

# Grab and go recipes

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



# Amazing Lo Mein with Edamame

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
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		3/4 cup
Onion, diced,	1 pound		2 pounds	
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 1/2 gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 1/2 cups		1 pint + 1 cup
Sugar, granulated		3/4 cup		1 1/2 cups
Beans, garbanzo, canned, drained OR cooked from dry		3/4 gallon + 1/2 cup OR 1 1/4 - #10 cans		1 1/2 gallons + 1 cup OR 2 1/2 - #10 cans
Edamame, cooked, shell removed	4 lbs. 12 oz.		9 lbs. 8 oz.	
Cilantro, fresh		garnish		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. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar, edamame and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

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

Portion 1 1/2 cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and 1/2 cup other vegetable.

OR

Portion 3/4 cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup other vegetable.

## Nutrition Information per 1 1/2 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

# Amazing Lo Mein

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
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		3/4 cup
Onion, diced,	1 pound		2 pounds	
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 1/2 gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 1/2 cups		1 pint + 1 cup
Sugar, granulated		3/4 cup		1 1/2 cups
Beans, garbanzo, canned, drained OR cooked from dry		1 1/2 gallon + 1 cup OR 2 1/2 - #10 cans		3 gallons + 1 pint OR 5 #10 cans
Cilantro, fresh		garnish		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. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

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

Portion 1 1/2 cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and 1/2 cup other vegetable.

OR

Portion 3/4 cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup other vegetable.

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

Calories: 507 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 84g Fiber: 19g Total Sugar: 11g Protein: 20g Sodium: 533mg Vitamin A: 299µg Vitamin C: 6mg Calcium: 96mg Iron: 5mg Folate: 111µg



# 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
<b>Choose two of the following options:</b>		
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



# Blazin' Buffalo Ranch Wrap with Tempeh

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
Tempeh	6 lbs. 4 oz.		12 lbs. 8 oz.	
Tortilla, 10", whole grain rich		50 each		100 each
Hot wing sauce		1 ½ cups		3 cups
Romaine lettuce, chopped	1 lb. 2 oz.		2 lbs. 4 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	

*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. Cut tempeh into inch wide strips. If a steamer is available, place tempeh in full steamtable pans and steam for 5-8 minutes. If a steamer is not available, skip to step 3.
3. Combine tempeh strips and wing sauce on a parchment lined sheet pan and bake until product reaches an internal temperature of 150°F for 15 seconds, approximately 15-20 minutes. Hold in warmer until meal service.

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

4. Combine chopped romaine and shredded carrots in a bowl.
5. Portion ½ cup of salad mixture in each tortilla. Fold tortilla in half. Store in cooler until meal service.

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

## Serving Information

On serving line, portion 6 pieces of tempeh into tortilla.

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

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

Calories: 246 Total Fat: 8g Saturated Fat: 1.3g Monounsaturated Fat: 1.7g Polyunsaturated Fat: 2.2g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 33g Fiber: 3.5g Total Sugar: 2.7g Protein: 15g Sodium: 566mg Vitamin A: 114µg  
Vitamin C: 2mg Calcium: 69mg Iron: 1.6mg Folate: 16µg



# Blazin' Buffalo Ranch Wrap

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, 1 ounce= 1 m/ma	6 lbs. 4 oz.		12 lbs. 8 oz.	
Tortilla, 10", whole grain rich		50 each		100 each
Hot wing sauce		1 ½ cups		3 cups
Romaine lettuce, chopped	1 lb. 2 oz.		2 lbs. 4 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	

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 in each tortilla. Fold tortilla in half. Store in cooler until meal service.

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

## 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



# 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

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

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



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

forwardfood.org | 11

# 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



# Crazy Curry Wrap

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, Beyond Meat or similar product	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Curry powder		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Garlic powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Black pepper, ground		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Coconut milk		1 $\frac{1}{2}$ quarts		3 quarts
Garnish: green onions		1 cup		1 pint
Whole-grain rich tortilla, 2 grain equivalents		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.

## Preparation

1. Dice the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free strips and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.
3. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to steam for about 3-5 minutes.
4. Transfer to a pan, cover and hold in warmer until meal service.

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



# Crazy Curry Wrap Continued

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

## Serving Information

Portion 2/3 cup of curry in one tortilla; garnish with green onions and wrap.

Each wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and 3/8 cup other vegetable.

OR

Portion 1/3 cup of curry in one half of a 10 inch tortilla and wrap. Each wrap provides 1 meat alternate, 1 ounce equivalent grain and 1/8 cup vegetable.

## Nutrition Information per 2 meat alternate/2 oz. grain serving \*From USDA Nutrient Database

Calories: 359 Total Fat: 11g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 48g Fiber: 13g Total Sugar: 5g Protein: 21g Sodium: 620mg Vitamin A: 177µg  
Vitamin C: 37mg Calcium: 276mg Iron: 3.5mg Folate: 138µg



# 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
<b>Dressing</b>				
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
<b>Sesame Dressing: Optional</b>				
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.



