

Cold prep recipes

Designed by the Humane Society of the United States for K-12 schools and childcare programs



Bento Box Combinations

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Measure	Measure
Choose two of the following options:		
Rockin´ Roasted Chickpeas (recipe) OR Roasted Chickpeas (individually packaged product like Go´Bonzo´s)	12 ½ cups OR 50 Each	25 cups OR 100 Each
Edamame (individually packaged product like Dr. Praeger´s)	50 Each	50 Each
Hearty Hummus (recipe) OR Prepared Hummus (bulk or individually packaged product, like JTM or Truitt Family Foods)	12 ½ cups OR 50 Each	25 cups OR 100 Each
Peanut or Sunflower Spread (individually packaged product like Advance Pierre or Sunbutter brand)	50 Each	100 Each
Peanut/Sunflower Spread & Jam Sandwich (recipe or prepared sandwiches like Sunbutter brand, Advance Pierre or Smucker´s)	50 Each	50 Each
Sunflower Seeds & Fruit Mix (individually packaged product like Cal-Tropic Producers)	1 cup	1 pint

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

Preparation

1. Choose two of the above listed meat alternate products.
2. Prepare recipes as needed.

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

Serving Information

Place meat alternate products in container. Add necessary grain equivalents, fruits and vegetables to build a complete reimbursable bento box meal.

Each Bento Box provides 2 meat/meat alternates. Other components are dependent upon school foodservice menu planner.



Black Bean & Corn Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Easy

Ingredients	Weight	Measure	Weight	Measure
Black beans, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
Corn, room temperature	4 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 4 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Tomatoes, fresh, diced	5 lbs. 12 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	11 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Red Onion, diced	1 lb. 6 oz.		2 lbs. 12 oz.	
Jalapeno, fresh, seeded, diced (optional)		2 Each		4 Each
Lime Juice		$\frac{1}{2}$ cup		1 cup
Cilantro, fresh, chopped		$\frac{1}{2}$ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper		1 Tbsp.		2 Tbsp.
Granulated Garlic		1 Tbsp.		2 Tbsp.

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

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

Preparation

1. Mix all ingredients together thoroughly.
2. Allow to cool in refrigerator prior to meal service.

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

Serving Information

Use 6 ounce spoodle or $\frac{3}{4}$ cup serving to provide 1 meat alternate, $\frac{1}{4}$ cup starchy vegetable and $\frac{1}{4}$ cup red/orange vegetable.

*Salsa can be cupped up individually and offered in cold well.

Use a 3 ounce spoodle or $\frac{3}{8}$ cup serving to provide $\frac{1}{2}$ meat alternate and $\frac{1}{4}$ cup vegetable component.

Nutrition Information per $\frac{3}{4}$ cup serving *From USDA Nutrient Database

Calories: 106 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 22g Fiber: 6g Total Sugar: 4g Protein: 6g Sodium: 183mg Vitamin A: 42µg
Vitamin C: 17mg Calcium: 32mg Iron: 1.6mg Folate: 35µg



Breakfast Sushi

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Bananas, whole, peeled	50 each	100 each
Nut or seed butter	1 ½ quarts + ¼ cup (6 ¼ cups total)	3 quarts + ½ cup (12 ½ cups)
Granola, prepared	3 ⅜ cups	1 ½ quarts + ½ cup (6 ½ cups)
Whole grain rich tortilla, 1 ounce grain equivalent	50 each	100 each

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

Preparation

1. Spread 2 tablespoons of nut/seed butter on each tortilla.
2. Sprinkle 1 tablespoon of granola over the nut/seed butter.
3. Place one whole peeled banana at the end of the tortilla and roll the banana in the tortilla.
4. With a sharpened knife, cut the tortilla into five to six 2-inch pieces, resembling sushi rolls.

