffalo chickn' in each tortilla. Top with 1 ounce ranch and fold tortilla in half.
5. Cut tortillas in half or thirds depending on number of training participants.

## Serving Information

On serving line, portion 4 pieces of chicken mixture into tortilla.

Each tortilla provides 2 meat/meat alternates, 2 ounce equivalent grains.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 450 Total Fat: 24g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38g Fiber: 9g Total Sugar: 3g Protein: 20g Sodium: 770mg Vitamin A: 108µg Vitamin C: 1mg Calcium: 184mg Iron: 4mg Folate: 78µg

# Booming BBQ Chopped Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Quantity	Measure
Chickpeas, canned, drained and rinsed	2	15-ounce cans
Prepared BBQ sauce, divided into 2		16 ounces
Lettuce, chopped	2 cups	16 ounces
Carrot, diced	1 cup	8 ounces
Tomato, diced	1 cup	12 ounces
Red pepper, diced	1 cup	12 ounces
Corn, frozen	1 cup	12 ounces
Black beans, canned, drained and rinsed	2	15-ounce cans
Non-dairy ranch dressing	1 cup	8 ounces
BBQ sauce	¼ cup	8 ounces

## Preparation

1. Preheat oven to 425 degrees
2. Combine chickpeas and BBQ sauce, stir until well coated. Once mixed, pour onto parchment paper on a sheet tray
3. Cook at 425 degrees for 15 minutes, the chickpeas should be sticky when done
4. Let cool while preparing the other ingredients
5. Chop Lettuce, Carrot, Tomato and Red pepper
6. Set corn and black beans aside for serving
7. Mix non-dairy ranch dressing and BBQ sauce.

## Serving Information/Notes

In a parfait cup layer ¼ cup black beans, ½ cup lettuce, 1/8 cup carrot, 1/8 cup red pepper, 1/8 cup corn, 1/8 cup tomato and ¼ cup BBQ chickpeas. Serve with 2 ounces of dressing.

Provides 1 serving M/MA, 1 serving, 1 serving G/V, 1 serving Red/Orange/V

## Nutrition Information \*From USDA Nutrient Database

Calories: Total Fat: g Saturated Fat: g Monounsaturated Fat: g Polyunsaturated Fat: g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: g Fiber: g Total Sugar: g Protein: g  
Sodium: mg Vitamin A: µg Vitamin C: mg Calcium: mg Iron: mg Folate: µg

# Buffalo Cauliflower (Baked)

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Yield: 10- ½ cup servings (20-30 sample servings)

Ingredients	Weight	Measure
Cauliflower florets, ready-to-use OR Cauliflower, fresh, whole	1 lb. 2 oz. OR 1 lb. 11 oz.	
Olive oil		1 Tablespoon
Garlic powder		½ Tablespoon
Salt		Pinch
Black pepper		Pinch
Buffalo “wing” sauce (not hot sauce)		1/3 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure - Wash all produce before starting this recipe.

## Preparation

1. Preheat convection oven to 325°F.
2. If using whole cauliflower, trim into florets.
3. Mix cauliflower florets, olive oil, garlic or garlic powder, salt and pepper in a large bowl until cauliflower is well coated. **Do not add buffalo sauce here.**
4. Place a single layer of cauliflower on lined sheet pans.
5. Roast in oven for approximately 20 minutes, until cooked through and slightly browned.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

6. Transfer cauliflower to a large bowl or serving pan and toss with hot sauce until evenly coated.
7. If necessary, transfer cauliflower to appropriate serving pans and hold in warmer until meal service.

HACCP Critical Control Point: Hold at 135°F or above.

## Serving Information

Use 4 ounce spoodle to provide ½ cup other vegetable.