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

forwardfood.org | 19

# 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.



# Fiesta Rice & Beans 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
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup OR 1 ¼-#10 cans		1 ½ gallons + 1 cup OR 2 ½ -#10 cans
Black beans, canned, drained or cooked from dry		1 ½ gallons + 1 cup OR 4-#10 cans		3 gallons + 1 pint OR 8-#10 cans
Taco seasoning, low sodium		1 cup		1 pint
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Romaine, fresh, chopped	2 lbs. 6 oz.		4 lbs. 12 oz.	
<b>Optional Garnishes:</b> Black olives, drained Jalapenos, sliced, fresh or canned Onion, diced		½ - #10 can ½ - #10 can 2 lbs.		1 - #10 can 1- #10 can 4 lbs.
<b>Optional Salad Dressing:</b>				
Salsa, canned		1- #10 can		2- #10 cans
Ranch, dairy-free		1 1/8 cups		2 ¼ cups

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

## Preparation

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. Combine corn, black beans, salsa and taco seasoning in a large bowl.

4. Prepare salad dressing by combining the salsa and dairy-free ranch. Portion into 2 ounce soufflé cups, if desired.

# Fiesta Rice & Beans Shaker Continued

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

5. Layer ingredients into 16-oz cup as follows:

- ½ cup rice
- 1 cup bean and corn mixture
- ¼ cup chopped romaine lettuce
- 1/8 cup of any optional garnishes- onion, jalapenos, olives.
- 1 ounce crushed tortilla chips

6. Cover the cup with lid.

## Serving Information

Serve salad shaker with creamy salsa dressing or salad dressing of customer's choice. 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 red/orange vegetable and 1/8 cup dark green vegetable.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

### Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

## Serving Information for Childcare Programs

In the classroom, portion ¼ cup of rice with ½ cup bean and corn mixture over the rice on each plate. Top with optional garnishes and ½ ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 ½ oz. equivalent grains and ¼ cup vegetables.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 186 Total Fat: 6.5g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 8g Total Sugar: 7.5g Protein: 7g Sodium: 377mg Vitamin A: 132µg Vitamin C: 6mg Calcium: 130mg Iron: 2.5mg Folate: 131µg

### Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg



# Israeli Salad

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

Process #2- Same Day Service

Yield:

50 Servings

100 Servings

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.

HAACP Critical Control Point: Hold at internal temperature of 40 degrees F or below.

## Serving Information

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

OR

Portion 3/8 cup Israeli salad to provide 3/8 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



# 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

1. Add all ingredients to a food processor, except water and paprika. Mix until smooth consistency.
2. If the hummus is too thick, add water ½ cup at a time until desired consistency is reached.
3. 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



# Nutty Noodles

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
Noodles, spaghetti, whole grain, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Mixed vegetables, frozen <i>Seasonal, fresh vegetables can be substituted based on availability.</i>	10 lbs. 14 oz.		21 lbs. 12 oz.	
Nut or seed butter, smooth	7 lbs.		14 lbs.	
Ginger, minced OR Ginger, granulated		1½ cups OR 3 Tbsp.		3 cups OR 3/8 cup
Garlic, minced OR Garlic, granulated		1/3 cup OR 1 ½ Tbsp.		2/3 cups OR 3 Tbsp.
Rice wine vinegar		2 quarts		1 gallon
Sugar		1 pint		1 quart
Soy sauce, reduced sodium		1 pint + ½ cup		1 quart + 1 cup
Water		1 quart + ¼ cup		½ gallon + ½ cup
Oil, olive or vegetable		1 cup		1 pint
Pepper, red or cayenne		½ cup		1 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. Prepare spaghetti noodles, drain and cool. Set aside.
2. In blender, food processor or VCM, combine the peanut butter, vinegar, sugar, soy sauce, water, half of the oil, pepper, ginger and garlic until smooth.
3. Heat remaining oil in tilt skillet over medium-high heat.
4. Add vegetables and cook until tender.
5. Add the cooked noodles and peanut sauce to vegetables. Toss gently.
6. Transfer to serving pans. Can be served warm or chilled.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above or 40°F or below.



# Nutty Noodles Continued

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

## Serving Information

Portion 1 ½ cups of noodles for each serving.

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

OR

Portion ¾ cup of noodles onto each tray. Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup vegetable serving.

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

Calories: 728 Total Fat: 42g Saturated Fat: 8g Monounsaturated Fat: 20g Polyunsaturated Fat: 11g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 69g Fiber: 14g Total Sugar: 15g Protein: 29g Sodium: 533mg Vitamin A: 501µg Vitamin C: 5mg Calcium: 86mg Iron: 4mg Folate: 84µg



# 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

1. Add the beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.
2. 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



# Outrageous Orange Stir Fry Wrap

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, 1 oz. meat alternate equivalent	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Zesty Orange Sauce, such as Foothill Farms, Schwan's or similar brands		1 $\frac{1}{2}$ quarts		3 quarts
Tortilla, whole grain rich, 2 grain equivalent		50 each		50 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, and vegetable broth/water in a tilt skillet or wok. Sauté for 5-10 minutes, until vegetables are tender.
3. Add the orange sauce to the vegetables; mix to combine. Continue to sauté for another 5 minutes, until heated through.
4. Transfer to a pan, cover and hold in warmer until meal service.