Serving Information

Each sushi roll provides 1 meat/meat alternates, 1 ounce grain equivalents and ½ cup fruit.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 432 Total Fat: 21g Saturated Fat: 5g Monounsaturated Fat: 10g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 53g Fiber: 9g Total Sugar: 20g Protein: 13g Sodium: 310mg Vitamin A: 32µg Vitamin C: 11mg Calcium: 108mg Iron: 2mg Folate: 165µg



Chocolate Chip Cookie Dough Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Garbanzo or white cannellini beans, drained or cooked from dry	2 ½ -#10 cans OR 1 1/2 gallons + 1 cup	5-#10 cans OR 3 gallons + 1 pint
Maple Syrup	1 ¼ quarts + ½ cup (5 ½ cups total)	2 ½ quarts + 1 cup (11 cups total)
Vanilla extract	¾ cup	1 ½ cups
Rolled oats	3 cups	1 ½ quarts (6 cups total)
Salt	1 tsp	2 tsp
Chocolate chips, dairy-free	3 ¾ cups	1 ½ quarts + 1 ½ cups (7 ½ cups total)

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Add the 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.

Serving Information

Serve ½ cup hummus with fruit or equivalent grain. Each serving provides 2 meat alternates.

OR

Serve ¼ cup hummus with fruit or equivalent grain. Each serving provides 1 meat alternate.

Nutrition Information per serving *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 FOR K12 AND CHILDCARE PROGRAMS

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Green cabbage, cored	2 lbs. 14 oz.		5 lbs. 12 oz.	
Red cabbage, cored	3 lbs. 14 oz.		7 lbs. 12 oz.	
Onion, white, diced		2 ½ cups		1 quart + 1 cup
Carrots, shredded		3 cups		1 ½ quarts
Bell pepper, red, chopped (optional)		3 cups		1 ½ quarts
Olive oil		⅔ cup		1 ⅓ cups
Apple cider vinegar		1 ¾ cups		3 ½ cups
Sugar, granulated		⅔ cup		1 ⅓ cups
Salt		2 Tbsp.		¼ cup
Water		⅓ cup		⅔ cup
Black pepper		3 Tbsp.		¼ cup + 1 Tbsp.
Dijon mustard		⅓ cup		⅔ 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. 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. Transfer to serving pans or individual portion cups.

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

Serving Information

Portion 1/2 cup per serving.

Each serving provides ½ cup other vegetable subgroup.

Nutrition Information per ½ 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



Cool Corn & Edamame Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Easy

Ingredients	Weight	Measure	Weight	Measure
Edamame, shelled (shell removed), cooked, drained (thawed if frozen)	4 lbs. 12 oz.		9 lbs. 8 oz.	
Pepper, bell, green or red variety, diced, fresh OR Pepper, bell, green or red variety, diced, frozen	2 lbs. 12 oz. OR 2 lbs. 4 oz.		5 lbs. 8 oz. OR 4 lbs. 8 oz.	
Corn, thawed (if using frozen)	4 lbs. 8 oz.		9 lbs. 4 oz.	
Peas, tempered (thawed if frozen)	5 lbs. 4 oz.		10 lbs. 8 oz.	
Cranberries, dried	3 lbs. 12 oz.		7 lbs. 8 oz.	
Onion, red, minced		½ - 1 each		1-2 Each
Oil, olive or vegetable		1 cup		1 pint
Vinegar, red		1 cup		1 pint
Parsley, dried		1 ½ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Pepper, black		1 Tbsp.		2 Tbsp.
Basil, dried		1 Tbsp.		2 Tbsp.
Garlic powder		1 Tbsp.		2 Tbsp.

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

Preparation

1. Combine all ingredients in a bowl and stir until well combined.
2. Store in airtight container in cooler until meal service or overnight.

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

Serving Information

Portion 1 cup of the edamame salad onto the plate or pre-portion into bowls. Each 1 cup serving provides 1 meat/meat alternates, ½ cup starchy vegetable, 1/8 cup other vegetable and ¼ cup fruit.

