

New K-12 Recipes with Grab and Go Ideation

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



**THE HUMANE SOCIETY
OF THE UNITED STATES**

Plant-strong grab and go recipes for schools

Bowls

Each bowl listed below includes two meat alternates, two grain equivalents, and at least ½ cup serving of fruits and vegetables, making the bowl a reimbursable meal on its own.

- Enchilada Chili Bowl
- BBQ Chopped Salad Bowl
- Bahn Mi Bowl
- BBQ Nacho Bowl
- Kashmiri Chickpea Bowl
- Buffalo Chickpea Bowl
- Black Bean Burrito Bowl
- Burrito Bowl featuring GroundPro Lentil Crumbles
- Lo Mein Bowl
- Nutty Noodle Bowl
- Rainbow Hummus Bowl

Handhelds

Each handheld entrée includes two meat alternates and two grain equivalents. When paired with at least ½ cup fruit and vegetable serving, it becomes a reimbursable meal. Several of the recipes listed below include the Ground Pro lentil crumbles.

- Tasty Taco Sandwich
- Super Sloppy Joes
- Simple Street Tacos
- Easy Chickpea Salad Wrap



Bahn Mi Bowl

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
Carrots, shredded, ready-to-use	2 pounds 12 ounces		5 pounds 8 ounces	
Cucumbers, sliced/diced, ready-to-use	5 pounds		10 pounds	
Rice vinegar		2 ¼ cups		4 ½ cups
Maple/pancake syrup		½ cup		1 cup
Tofu, drained, diced	7 pounds		14 pounds	
Garbanzo beans, canned, drained, and rinsed		2 -#10 cans		4 -#10 cans
Garlic powder		2 Tablespoons		¼ cup
Soy sauce or tamari		1 ½ cups		3 cups
Chili sauce, such as sriracha or hot sauce		2 Tablespoons		¼ cup
Brown or white rice, prepared	7 pounds, dry		14 pounds, dry	
Green onions, diced, ready-to-use		1 ½ cups		3 cups
Lime juice		½ cup		1 cup

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

Preparation

1. In a medium bowl, combine the carrots, cucumbers, rice vinegar, and maple/pancake syrup. Refrigerate for at least 30 minutes.
2. In a large bowl, combine diced tofu, drained chickpeas, garlic powder, soy sauce/tamari, and chili sauce. Refrigerate for at least 30 minutes. The tofu can be served cold or can then be baked. If baking, drain the tofu/chickpea mixture and spread out evenly on parchment lined sheetpans. Bake at 350 degrees fahrenheit for 20 minutes, or until tofu and chickpeas begin to brown.
3. Prepare rice according to package instructions or follow below instructions. Fluff and add the green onions and lime juice to the cooked rice. Mix well and store in warming unit until meal 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.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.



Bahn Mi Bowl Continued

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

Serving Information/Notes

1. In a bowl, portion one cup of cooked rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. $\frac{1}{4}$ cup marinated carrots and cucumbers
 - b. $\frac{1}{2}$ cup marinated tofu and chickpeas
3. If desired, served with appropriate salad dressings.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, $\frac{1}{4}$ cup other vegetable, and $\frac{1}{4}$ cup red orange vegetable, and $\frac{1}{4}$ cup other vegetable.

Nutrition Information

Calories: 457 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 1.9g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 79g Fiber: 12g Total Sugars: 13g Protein: 20g Sodium: 606mg
Vitamin A: 4 μ g Vitamin C: 9mg Calcium: 201mg Iron: 5.4mg Folate: 294 μ g



BBQ Chopped Salad 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
Brown rice, instant, cooked	7 pounds, dry		14 pounds, dry	
Garbanzo beans, canned, drained, and rinsed		2 -#10 cans		4-#10 cans
Prepared BBQ sauce, divided		1 ½ quarts		3 quarts
Romaine lettuce, chopped, ready-to-use	2 pounds		4 pounds	
Carrots, shredded, ready-to-use	2 pounds 12 ounces		5 pounds 8 ounces	
Tomato, diced, ready-to-use	3 pounds		6 pounds	
Corn, frozen, but thawed and drained	4 pounds 12 ounces		9 pounds 8 ounces	
Black beans, canned, drained, and rinsed		2 - #10 cans		4 - #10 cans

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

Preparation

Rice

1. Prepare rice according to package. 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.

BBQ Chickpea ingredients

2. Heat oven to 400 degrees Fahrenheit.
3. In a large bowl, toss chickpeas with the BBQ sauce arrange in single layers on parchment-lined sheet pans. Bake for 20 minutes. The chickpeas should be sticky when done. Let cool 5-10 minutes.