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

# Outrageous Orange Stir Fry Wrap

## Continued

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

### Serving Information

On serving line, portion 1 cup of stir fry mixture in one tortilla; garnish with green onions and wrap. Each wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and  $\frac{1}{2}$  cup other vegetable.

OR

On serving line or in classroom, portion  $\frac{1}{2}$  cup stir fry mixture on top of one tortilla.

Each wrap provides 1 meat/meat alternate, 2 ounces equivalent grain and  $\frac{1}{4}$  cup vegetable component.

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

Calories: 425 Total Fat: 10g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 11g Protein: 23g Sodium: 560mg Vitamin A: 255 $\mu$ g Vitamin C: 33mg Calcium: 239mg Iron: 4mg Folate: 159 $\mu$ g



# 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
<b>Select a minimum of four vegetable options below:</b>				
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.	
<b>Hummus:</b>				
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 FOR K12 AND CHILDCARE PROGRAMS

## 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





# Rockin' Roasted Chickpeas

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

YIELD

50 Servings (1 m/ma)

100 Servings (1 m/ma)

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Garbanzo Beans, low-sodium, canned, drained or cooked from dry	5 lbs. 6 oz.	OR ¾ gallon + ½ cup	10 lbs. 12 oz.	OR 1 ½ gallons + 1 cup
Oil, Olive or Vegetable		¼ cup		½ cup
Salt		1- 2 Tbsp.		2 – 4 Tbsp.
Pepper, Red or Cayenne		¾ - 1 tsp.		1 ½ - 2 tsp.
Rosemary, dried		1/8 cup + 1 tsp.		¼ cup + 2 tsp.

## Preparation

1. Rinse and drain chickpeas very well in strainer. Allow all excess water to be removed.  
Optional: Chickpeas can be stored in a cooler overnight to dry. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry.
2. In a bowl, toss chickpeas with the oil, salt and pepper.
4. Arrange in a single layer on baking sheet.
5. Roast at 350°F for 30-40 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet.  
HACCP Critical Control Point: Hold at internal temperature of 135°F or above.
6. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
7. Cool completely. Store in an airtight container for up to one week.

## Serving Information

Portion ¼ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or ¼ cup legume vegetable.

## Nutrition Information \*From USDA Nutrient Database

### Per ¼ cup serving

Calories: 57 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 6g Fiber: 2g Total Sugar: 1g Protein: 2g Sodium: 132mg Vitamin A: 1µg  
Vitamin C: 0mg Calcium: 17mg Iron: 1mg Folate: 11µg

# Teriyaki Wrap

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
Chicken-free strips, 1 oz. meat alternate equivalent*	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan's brands		1 $\frac{1}{2}$ quarts		3 quarts
Tortilla, whole grain rich, 2 grain 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.

## 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. Transfer to a pan, cover and hold in warmer until meal service.

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



# Teriyaki Wrap Continued

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

## Serving Information

Portion 1 cup of teriyaki mixture on top of each tortilla. Fold in half.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and  $\frac{1}{2}$  cup other vegetable.

OR

Portion  $\frac{1}{2}$  cup of teriyaki mixture on top of 1 oz. equivalent tortilla. Fold in half.

Each bowl provides 1 meat/meat alternates, 1 ounce equivalent grains and  $\frac{1}{4}$  cup other vegetable.

**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:

255 $\mu$ g Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102 $\mu$ g



# 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

# Index

Amazing Lo Mein with Edamame .....	2
Amazing Lo Mein.....	3
Bento Box Combinations .....	4
Black Bean & Corn Salad .....	5
Blazin’ Buffalo Ranch Wrap with Tempeh.....	6
Blazin’ Buffalo Ranch Wrap .....	7
Breakfast Sushi.....	8
Chocolate Chip Cookie Dough Hummus.....	9
Confetti Coleslaw .....	10
Cool Corn & Edamame Salad .....	11
Cool Cucumber Salad .....	12
Crazy Chickpea Salad .....	13
Crazy Curry Wrap.....	14
Creamy Chicken-Free Salad .....	16
Crunchy Thai Salad Shaker .....	17
Energizing Edamame & Rice Shaker .....	19
Fiesta Rice & Beans Shaker .....	21
Israeli Salad .....	23
Lemon Garlic Hummus.....	24
Nutty Noodles .....	25
Oatmeal Raisin Hummus.....	27
Outrageous Orange Stir Fry Wrap .....	28
Rainbow Hummus Wraps .....	30
Sriracha Chickn’ Salad .....	32
Rockin’ Roasted Chickpeas .....	33
Teriyaki Wrap .....	34
Terrific Tabouli.....	36
Tex Mex Corn.....	37