

CACFP Aligned Recipes

HEALTHY, DELICIOUS, PLANT-BASED RECIPES



Amazing Lo Mein

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Noodles, spaghetti, prepared, dry weight for ½ ounce equivalents	13 Ounces
Oil, olive or vegetable	1 Cup
Garlic, minced	3 Tablespoons
Onion, diced	1 Cup
Carrots, shredded	1 Pint
Vegetables, stir-fry variety, frozen, 1/8 cup for ages 1-2	1 lb. 4 oz. OR 1 ½ pints + 1/8 cup
Vegetables, stir-fry variety, frozen, ¼ cup for ages 3-5	2 lbs. 4 oz. OR 1 ½ quarts + ¼ cup
Soy Sauce, low sodium	¾ cup
Sugar, granulated	3/8 cup
Garbanzo beans, drained *1 ounce for ages 1-2	2 lbs. 10 oz. OR 1 quart+1 pint+1/2 cup or ½-#10 can
* 1 ½ ounces for ages 3-5	3 lbs. 14 oz. OR ½ gallon + 1 ½ cups or ¾-#10 can
Optional: Cilantro, fresh	¼ 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 al dente; drain and keep warm.
2. If using dry beans, soak and simmer the garbanzo beans; drain and set aside.
3. 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.
4. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
5. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
6. 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.



Amazing Lo Mein Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving and Nutrition Information

Ages 1-2:

Portion $\frac{1}{2}$ cup of lo mein per serving.

Each serving provides 1 meat/meat alternate, $\frac{1}{2}$ ounce equivalent grains and $\frac{1}{8}$ cup other vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 240 Total Fat: 11g Saturated Fat: 1g Carbohydrate: 31g (7g Fiber) Protein: 8g Sodium: 406mg Calcium: 41mg Iron: 2mg Vitamin A: 153 μ g Vitamin C: 3mg

Ages 3-5:

Portion $\frac{3}{4}$ cup of lo mein per serving.

Each serving provides 1 $\frac{1}{2}$ ounces meat/meat alternates, $\frac{1}{2}$ ounce equivalent grains and $\frac{1}{4}$ cup other vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 291 Total Fat: 11g Saturated Fat: 1g Carbohydrate: 40g (10g Fiber) Protein: 10g Sodium: 464mg Calcium: 57mg Iron: 3mg Vitamin A: 202 μ g Vitamin C: 4mg



Chana Masala

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Pureed tomatoes and sauce, canned	½ gallon
Garbanzo beans, drained	
*1 ounce for ages 1-2	2 lbs. 10 oz. OR 1 quart+1 pint+1/2 cup OR ½-#10 can
* 1 ½ ounces for ages 3-5	3 lbs. 14 oz. OR ½ gallon + 1 ½ cups OR ¾-#10 can
Olive or vegetable oil	½ cup
Onion, diced	1 lb. 8 oz.
Cumin, ground	¼ cup + ½ tsp
Salt	1/8 cup (2 Tbsp.) + ¼ tsp
Garlic powder	¼ cup + ½ tsp
Ginger, ground	¼ cup + ½ tsp
Chili powder	2 Tbsp.
Cilantro, dried	½ cup
Turmeric, dried	1 Tbsp.
Garam masala (spice blend)	2 Tbsp.
Sugar, granulated	1/3 cup + 1 ½ Tbsp.
Lemon juice	1/3 cup + 1 ½ Tbsp.
Rice Preparation	
½ ounce grain equivalent for ages 1-5:	
Brown rice, dried	13 oz.
Water	1 cup



Chana Masala Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

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

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

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

Alternative cooking methods:

- a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
 - b. 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. Heat oil over the stove top or in a tilt skillet. Add onions and heat until translucent, approximately five minutes.
 3. Add remaining ingredients, except for garam masala and lemon juice, stir and heat to a boil.
 4. Turn down heat and simmer for approximately 20 minutes.
 5. Add garam masala and lemon juice.