OR

Portion ½ cup of the edamame salad onto the plate or pre-portion into bowls. Each ½ cup serving provides ½ meat/meat alternate, ¼ cup starchy vegetable, and ⅛ cup fruit.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 209 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 33g Fiber: 7g Total Sugar: 16g Protein: 8g Sodium: 153mg Vitamin A: 59µg
Vitamin C: 24mg Calcium: 44mg Iron: 2mg Folate: 164µg



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Cool Cucumber Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

Yield:

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Cucumbers, diced	4 ½ lbs.		9 lbs.	
Tomatoes, diced	6 lbs. 12 oz.		13 lbs. 8 oz.	
Red onion, diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Parsley, fresh, minced		1 pint (2 cups)		1 quart (4 cups)
Olive oil		¾ cup		1 ½ cups
Salt		1 ½ Tbsp.		3 Tbsp.
Lemon juice		¾ cup		1 ½ cups

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

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

Preparation

1. Prepare vegetables as listed above.
2. Combine all ingredients until evenly mixed.
3. Store in cooler overnight or until meal service.

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

Serving Information

Portion ¾ cup Israeli salad to provide ¾ cup other vegetable.

OR

Portion ⅜ cup Israeli salad to provide ⅜ cup vegetable serving.

Nutrition Information per flatbread *From USDA Nutrient Database

Calories: 52 Total Fat: 3.5g Saturated Fat: 0.5g Monounsaturated Fat: 2.5g

Polyunsaturated Fat: 0.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 5g Fiber: 1g

Total Sugar: 2.5g Protein: 1g Sodium: 199mg Vitamin A: 31µg Vitamin C: 13mg Calcium: 17mg Iron: 0.4mg

Folate: 17µg



Crazy Chickpea Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Chickpeas, canned, drained	1 ½ gallons + 1 cup OR 2 ½ - #10 cans	3 gallons + 1 pint OR 5-#10 cans
Eggless mayonnaise	1 ½ pints + 2 Tbsp.	1 ½ quarts + ¼ cup
Red bell pepper, finely diced	1 quart	½ gallon
Carrots, shredded	1 quart	½ gallon
Celery, finely diced	1 quart + 1 cup	½ gallon + 1 pint
Parsley, dried	¼ cup + 1 tsp.	½ cup + 2 tsp.
Dijon mustard	½ cup + 1 ½ tsp.	1 cup + 1 Tbsp.
Salt	1 ½ Tbsp.	3 Tbsp.
Black pepper	1 Tbsp.	2 Tbsp.
Garlic, granulated	1 ¾ Tbsp.	3 ½ Tbsp.

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

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

Preparation

1. Grind chickpeas in food processor or Robot Coupe until the beans become small flaky pieces.
2. Combine all ingredients and mix well.
3. Allow to cool in refrigerator prior to meal service.

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

Serving Information

Each ½ cup serving of crazy chickpea salad provides 2 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab’ n’ go platter.

Each ¼ cup serving of crazy chickpea salad provides 1 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab’ n’ go platter.

Nutrition Information *From USDA Nutrient Database

Per ½ cup serving

Calories: 143 Total Fat: 8g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 14g Fiber: 4g Total Sugar: 3g Protein: 4g Sodium: 141mg Vitamin A: 76µg
Vitamin C: 13mg Calcium: 40mg Iron: 1mg Folate: 31µg

Creamy Chicken-Free Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Chicken-Free Strips, similar to Beyond Meat, thawed	9 lbs. 6 oz.		18 lbs. 12 oz.	
Celery, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Onions, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Relish, undrained	1 lb.		2 lbs.	
Black pepper		2 tsp.		1 Tbsp. + 1 tsp.
Dry mustard		1 ½ Tbsp.		3 Tbsp.
Mayonnaise, egg free, similar to Hampton Creek Just Mayo	1 lb. 10 oz.		3 lbs. 4 oz.	

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 chicken-free strips by hand or pulse in VCM.
2. Combine chopped chicken-free product, celery, onion, relish, black pepper, dry mustard and egg-free mayonnaise.
2. Mix until well blended.
3. Cover and refrigerate immediately.

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

Serving Information

Portion with 1 - #6 scoop (2/3 cup) on a sandwich or salad.