## Nutrition Information per ½ cup serving \*From USDA Nutrient Database

Calories: 50 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 4g Fiber: 4g Total Sugar: 2g Protein: 2g Sodium: 177mg Vitamin A: 1µg Vitamin C: 32mg Calcium: 13mg Iron: 0mg Folate: 32µg

# Chocolate Chip Cookie Dough

## Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield: 10 servings

Ingredients	Weight	Measure
Garbanzo or White Cannellini beans, drained or cooked fry dry	2 lbs. 1 oz.	OR 1 quart + 1 cup (5 cups total)
Maple syrup		1 cup + 2 Tbsp.
Vanilla extract		2 ¼ Tablespoons
Rolled oats		2/3 cup (10 Tbsp. total)
Salt		¼ teaspoon
Chocolate chips		¾ cup
<b>Serve with</b>		
Apple slices		1 ¼ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### Preparation

1. Add beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.
2. Fold the chocolate chips into the hummus with a spoon or spatula until well distributed.
3. Serve with fresh fruit.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

### Serving Information

Serve ½ cup hummus with favorite cracker or fruit. Each serving provides 2 meat alternates.

OR

Serve ¼ cup hummus with favorite cracker or fruit. Each serving provides 1 meat alternate.

### Nutrition Information per 2 m/ma \*From USDA Nutrient Database

Calories: 328 Total Fat: 5.5g Saturated Fat: 2.5g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 7g Total Sugar: 29g Protein: 8g Sodium:  
420mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 77mg Iron: 2.3mg Folate: 80µg

# Confetti Coleslaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Yield: 10 (1/2 cup) Servings or 20 (1/4 cup) Servings

Ingredients	Weight	Measure
Green cabbage, cored	10 ounces	
Red cabbage, cored	13 ounces	
Onion, white, diced		1/2 cup
Carrots, shredded		2/3 cup
Bell pepper, red, chopped (optional)		1/2 cup
Olive oil		2 Tablespoons
Apple cider vinegar		3/8 cup
Sugar, granulated		2 Tablespoons
Salt		1 1/4 teaspoons
Water		1 Tablespoons
Black pepper		2 teaspoons
Dijon mustard		1 Tablespoons

## Preparation

1. Chop or shred the rinsed and cored cabbage.
2. In a large bowl, combine all ingredients and mix thoroughly.
3. Cover and place in cooler for at least 15 minutes before serving.
4. Serve with Sweet Sloppy Joe recipe.

HACCP Critical Control Point: Hold at internal temperature of 31°F or below.

## Serving Information

Each 1/2 cup serving provides 1/2 cup other vegetable subgroup. Each 1/4 cup serving provides 1/4 cup vegetable component.

## Nutrition Information per 1/2 cup serving \*From USDA Nutrient Database

Calories: 60 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 5g Protein: 1g Sodium: 261mg Vitamin A: 94µg Vitamin C: 45mg Calcium: 27mg Iron: 1mg Folate: 18µg

# Mediterranean Flatbread with Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield:10 servings

Ingredients	Weight	Measure
<b>Pesto Sauce</b>		
Oil, olive or vegetable		1/3 cup
Garlic powder		½ teaspoon
Basil, fresh, diced		¼ cup
Lemon Juice		1 teaspoon
<b>Optional garnishes</b>		
Black olives, diced		1 ¼ cups
Tomatoes, finely diced or sliced	8 ounces	
Basil, fresh		1 cup
Flatbread, whole grain rich		10 each
<b>Hummus</b>		
Garbanzo beans, drained or cooked from dry beans		1 quart + 1 cup (5 cups total)
Garlic cloves, peeled, crushed		3 ½ cloves
Cumin, ground		1 Tablespoons
Salt		1 teaspoon
Black pepper		½ teaspoon
Lemon juice		1/3 cup + 1 ½ Tablespoons (6 ½ Tbsp.)
Olive oil		1/3 cup + 1 ½ Tablespoons (6 ½ Tbsp.)
Water (used for desired consistency)		¾ cup



# Mediterranean Flatbread with Hummus continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

## Preparation

1. Prepare pesto sauce: Add garlic powder, parsley, and lemon juice to oil. Mix well.
2. Prepared hummus: Add all ingredients to the food processor or blender listed under hummus. Mix until smooth.
3. Place flatbread on a parchment paper covered sheet pan and brush each flatbread with pesto.
4. Scoop  $\frac{1}{2}$  cup of hummus on each flatbread and spread evenly.
5. Bake at 375°F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with pesto and top with olives, tomatoes and basil.
7. Leave one flatbread whole for presentation, but cut remaining flatbread into quarters for serving.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## Serving Information

Each whole flatbread provides 2 meat/meat alternates and 2 ounces equivalent grains.