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

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

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

Serving and Nutrition Information

Ages 1-2:

Portion 1/3 cup chana masala over 1/4 cup brown rice. Each serving provides 1 meat/meat alternate, 1/2 ounce equivalent grains and 1/4 cup other vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 291 Total Fat: 12g Saturated Fat: 2g Carbohydrate: 44g (7g Fiber) Protein: 8g Sodium: 403mg Calcium: 82mg Iron: 5mg Vitamin A: 41µg Vitamin C: 17mg

Ages 3-5: Portion 1/2 cup chana masala over 1/4 cup brown rice. Each serving provides 1 1/2 meat/meat alternates, 1/2 ounce equivalent grains and 3/8 cup other vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 334 Total Fat: 12g Saturated Fat: 2g Carbohydrate: 50g (9g Fiber) Protein: 10g Sodium: 502mg Calcium: 92mg Iron: 6mg Vitamin A: 41µg Vitamin C: 17mg



Chickpea Biryani

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Pureed tomatoes and sauce, canned	1 pint + 1 cup
Garbanzo beans, drained *1 ounce for ages 1-2	2 lbs. 10 oz. OR 1 quart+1 pint+1/2 cup OR 1/2-#10 can
* 1 1/2 ounces for ages 3-5	3 lbs. 14 oz. OR 1/2 gallon + 1 1/2 cups OR 3/4-#10 can
Olive or Vegetable oil	1/3 cup + 1 Tbsp.
Onion, diced	
*Ages 1-5	1 lb.
Cumin, ground	3 Tbsp.
Potatoes, red, quartered *Ages 1-2 omit	
*Ages 3-Adult:	1 lb. 8 oz
Cauliflower florets (ready-to-use)	1 lb.
Green beans, fresh, trimmed OR Green beans, canned, drained	
*Ages 1-5 omit	
Salt	1/8 cup (2 Tbsp.)
Garlic powder	1/4 cup + 1/2 tsp
Ginger, ground	1/4 cup + 1/2 tsp
Chili powder	2 Tbsp.
Cilantro, dried	1/2 cup
Turmeric, dried	1 Tbsp.
Garam masala (spice blend)	2 Tbsp.
Vegetable stock	3/4 gallon + 1/2 cup
Lemon juice	1/3 cup
Rice Preparation	
1/2 ounce grain equivalent for ages 1-5: Brown rice, dried	13 oz.
Water	1 cup



Chickpea Biryani Continued

Preparation

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

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

Alternative cooking methods:

- a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- b. 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. Heat oven to 350°F.

3. Combine the onion, cauliflower and potatoes in a steamtable pan and toss with the vegetable oil, salt and pepper. Roast the vegetables for approximately 30 minutes in the oven.

4. Meanwhile, combine tomato puree, stock, and remaining ingredients (except the garam masala and lemon) in a bowl.

5. Once the vegetables are roasted, add the stock, seasonings, chickpeas, green beans and brown rice to the steamtable pans. Stir to combine, cover with a lid and bake for another 20-30 minutes.

6. Add garam masala and lemon juice and stir.

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

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

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

Serving and Nutrition Information

Ages 1-2:

Portion $\frac{3}{4}$ cup to provide 1 meat/meat alternate, $\frac{1}{2}$ ounce equivalent grains and $\frac{1}{8}$ cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 193 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 32g (6g Fiber) Protein: 8g Sodium: 527mg Calcium: 65mg Iron: 3mg Vitamin A: 21µg Vitamin C: 16mg

Ages 3-5:

Portion 1 cup to provide 1 $\frac{1}{2}$ meat/meat alternate, $\frac{1}{2}$ ounce equivalent grains and $\frac{1}{4}$ cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 244 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 42g (8g Fiber) Protein: 10g Sodium: 592mg Calcium: 77mg Iron: 4mg Vitamin A: 21µg Vitamin C: 18mg