Each portion of Beyond Chicken Salad provides 2 ounce meat/meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 203 Total Fat: 10g Saturated Fat: 2g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 4g Fiber: 3g Total Sugar: 2g Protein: 20g Sodium: 479mg Vitamin A: 5µg Vitamin C: 1mg Calcium: 7mg Iron: 1mg Folate: 4µg



Crunchy Thai Salad Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Kale, stem removed, chopped	3 lbs.		6 lbs.	
Napa cabbage, thinly sliced	3 lbs.		6 lbs.	
Red cabbage, thinly sliced	4 lbs.		8 lbs.	
Carrots, shredded	1 ¼ lbs.		2 ½ lbs.	
Green onions, thinly sliced	2 lbs.		4 ¼ lbs.	
Red bell pepper, thinly sliced	5 lbs. 4 oz.		10 lbs. 8 oz.	
Garbanzo beans, drained and rinsed		2-#10 cans		4-#10 cans
Shelled Edamame (shell off)	4 lbs.12oz.		9 lbs. 8 oz.	
Mandarin oranges, drained	8 lbs. 8 oz.		17 lbs.	
Cilantro, chopped		1 cup		2 cups
Dressing				
Lime juice		1 ¾ cups		3 ½ cups
Oil		1 ¼ cups		2 ½ cups
Sesame oil		¾ cup		1 ½ cups
Soy sauce, reduced sodium		1 ¾ cups		3 ½ cups
Garlic, minced		¾ cup		1 ½ cups
Ginger, ground		1 ½ Tbsp.		3 Tbsp.
Brown sugar		¾ cups		1 ½ cups
White vinegar		¾ cups		1 ½ cups
Red pepper flakes		1 ½ Tbsp.		3 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.



Crunchy Thai Salad Shaker Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. In a blender, combine lime juice, soy sauce, garlic, ginger, sugar and vinegar and blend for 30 seconds. With the blender on low, slowly drizzle oil and sesame oil into lime juice mixture.
2. Pour dressing into a bowl, add a pinch of salt, black pepper and red pepper flakes.
3. Combine remaining ingredients in a large bowl. Toss with dressing.
4. Optional serving: layer in a clear cup:
 - ½ cup kale
 - ¼ cup red cabbage
 - ¼ cup Napa cabbage
 - 2 Tbsp. carrot
 - ¼ cup edamame
 - ¼ cup red peppers
 - ¼ cup garbanzo beans
 - ½ Tbsp. green onion
 - ¼ cup mandarin orange
 - ½ Tbsp. cilantro

Place 2 Tbsp. dressing in small container.
Serve both containers together.

HACCP Critical Control Point: Hold cold food at a temperature of 41 ° or below at all times.

Serving Information

Serve 2 cups on a plate or bowl.

Each serving provides: 2 meat alternates, ¼ cup dark green vegetable, ¼ cup other vegetable, ⅜ cup red orange vegetable and ¼ cup fruit

Nutrition Information per bowl *From USDA Nutrient Database

Calories: 301 Total Fat: 12.3g Saturated Fat: 1.3g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 4.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 9.5g Total Sugars: 15g Protein: 12g Sodium: 460mg Vitamin A: 472µg Vitamin C: 161mg Calcium: 144mg Iron: 3.3mg Folate: 238µg



Energizing Edamame & Rice Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rockin´ Roasted Chickpeas – See separate recipe (optional for early childcare)		½ gal+1 qt+ ½ cup (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked, tempered	4 lbs. 12 oz.	OR ¾ gallon + ½ cup	9 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Rice, Brown, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 gallon + 1 quart		2 ½ gallons
Pepper, bell, green or red variety, diced, fresh or frozen	5 lbs. 4 oz.	OR ¾ gallon + ½ cup	10 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Corn, frozen, thawed	4 lbs. 8 oz.	OR ¾ gallon + ½ cup	9 lbs. 4 oz.	OR 1 ½ gallons + 1 cup
Mandarin Oranges, canned, drained	8 lbs. 5 oz.	OR ¾ gallon + ½ cup	16 lbs. 10 oz.	OR 1 ½ gallons + 1 cup
Sesame Dressing: Optional				
Olive or Vegetable Oil		1 pint + 1 1/8 cups		1 quart + 2 ¼ cups
Vinegar, rice		1 cup + 2 tsp.		1 pint+ 1 ½ Tbsp.
Sugar		1 cup + 2 tsp.		1 pint + 1 ½ Tbsp.
Soy Sauce, reduced sodium		1 cup		2 cups
Pepper, black		1 Tbsp.		2 Tbsp.
Sesame Oil (optional)		1 Tbsp.		2 Tbsp.