## Nutrition Information per flatbread \*From USDA Nutrient Database

Calories: 362 Total Fat: 16g Saturated Fat: 2g Monounsaturated Fat: 9g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47g Fiber: 9g Total Sugar: 6g Protein: 12g Sodium: 539mg Vitamin A: 10 $\mu$ g Vitamin C: 8mg Calcium: 53mg Iron: 6mg Folate: 84 $\mu$ g

# Sizzling Street Tacos with Cilantro

## Crema

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process #2 – Same day service

Servings: 10

Ingredients	Weight	Measure
Beefless Crumbles	12 ounces	
Pinto beans, canned, drained, and rinsed		2 ½ cups
Water		1 cup
Green chiles, canned (optional)		¼ cup
Mushrooms, fresh	5 ounces	
Corn, tempered		1 ½ cups
Taco Seasoning		1 ½ Tablespoons
Tortilla, 10-inch, whole grain rich		10 each
<b>Cilantro lime sauce</b>		
Water		2 ounces or 4 Tablespoons
Lime juice		2 ounces or 4 Tablespoons
Cilantro, fresh, leaves and stems		2 Tablespoons
Avocado		½ avocado
Mayo, eggless, like Just Mayo		3 Tablespoons
Salt		¼ - ½ teaspoons
Pepper, black, ground		¼ - ½ teaspoons
Garlic, granulated		¼ - ½ teaspoons
Hot Sauce		1 teaspoons
Green chilies, canned (optional)		½ Tablespoons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

# Sizzling Street Tacos with Cilantro

## Crema continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

### Preparation

1. Wash and dice mushrooms, if using as an ingredient.
2. Heat diced mushrooms and half of the water on the stove top or steamer 5-7 minutes until soft.
3. Add beefless crumbles, pinto beans, taco seasoning, remaining water, corn and green chiles to the mushrooms. Mix and bring to a boil.
4. Reduce heat and simmer for 10 minutes.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

5. To prepare the cilantro lime sauce. Add all ingredients in a blender or food processor, and blend/process until smooth.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

6. To serve, scoop 1-2 Tbsp. of taco filling on a corn tortilla chip and drizzle with cilantro crema. Prepare enough for every participant. Place on serving platter and garnish with chopped cilantro.

### Serving Information

Use a #8 scoop (1/2 cup) and serve taco mixture on the tortilla. Top with 1 teaspoon of the cilantro cream sauce.

Each scoop provides 2 ounces meat/meat alternate, 2 grain equivalents and ¼ cup vegetable.

### Nutrition Information per serving \*From USDA Nutrient Database

Calories: 245 Total Fat: 9g Saturated Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 10g Total Sugar: 2g Protein: 14g Sodium: 357mg Vitamin A: 6µg Vitamin C: 6mg Calcium: 78mg Iron: 4mg Folate: 128µg

# Spectacular Sweet Potato & Bean Burrito

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

**Yield: 10 Servings**

Ingredients	Weight	Measure
Tortilla, whole grain rich, 2 grain equivalents		10 each
Sweet potatoes, peeled, diced OR Sweet potatoes, frozen, cubed	1 pound 9 ounces OR 1 pound 2 ounces	
Onions, fresh, diced	9 ounces OR	1 ¼ cups
Green peppers, frozen, diced	8 ounces	
Garlic, granulated		¾ Tablespoons
Vegetable broth		¾ Tablespoons
Pinto beans, canned, drained, rinsed		1/3-#10 cans OR 3 cups
Black beans, canned, drained, rinsed		½ -#10 cans OR 3 cups
Salsa, canned (divided)		2/3-#10 cans OR 1 quart + 1 cup (5 cups total)
Chili powder		1 ¼ Tablespoons
Cumin		2 teaspoons
Prepared rice		2 ½ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe. HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