Crazy Chickpea Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Chickpeas, canned, drained	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Eggless mayonnaise	1 $\frac{1}{2}$ cups + 1 Tbsp.
Red bell pepper, finely diced	1 pint
Carrots, shredded	1 pint
Celery, finely diced	2 $\frac{1}{2}$ cups
Parsley, dried	2 $\frac{1}{4}$ Tbsp.
Dijon mustard	$\frac{1}{4}$ cup + $\frac{1}{4}$ tsp.
Salt	$\frac{3}{4}$ Tbsp.
Black Pepper	$\frac{1}{2}$ Tbsp.
Garlic, granulated	$\frac{3}{4}$ 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 blender down to 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

Serve on a sandwich or with crackers and vegetables as a grab'n'go platter.

Ages 1-2:

Portion $\frac{1}{4}$ cup of Crazy Chickpea Salad to provide 1 ounce meat/meat alternate.

Nutrition Information *From USDA Nutrient Database per $\frac{1}{2}$ cup Crazy Chickpea Salad Calories: 93 Total Fat: 6g Saturated Fat: 0g Carbohydrate: 7g (2g Fiber) Protein: 2g Sodium: 232-267mg

Ages 3-5:

Portion $\frac{3}{8}$ cup of Crazy Chickpea Salad to provide 1 $\frac{1}{2}$ ounces meat/meat alternate.

Nutrition Information *From USDA Nutrient Database per $\frac{1}{2}$ cup Crazy Chickpea Salad Calories: 140 Total Fat: 9g Saturated Fat: 0g Carbohydrate: 11g (3g Fiber) Protein: 3g Sodium: 348-401mg

Fiesta Rice & Beans Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Rice Preparation Brown Rice, dried	13 oz.
Water	1 cup
Corn, tempered	1 lb. 4 oz.
Salsa, canned	1/4- #10 can (3 1/8 cups)
Black beans, drained *1 ounce for ages 1-2	1 quart+1 pint+ 1/4 cup or 1-#10 can
* 1 1/2 ounces for ages 3-5	1/2 gallon + 1 1/2 cups or 1 1/2 -#10 can
Taco seasoning	1/2 cup
Optional garnish: Black olives, drained	14 oz.

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

Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service. *Recommended cooking method: Steam covered for approximately 15 minutes

Alternative cooking methods:

- a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
 - b. 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. HACCP Critical Control Point: Hold at 135°F or higher.
2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 20 minutes. Transfer to serving pan and keep warm until service. 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.

Fiesta Rice & Beans Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving Information

Ages 1-2:

Portion 1 -#12 scoop (1/4 cup) of rice in a bowl and top with 1- #8 scoop (1/2 cup) of bean mixture. Garnish with 1 tablespoon of olives and a pinch of fresh cilantro. Each serving provides 1 meat/meat alternates, 1/2 ounce equivalent grains, 1/4 cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database Calories: 142 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 29g (6g Fiber) Protein: 6g Sodium: 325mg Calcium: 40mg Iron: 2g Vitamin A: 11µg Vitamin C: 2mg

Ages 3-5: Portion 1-#12 scoop (1/4 cup) of rice in a bowl and top with 1- #6 scoop (2/3 cup) of bean mixture. Garnish with 1 tablespoon of olives and a pinch of fresh cilantro. Each serving provides 1 ½ meat/meat alternates, 1/2 ounce equivalent grains, 1/4 cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database Calories: 170 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 34g (7g Fiber) Protein: 8g Sodium: 363mg Calcium: 52mg Iron: 2g Vitamin A: 11µg Vitamin C: 2mg



Mighty Marinara with Chickpeas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Marinara Sauce, Prepared	1 Gallon
Garbanzo beans, drained *1 ounce for ages 1-2 * 1 ½ ounces for ages 3-5	2 lbs. 10 oz. or 1 quart+1 pint+1/2 cup or ½-#10 can 3 lbs. 14 oz. or ½ gallon + 1 ½ cups or ¾-#10 can
Noodles, WG spaghetti, penne or rotini, prepared, dry weight for ½ ounce equivalents for ages 1-5	13 oz

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

Preparation

1. Prepare the whole grain spaghetti according to the instructions on the package. When cooked, drain the pasta into a colander. Carefully shake the colander to remove any excess water, but do not rinse the pasta.
2. On a stove top, kettle, steamer or oven, heat all remaining ingredients together.