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

Preparation

Day Before

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely.

HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.

3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.



Energizing Edamame & Rice Shaker

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Day of

4. Layer ingredients into a 12-oz. or 16-oz. cup as follows:

- 1 cup rice
- ¼ cup diced bell peppers
- ¼ cup drained mandarin oranges
- ¼ cup corn
- ¼ cup edamame
- ¼ cup Rockin' Roasted Chickpeas

5. Cover the cup with the flat lid.

6. Optional - For prepared salad dressing, portion 1 ounce of dressing in two ounce soufflé cups. Place the dressing on the flat lid and top with the domed lid.

*Or serve with individually packaged prepared salad dressings.

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

Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup other vegetable and ¼ cup fruit. This salad shaker qualifies as a reimbursable meal.

Nutrition Information *From USDA Nutrient Database

Calories: 405 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 70g Fiber: 11g Total Sugar: 9g Protein: 14g Sodium: 290mg Vitamin A: 47µg
Vitamin C: 50mg Calcium: 75mg Iron: 3mg Folate: 182µg

Salad Dressing (per 1 ounce serving)

Calories: 143 Total Fat: 14g Saturated Fat: 1g Carbohydrate: 5g (0g Fiber) Protein: 0g Sodium: 201mg

Serving Information for Childcare Programs

In the classroom, portion ¼-½ cup of rice, ¼ c mandarin oranges, ¼ cup corn and ¼ cup edamame over the rice on each plate. Each serving provides 1 meat/meat alternate, ½ - 1 oz. equivalent grains and ¼ cup vegetable component and ¼ cup fruit component.



Kickin' Kale Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Kale, trimmed, without stem	4 lbs. 4 oz.	3 gallons + 1 pint OR		6 gallons + 1 quart OR 8 lbs. 8 oz.
Olive oil		¼ cup + 1 Tbsp.		½ cup + 2 Tbsp.
Lemon juice		1 ¼ cups		1 pint + ½ cup
Garlic powder		2 ½ Tbsp.		¼ cup + 1 Tbsp.
Salt		2 tsp.		1 ½ Tbsp.
Black pepper		2 tsp.		1 ½ Tbsp.
Avocado		10 Each OR 1 quart + 1 cup (5 cups, mashed)		20 Each OR 2 ½ quarts (10 cups, mashed)

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

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

Preparation

1. Peel avocados, remove seed, and in a small bowl, mash the avocados.
2. In a large bowl, combine all ingredients. Use clean gloved hands to massage the avocado and other ingredients into the kale for a few minutes.
3. Transfer to individual serving containers, if desired.

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

Serving Information

Use an 8 ounce spoodle or portion 1 cup kale salad to provide ½ cup dark green vegetable.
OR

Use a 4 ounce spoodle or portion ½ cup kale salad to provide ¼ cup vegetable component.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 91 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 9g Fiber: 3g Total Sugar: 0g Protein: 4g Sodium: 59mg Vitamin A: 337µg
Vitamin C: 85mg Calcium: 105mg Iron: 1mg Folate: 44µg



Lemon Garlic Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Garbanzo or white cannellini beans, drained or cooked from dry	2 ½ -#10 cans OR 1 1/2 gallons + 1 cup	5-#10 cans OR 3 gallons + 1 pint
Garlic Cloves	18 cloves	36 cloves
Cumin, ground	⅓ cup	⅔ cup
Salt	2 Tbsp.	¼ cup
Black pepper	1 Tbsp.	2 Tbsp.
Lemon juice	2 ½ cups	1 ¼ quarts
Olive oil	1 pint	1 quart
Water (used for desired consistency)	1 quart	2 quarts

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

3. Add all ingredients to a food processor, except water and paprika. Mix until smooth consistency.
4. If the hummus is too thick, add water ½ cup at a time until desired consistency is reached.
5. Sprinkle paprika on hummus when serving.