# Spectacular Sweet Potato & Bean Burrito continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

## Preparation

1. Check with instructor to see if the sweet potatoes have been baked ahead of time. If not, preheat oven to 350 degrees Fahrenheit and spread cubed sweet potatoes on sheet pans in one even layer. Bake sweet potatoes for 20-30 minutes, until soft. Remove from oven.
2. Sweat the onions, green peppers and garlic with the vegetable broth in steamer or tilt skillet until onions are translucent.
3. Add the black beans, pinto beans, half of the salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
4. To assemble: Lay tortillas on parchment paper on work surface. Spread  $\frac{3}{4}$  cup of bean filling in the center of each tortilla. If desired, add  $\frac{1}{4}$  cup prepared rice on top of filling. Fold each end in and roll to seal. Wrap with foil or appropriate single serving paper and cut in thirds or quarters for sampling.
5. Serve with salsa on the side.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## Serving Information

Each burrito provides 2 meat/meat alternates, 2.25 ounce equivalent grains,  $\frac{1}{2}$  cup red/orange vegetable and  $\frac{1}{4}$  cup other vegetable.

## Nutrition Information per burrito \*From USDA Nutrient Database

Calories: 395 Total Fat: 5g Saturated Fat: 2g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 77g Fiber: 16g Total Sugar: 14g Protein: 15g Sodium: 695mg Vitamin A:  
1001µg Vitamin C: 39mg Calcium: 220mg Iron: 4mg Folate: 101µg

# Sweet Sloppy Joes with Lentils

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield: 10 (2 m/ma) Servings or 20 (1 m/ma) Servings

Ingredients	Weight	Measure
Beefless crumbles, 1 m/ma equivalent	12 ounces	
Lentils, prepared, drained (6 oz. dry lentils and 2 cups liquid)		2 ½ cups
Hamburger bun, whole grain rich		10 each
BBQ Sauce, prepared OR prepare sauce from scratch with ingredients below		1 quart
<b>Scratch BBQ sauce</b>		
Vegetable stock, prepared		¾ cup
Onions, dehydrated or fresh, diced	1 ounce	
Ketchup		1 pint (2 cups)
Garlic powder		½ Tablespoon
Brown sugar	6 ounces	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation

1. Check with instructor to see if this recipe will use prepared or homemade BBQ sauce. If preparing barbeque sauce: Simmer vegetable stock and onions over medium heat for five minutes. Add ketchup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently.
2. Add lentils, crumbles and 1 cup of the barbeque sauce in a pan. Mix and add more BBQ sauce until desired consistency is reached.
3. Simmer over a stove top or steam for 10 minutes, until heated throughout.
4. Cut hamburger buns in half and portion sloppy joe mixture in each bun.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

## Serving Information

Use a #8 scoop (½ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 2 meat/meat alternates, 2 ounce equivalent grains. OR

Use a #16 scoop (¼ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 1 meat/meat alternates, 2 ounce equivalent grains.

## Nutrition Information per 2 m/ma and 2 grain equivalents \*From USDA Nutrient Database

Calories: 292 Total Fat: 4.5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 51g Fiber: 6g Total Sugar: 22g Protein: 16g Sodium:  
467mg Vitamin A: 16µg Vitamin C: 3mg Calcium: 93mg Iron: 3mg Folate: 139µg

# Tasty Tortilla Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Quantity	Measure
Oil	3 Tablespoons	
Garlic, minced	2 Tablespoons	
Onion, diced	1 ½ cups	
Carrot, cut into circles ½- inch thick	2 cups	
Potato, peeled and cut into 1-inch cubes	2 cups	
Jalapeno, fresh, seeded and cut in half	1 each	
Tomato, canned, diced		15 ounces
Cilantro, 1 bunch chopped	1 bunch	
Tomato juice	4 cups	1 quart
Vegetable broth	4 cups	1 quart
Salt	1 Tablespoons	
Pepper	2 teaspoons	
Black beans, drained, rinsed	3 ½ cups	28 ounce can
Lime, juiced	2 Tablespoons	
Tortilla chips		12 ounces
Water, use to too thin if needed	1 cup	