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

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

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

Serving and Nutrition Information

Ages 1-2:

Portion ¾ cup of sauce over ¼ cup of whole grain pasta.

Each serving provides 1 meat/meat alternate, ½ ounce equivalent grains and ½ cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 189 Total Fat: 3g Saturated Fat: 0g Carbohydrate: 33g (8g Fiber) Protein: 8g Sodium: 90mg
Calcium: 60mg Iron: 2mg Vitamin A: 43µg Vitamin C: 3mg

Ages 3-5:

Portion 1 cup of sauce over ¼ cup of whole grain pasta.

Each serving provides 1 ½ ounces meat/meat alternates, ½ ounce equivalent grains and ½ cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 226 Total Fat: 4g Saturated Fat: 0g Carbohydrate: 39g (9g Fiber) Protein: 10g Sodium: 189mg
Calcium: 70mg Iron: 3mg Vitamin A: 43µg Vitamin C: 3mg



Spicy Sweet Potato Enchiladas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Tortillas: 10 inch, whole grain rich	25 each
Sweet potatoes, fresh, peeled, diced	3 lbs. 14 oz.
OR	OR
Sweet potatoes, frozen, cubed	2 lbs. 12 oz
Garlic, granulated	2 Tbsp
Vegetable broth	2 tbsp
Pinto beans, canned, drained, rinsed	$\frac{3}{4}$ - #10 can OR 1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup
Black beans, canned, drained, rinsed	
Ages 1-2: Omit	0
Ages 3-5:	$\frac{1}{2}$ -#10 can OR 1 $\frac{1}{2}$ pints + $\frac{1}{8}$ cup
Salsa, canned	$\frac{3}{4}$ -#10 can OR 1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup
Chili powder	3 $\frac{1}{8}$ Tbsp.
Cumin	$\frac{1}{2}$ Tbsp.
Enchilada Sauce, reduced sodium	1 $\frac{1}{2}$ pints + $\frac{1}{8}$ cup

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



Spicy Sweet Potato Enchiladas Continued

Preparation

1. Preheat oven to 350 degrees Fahrenheit and spread cubed sweet potatoes on sheet pans in one even layer.
2. Bake sweet potatoes for 15-20 minutes, until soft. Remove from oven.
3. While the sweet potatoes are baking, sweat the onions, green peppers and garlic with the oil in steamer or tilt skillet until onions are translucent. (When preparing this recipe for ages 1-5, omit step 3 and go directly to step 4, including the garlic and oil with the below ingredients.)
4. Add the black beans, pinto beans, salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
5. To assemble: Lay tortillas on parchment paper on work surface. Spread the following bean filling in the center of each tortilla, depending on age served:
 - Ages 1-2: 2/3 cup
 - Ages 3-5: 3/4 cup
6. Fold each end in and roll to seal. Place in 2 inch steam table pan either lined with parchment paper or sprayed. Continue until all enchiladas are filled.
7. Top each enchilada with 1/8 cup of enchilada sauce.
8. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

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

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

Serving Information

Ages 1-2:

Use spatula to serve one enchilada.

Each serving provides 1 meat/meat alternates, 1/2 cup vegetable (to decrease the vegetable component, cut the sweet potato weight in half to provide 3/8 cup vegetable total).