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

Serving Information

Serve ½ cup hummus to provide 2 meat alternates.

OR

Serve ¼ cup hummus to provide 1 meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 209 Total Fat: 11g Saturated Fat: 1.4g Monounsaturated Fat: 6.9g Polyunsaturated Fat: 2g
 Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 17g Fiber: 6g Total Sugar: 1g Protein: 8g Sodium: 572mg
 Vitamin A: 0µg Vitamin C: 9mg Calcium: 63mg Iron: 2.2mg Folate: 2µg

Oatmeal Raisin Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Garbanzo or white cannellini beans, drained or cooked from dry	2 ½ -#10 cans OR 1 1/2 gallons + 1 cup	5-#10 cans OR 3 gallons + 1 pint
Maple Syrup	1 ¼ quarts + ½ cup (5 ½ cups total)	2 ½ quarts + 1 cup (11 cups total)
Vanilla extract	¾ cup	1 ½ cups
Rolled oats	3 cups	1 ½ quarts (6 cups total)
Salt	1 tsp	2 tsp
Raisins	3 ¾ cups	1 ½ quarts + 1 ½ cups (7 ½ cups total)

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

- Add the beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.
- Fold the raisins into the hummus with a spoon or spatula until well distributed.

Serving Information

Serve ½ cup hummus with fruit or equivalent grain. Each serving provides 2 meat alternates.

OR

Serve ¼ cup hummus with fruit or equivalent grain. Each serving provides 1 meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 303 Total Fat: 2g Saturated Fat: 0.3g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 6.5g Total Sugar: 29g Protein: 7.5g Sodium: 423mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 84mg Iron: 2.3mg Folate: 81µg

Overnight Oats Breakfast Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Oats	4 lbs.		8 lbs.	
Dairy-free Milk		1 ½ gallons		3 gallons
Cinnamon		1 cup		1 pint (2 cups)
Maple syrup		1 pint (2 cups)		1 quart (4 cups)
Pick up to two fruit options: Each option provides ¼ cup fruit				
Strawberries, sliced or diced, fresh	5 lbs.		10 lbs.	
Peaches, canned, drained		2-#10 cans		4-#10 cans
Pears, canned, drained		2-#10 cans		4-#10 cans
Blueberries, fresh	4 lbs. 4 oz.		8 ½ lbs.	
Bananas, sliced	7 lbs. 4 oz.		14 lbs. 8 oz.	
Optional garnishes				
Cinnamon		¼ cup		½ cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

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

Preparation

4. Choose which two fruit options will be included. Prepare as needed.
5. For every 50 servings, combine all ingredients in on 6-inch full steamtable pan.
6. Mix until well combined.
7. Cover with a lid and store in the cooler overnight.

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

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

Serving Information

Portion 1 cup of overnight oats in a bowl or 10 oz. clear cup. Sprinkle with cinnamon, if desired.

Nutrition Information per flatbread *From USDA Nutrient Database

Calories: 440 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 3g Trans Fat: 0g
 Cholesterol: 0mg Carbohydrate: 78g Fiber: 12g Total Sugar: 19g Protein: 17g Sodium: 69mg Vitamin A: 1µg
 Vitamin C: 23mg Calcium: 120mg Iron: 5mg Folate: 95µg