## Preparation

1. In large stock pot, on medium high heat, pour oil in followed by the onions. Cook for 3-5 minutes, until softened. When onions have softened add the garlic and stir
2. Add the carrots, potatoes and jalapeno, stir often and cook for 5 minutes
3. Add the diced, canned tomato and the cilantro, cook 5 minutes, stirring occasionally
4. Add the tomato juice and vegetable broth, salt and pepper
5. Bring to boil and then simmer for 30 minutes
6. When done, carrots and potatoes should be able to pierce with a fork easily
7. Add black beans and stir

## Serving Information/Notes

Place ½ cup of tortilla chips in the bottom of a bowl. Using an 8-ounce ladle pour soup over chips. Provides 1 M/MA, 2 RO/Veg, 1 Starchy Veg

## Nutrition Information \*From USDA Nutrient Database

Calories: Total Fat: g Saturated Fat: g Monounsaturated Fat: g Polyunsaturated Fat: g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: g Fiber: g Total Sugar: g Protein: g Sodium: mg Vitamin  
A: µg Vitamin C: mg Calcium: mg Iron: mg Folate: µg

# Teriyaki Wrap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield: 10 Servings

Ingredients	Weight	Measure
Chicken-free strips, 1 oz. meat alternate equivalent*	12 ounces	
Garbanzo beans, canned, drained, rinsed		2 ½ cups
Broccoli florets, fresh OR Broccoli florets, frozen	4 ounces OR 10 ounces	
Carrots, shredded	5 ounces	
Sugar snap peas, frozen	10 ounces	
Cabbage, sliced	8 ounces	
Vegetable broth, low sodium or water		¼ cup
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan’s brands		1 ¼ cups
Tortilla, whole grain rich, 2 grain equivalent		10 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe. HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Chop the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, vegetable broth/water in a tilt skillet, wok or steamer. Sauté or steam for 5-10 minutes, until vegetables are tender.
3. Add the teriyaki sauce to the vegetables; mix to combine. Continue to sauté or steam for another 5 minutes, until heated through.
4. Portion 1 cup of stir fry mixture on a tortilla and wrap. Cut into thirds or quarters, depending on number of attendees in the training.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

**Nutrition Information** per 2 m/ma, 2 oz. grain serving \*From USDA Nutrient Database

Calories: 426 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 11g Protein: 23g Sodium: 455mg Vitamin A: 255µg Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102µg



# Terrific Tabouli (using lentil pasta)

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield: 20 Servings

Ingredients	Weight	Measure
Bean Pasta Each Serving: 1.4 oz. dry	Dry grain weight: 2 pounds	
Olive oil		3/8 cup
Water		3 ¼ cups
Olive oil		1/3 cup
Tomato, fresh, diced		1 cup
Cucumber, diced (optional)		1 cup
Onion, yellow, diced (optional)		1 cup
Parsley leaves, fresh, minced		1 cup
Lemon juice		1/3 cup + 1 ½ Tablespoons
Garlic, minced <b>OR</b> Garlic powder		¾ Tablespoons <b>OR</b> 3 ¼ Tablespoons
Salt		1 Tablespoon
Black pepper		1 Tablespoon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Prepare bean pasta accordingly. Boil for approximately 10 minutes and added carrots the water. Cook another 3-5 minutes, until pasta is cooked through.
2. Rinse pasta with cool water and toss with olive oil in a large bowl.
3. Add all remaining ingredients to the pasta; mix thoroughly to combine.
4. Chill in the refrigerator or cooler until meal service.

HACCP Critical Control Point: Hold at 40°F or below.

## Serving Information

Use a 4 ounce spoodle or #8 scoop to provide one grain equivalent.

## Nutrition Information per ½ cup serving \*From USDA Nutrient Database

Calories: 106 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 4g Total Sugar: 1g Protein: 3g Sodium: 242mg Vitamin A: 33µg Vitamin C: 12mg Calcium: 21mg Iron: 1mg Folate: 28µg



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