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 357 Total Fat: 8g Saturated Fat: 4g Carbohydrate: 60g (14g Fiber) Protein: 13g Sodium: 575-700mg Calcium: 237mg Iron: 4g Vitamin A: 518µg Vitamin C: 15mg

Ages 3-5:

Use spatula to serve one enchilada.

Each serving provides 1 1/2 meat/meat alternates, 1/2 cup vegetable (to decrease the vegetable component, cut the sweet potato weight in half to provide 3/8 cup vegetable total).

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 385 Total Fat: 8g Saturated Fat: 4g Carbohydrate: 65g (16g Fiber) Protein: 15g Sodium: 625-750mg Calcium: 249mg Iron: 4g Vitamin A: 518µg Vitamin C: 15mg

Super Sweet Potato & Black Bean Chili

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Tomatoes, diced, canned	1 ½ quarts + ¼ cup OR ¾ -#10 can
Kidney beans, canned, drained, rinsed	1 ½ quarts + ¼ cup OR ¾ - #10 can
Black beans, canned, drained, rinsed	1 ½ quarts + ¼ cup OR 1-#10 can
Onions, fresh, chopped	1 lb. 6 oz. OR 1 ½ pints + 1/8 cup
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	7 lb. 12 oz. OR 5 lbs. 8 oz.
Salt	1 Tbsp.
Chili powder	¼ cup
Garlic, granulated	2 Tbsp.
Cumin	2 Tbsp.
Vegetable broth, divided	1 cup
Water (add 1 pint at a time)	1 cup – 1 pint
Lime juice, fresh (optional)	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. Sweat the onions and diced sweet potatoes with half of the vegetable broth in a steam-jacketed kettle, tilt skillet, or stove top, until onions and potatoes soften, about 10 minutes.
2. Add the black and pinto beans, salt, chili powder, garlic, cumin, diced tomatoes, combine and stir for approximately one minute.
3. Add remaining vegetable broth and add ½ cup of water until desired thickness is achieved.
4. Cover and simmer the chili until sweet potatoes are tender, approximately 15-25 minutes.
HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.
5. If desired, add the fresh lime juice and stir thoroughly.

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.



Super Sweet Potato & Black Bean Chili

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving and Nutrition Information

Ages 1-2:

Using 4 ounce ladle or spoodle of chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 1 meat/meat alternates, ½ cup vegetable (to decrease the vegetable component, cut the sweet potato weight in half to provide ¼ cup vegetable total).

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 104 Total Fat: 0.5g Saturated Fat: 0g Carbohydrate: 22g (10g Fiber) Protein: 5g Sodium: 267mg Calcium: 57mg Iron: 2g Vitamin A: 491µg Vitamin C: 17mg

Ages 3-5:

Using 6 ounce ladle or spoodle of chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 1 ½ meat/meat alternates, 2/3 cup vegetable (to decrease the vegetable component, cut the sweet potato weight in half to provide 3/8 cup vegetable total).

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 139 Total Fat: 0.7g Saturated Fat: 0g Carbohydrate: 29g (7g Fiber) Protein: 6g Sodium: 358mg Calcium: 76mg Iron: 3g Vitamin A: 654µg Vitamin C: 22mg



Sweet Pineapple & Tofu w/ Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Ingredients	Quantity
Pineapple tidbits, drained	
Ages 1-2:	3 1/8 cups
Ages 3-Adult:	1 1/2 quarts + 1/4 cup
Onions, chopped	1 cup
Carrots, shredded (1/8 c)	3 1/8 cups
Garlic powder	1 tbsp
Ginger, granulated	2 1/2 Tbsp
Maple syrup	2 1/2 cups
Soy sauce (reduced sodium)	1/3 cups
White vinegar	2/3 cups
Tofu, cubed, firm, baked	3 lbs 4 oz
Garbanzo beans, canned, drained and rinsed:	
Ages 1 -2: Do not include	0
Ages 3 – 5:	1lb 5 oz OR 3 1/8 cups
Cornstarch	1/2 cups
Water	1/2 cups
Rice preparation	
1/ 2 ounce grain equivalent for ages 1 – 5	
Brown rice, dried	13 oz
Water	1 cup

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



Sweet Pineapple & Tofu w/ Rice

Continued

Preparation

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

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: 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.