Rainbow Hummus Wraps

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Select a minimum of four vegetable options below:				
Romaine lettuce, chopped	1 lb. 12 oz.		3 lbs. 8 oz.	
Mushrooms, sliced	1 lb. 8 oz.		3 lbs.	
Carrots, shredded	2 lbs.		4 lbs.	
Radishes, sliced	1 lb. 12 oz.		3 lbs. 8 oz.	
Spinach, chopped	2 lbs.		4 lbs.	
Tomatoes, diced	3 lbs. 8 oz.		7 lbs.	
Corn kernels, tempered	2 lbs. 4 oz.		4 lbs. 8 oz.	
Beets, shredded	2 lbs. 4 oz.		4 lbs. 8 oz.	
Zucchini, shredded	2 lbs.		4 lbs.	
Onion, sliced	2 lbs.		4 lbs.	
Celery, diced	2 lbs.		4 lbs.	
Hummus:				
Garbanzo beans, drained or cooked from dry beans		2 ½-#10 cans OR 1 ½ gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 Tbsp.		2 Tbsp.
Pepper		1 ½ Tbsp.		3 Tbsp.
Parsley, dried		½ cup		1 cup
Basil, dried		½ cup		1 cup
Lemon juice		1-¾ cups		3-½ cups
Hot sauce		1 Tbsp.		2 Tbsp.
Oil, vegetable or olive		1 cup		1 pint
Water or chickpea brine		2/3 cup		1-1/3 cups
Wrap, whole grain rich, 2 ounce equivalent		50 each		100 each

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

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

Rainbow Hummus Wraps Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce, water/chickpea brine and oil to vertical cutter mixer (VCM), blender or food processor. Mix until smooth.
2. Prepare a minimum of four vegetables listed above in the ingredients for the wrap.
3. Scoop 1-#8 scoop (1/2 cup) of hummus on each wrap and spread evenly.
4. Portion 1/8 cup each of the four chosen vegetable options. If using spinach or romaine lettuce, portion 1/4 cup of each on the wrap.
5. Roll tortilla widthwise and cut in half. Serve both halves per entrée.

Serving Information

Alternative serving method: Roll each filled tortilla widthwise and using serrated knife, cut wrap into 1- inch slices for pinwheels.

Each full wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and 1/2 cup other vegetable.

1/2 of a wrap provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup vegetable component.

Nutrition Information *From USDA Nutrient Database

Per wrap

Calories: 366 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 52g Fiber: 13g Total Sugar: 8g Protein: 12g Sodium: 675mg Vitamin A: 261µg Vitamin C: 7mg Calcium: 244mg Iron: 4mg Folate: 151µg



Sriracha Chickn' Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Chicken-Free Strips, 2 oz. = 2 meat alternates	9 lbs. 6 oz.		18 lbs. 12 oz.	
Celery, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Onions, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Relish, undrained	1 lb.		2 lb.	
Pepper		2 tsp		1 Tbsp. + 1 tsp
Dry mustard		1 ½ Tbsp.		3 Tbsp.
Mayonnaise, egg-free	1 lb. 10 oz.		3 lbs. 4 oz.	
Sriracha or buffalo wing sauce		1 ½ cup		3 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. Chop chicken-free product by hand or pulse in VCM.
2. Combine chopped chicken-free product, celery, onion, relish, pepper, dry mustard and egg-free mayonnaise.
2. Mix until well blended.
3. Cover and refrigerate immediately.

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

Serving Information

Portion with 1 - #6 scoop (2/3 cup) on a sandwich or salad.

Each portion of Beyond Chicken Salad provides 2 ounce meat/meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 339 Total Fat: 10g Saturated Fat: 2g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 4g Total Sugar: 8g Protein: 20g Sodium: 759mg Vitamin A: 17µg Vitamin C: 2mg Calcium: 19mg Iron: 3mg Folate: 7µg



Sunumono

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

“A classic, refreshing Japanese salad with cucumbers and a sweet and acidic dressing.”

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Cucumbers, whole	9 lbs. 12 oz.		19 lbs. 8 oz.	
Salt		1/3 cup		2/3 cups
Sugar, granulated		1/3 cup		2/3 cup
White vinegar		3/4 cup		1 1/2 cups
Soy sauce, low sodium		1/4 cup		1/3 cup
Ginger, ground		1 1/2 Tbsp.		3 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. In a large bowl combine salt, sugar, vinegar, soy sauce and ginger. Mix well.
2. Slice cucumbers very thin (almost transparent). Using a Manhart can make slicing cucumbers more efficient.
3. Place cucumbers in the bowl with vinegar mixture and toss so that cucumbers are completely coated. Refrigerate for at least 1 hour before serving. Can be made the day before.

HACCP Critical Control Point: Hold cold food at a temperature of 41 ° or below at all times.

Serving Information

1/2 cup Sunomono salad provides 1/2 cup other vegetables

*Optional: Add 6lbs 1 oz. tofu, cubed to add 1 meat alternate. Increase the serving size to 3/4 cup.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 15 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 3.6g Fiber: 0.3g Total Sugars: 2.3g Protein: 0.5g Sodium: 742mg Vitamin A: 3µg
Vitamin C: 1.5mg Calcium: 10mg Iron: 0.2mg Folate: 4µg



Terrific Tabouli

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Bulgur, dry OR brown rice, dry	3 lbs. 4 oz. OR	½ gallon + 1/3 cup	6 lbs. 8 oz. OR	1 gallon + 2/3 cup
Water		½ gallon		1 gallon
Olive oil		¾ cup		1 ½ cup
Tomato, fresh, diced		1 pint + ½ cup		1 quart + 1 cup
Cucumber, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
Onion, yellow, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
Parsley leaves, fresh, minced		1 pint + ½ cup		1 quart + 1 cup
Lemon juice		1 cup		1 pint
Garlic, minced OR Garlic powder		1 ½ Tbsp. OR ½ cup		3 Tbsp. OR 1 cup
Salt		1 ½ Tbsp.		3 Tbsp.
Black pepper		1 ½ Tbsp.		3 Tbsp.

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

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

Preparation

1. In a large bowl, pour the water over the bulgur, cover and let stand for 20-30 minutes until the water is absorbed. Note: The water can be room temperature, warm or boiling.

*If using brown rice, prepare as directed on package.

2. Add the parsley, tomato, cucumber, onion and garlic to the bulgur; mix thoroughly to combine.

3. In a separate bowl, combine the oil, lemon juice and salt; stir to combine.

4. Add the oil mixture to the bulgur (or rice) and evenly coat.

5. Chill in the refrigerator or cooler until meal service. To prepare a day ahead, store tabouli salad in airtight container overnight.

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



Tex Mex Corn

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Corn, tempered (thawed)	9 lbs. 8 oz.		19 lbs.	
Red Bell Pepper, diced	1 lb.		2 lbs.	
Yellow onion, diced	12 oz.		1 ½ lbs.	
Oil, olive or vegetable		½ cup		1 cup
Lemon juice		2 ½ Tbsp.		½ cup
Salt		1 ½ tsp.		1 Tbsp.
Cilantro, fresh, chopped		2 ½ Tbsp.		½ 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. Heat oil in the tilt skillet; sauté red peppers and onions for 2-3 minutes.

*Alternative cooking method: Combine oil, red peppers, onions, corn, salt, pepper and lemon juice in the steamer. Steam for 5-7 minutes until heated. Skip to step 4.

2. Add corn, salt and pepper; sauté for another 1-2 minutes.

3. Add lemon juice; sauté for another 2-3 minutes.

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

4. Transfer to appropriate serving pans and top each pan with the chopped cilantro.

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

Serving Information

Portion corn with a 4 ounce spoodle or 1-#8 scoop to provide ½ cup starchy vegetable.

OR

Portion corn with a 2 ounce spoodle to provide ¼ cup vegetable serving.

Nutrition Information per ½ cup serving *From USDA Nutrient Database

Calories: 49 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 8g Fiber: 1g Total Sugar: 2g Protein: 1g Sodium: 32mg Vitamin A: 17µg

Vitamin C: 12mg Calcium: 4mg Iron: 0mg Folate: 13µg



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