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

2. If using tofu not already baked, heat oven to 325°F. Place tofu on a greased or foiled baking sheet. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Let cool. This step can be done the day before (store in cooler overnight).

3. Combine pineapple, tofu, chickpeas, maple syrup, soy sauce, vinegar, onion, carrots, garlic, ginger and red pepper flakes in a saucepan or steamtable pan. Simmer for 30 minutes, until sauce begins to thicken and the tofu and chickpeas are well coated.

4. In a small bowl, whisk together cornstarch and cold water.

5. Add cornstarch mixture to the sauce, stirring constantly until the cornstarch is fully combined and mixture is thickened, approximately 3-5 minutes. Keep warm until meal service.

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 and Nutrition Information

Ages 1-2:

Portion 1/2 cup Sweet Pineapple and Tofu mixture over 1/4 cup brown rice.

Each serving provides 1 meat/meat alternate, 1/2 ounce equivalent grains, 1/8 cup fruit and 1/4 cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 223 Total Fat: 3g Saturated Fat: 1g Carbohydrate: 43g (3g Fiber) Protein: 8g Sodium: 175mg Calcium: 161mg Iron: 2mg Vitamin A: 116µg Vitamin C: 4mg

Ages 3-5:

Portion 3/4 cup Sweet Pineapple and Tofu mixture over 1/4 cup brown rice.

Each serving provides 1 1/2 meat/meat alternates, 1/2 ounce equivalent grains, 1/4 cup fruit and 1/8 cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 274 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 52g (5g Fiber) Protein: 10g Sodium: 225mg Calcium: 174mg Iron: 2mg Vitamin A: 116µg Vitamin C: 7mg



Zesty Pasta Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

*Includes ProHealth pasta product

Servings: 25

Ingredients	Quantity
Diced tomatoes, canned, drained	1 ½ quarts + ¼ cup OR ¾-#10 cans
Great Northern Beans, drained, rinsed	3 1/8 cups OR ½ -#10 can
Optional: Green onions, diced	1 Cup
Optional: Green bell peppers, diced	1 ½ Cups
Carrots, shredded	12 ounces
Italian dressing, prepared	1 pint + ½ cup
ProHealth Bean Pasta Each Serving: 1.4 oz. dry	Dry grain weight: 2 lbs. 4 oz
Olive oil	1/3 cup + 2 Tbsp

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

Preparation

1. Prepare bean pasta accordingly. Boil for approximately 10 minutes and added carrots the water. Cook another 3-5 minutes, until pasta is cooked through.
2. Rinse pasta with cool water and toss with olive oil in a large bowl.
3. Add tomatoes, green onions, green peppers, white beans and Italian dressing to the pasta. Combine thoroughly.
4. Cover and refrigerate until meal service.

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

Serving and Nutrition Information

Ages 1-2:

Serve ½ cup of pasta mixture to provide 1 ¼ meat/meat alternates and 1/8 cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 179 Total Fat: 3g Saturated Fat: 0.5g Carbohydrate: 28g (8g fiber) Protein: 10g Sodium: 168mg Calcium: 30mg Iron: 0.5mg Vitamin A: 231µg Vitamin C: 72mg

Ages 3-5:

Serve 2/3 cup of pasta mixture to provide 1 ⅔ meat/meat alternates and ¼ cup vegetable.

Nutrition Information *Estimated from USDA Nutrient Database

Calories: 239 Total Fat: 4g Saturated Fat: 0.7g Carbohydrate: 37g (11g fiber) Protein: 13g Sodium: 223 mg Calcium: 40mg Iron: 0.7mg Vitamin A: 308µg Vitamin C: 96mg

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