Follow serving information below. The bowls are designed to be prepared ahead of meal service.



BBQ Chopped Salad Bowl Continued

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

Serving Information/Notes

4. In a parfait cup, layer the following ingredients:
 - a. 1 cup brown rice
 - b. $\frac{1}{4}$ cup drained black beans
 - c. $\frac{1}{4}$ chopped romaine lettuce
 - d. $\frac{1}{4}$ cup shredded carrots
 - e. $\frac{1}{4}$ cup thawed corn
 - f. 2 Tablespoons ($\frac{1}{8}$ cup) diced tomatoes
 - g. $\frac{1}{4}$ cup BBQ chickpeas
 - h. Serve with additional BBQ sauce or favorite salad dressings.

Each bowl provides 2 meat alternates, 2 ounce grain equivalents, $\frac{1}{8}$ cup dark green vegetable, $\frac{3}{8}$ cup red/orange vegetable, and $\frac{1}{4}$ cup starchy vegetable (a total of $\frac{3}{4}$ cup vegetable serving).

Nutrition Information

*Information will vary based on specific ingredients

Calories: 671 Total Fat: 5.7g Saturated Fat: 0.6g Monounsaturated Fat: 1g Polyunsaturated Fat: 1.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 92g Fiber: 17g Total Sugars: 15g Protein: 24g Sodium: 544mg
Vitamin A: 295 μ g Vitamin C: 15mg Calcium: 111mg Iron: 9mg Folate: 513 μ g



BBQ Nacho Bowl

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

Process # 2 – Same Day Service

Yield 50 Servings OR 100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, cooked	3 pounds 8 ounces, dry		7 pounds, dry	
Garbanzo beans, canned, drained, and rinsed		2 ½ -#10 cans		5-#10 cans
Cauliflower florets, ready-to-uses	2 pounds 12 ounces		5 pounds 8 ounces	
Vegetable or canola oil		1 quart		2 quarts
Cumin		¼ cup		½ cup
Paprika		¼ cup		½ cup
Garlic powder		¼ cup		½ cup
Onion powder		¼ cup		½ cup
Chili powder		¼ cup		½ cup
Salt, divided		1/3 cup		2/3 cup
Black pepper		¼ cup		½ cup
BBQ Sauce		2 quarts		1 gallon
White vinegar		1 ½ quarts		3 quarts
Sugar, granulated		3 cups		6 cups
Cabbage mix, shredded, ready-to-use	4 pounds 8 ounces		9 pounds	
Dill pickle chips, garnish		2 quarts		1 gallon
Corn tortilla chips, 1 ounce individually packaged OR Corn tortilla chips, bulk	 OR 3 pounds 12 ounces	 50 Each	 OR 7 pounds 8 ounces	 100 Each

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



BBQ Nacho Bowl Continued

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

Preparation

Rice

1. Prepare rice according to package. 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.

BBQ Chickpea ingredients

2. Heat oven to 350 degrees Fahrenheit.
3. In a large bowl, toss chickpeas and cauliflower florets with oil and arrange in single layers on parchment-lined sheet pans. Roast 30-40 minutes, until chickpeas are golden brown and the cauliflower is beginning to brown.
3. Meanwhile, in a large bowl, combine the cumin, paprika, garlic powder, onion powder, chili powder, ¼ cup salt, and black pepper. Set aside until step 5.
4. In a smaller bowl, combine the white vinegar, sugar, remaining salt and whisk until the sugar is dissolved. Pour on top of the cabbage mix and stir to combine.
5. Transfer the roasted chickpeas and cauliflower to the bowl with the spice blend and toss to coat. Then, toss the coated chickpeas and cauliflower with the BBQ sauce.

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.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.

Serving Information/Notes

1. In a bowl, portion 1/2 cup of cooked quinoa or brown rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. ¾ cup BBQ roasted chickpeas and cauliflower
 - b. ½ cup coleslaw
 - c. 3 Dill pickle chips
 - d. Corn tortilla chips, individually packaged or 1-ounce serving
 - e. Serve with additional BBQ sauce or favorite salad dressings

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, ½ cup other vegetable.

Nutrition Information

*Information will vary based on specific ingredients

Calories: 632 Total Fat: 22g Saturated Fat: 2g Monounsaturated Fat: 12g Polyunsaturated Fat: 7g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 90g Fiber: 14g Total Sugars: 21g Protein: 15g Sodium: 559mg
Vitamin A: 41µg Vitamin C: 38mg Calcium: 159mg Iron: 7mg Folate: 278µg



Black Bean Burrito Bowl

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

Process # 2 – Same Day Service

Yield: 50 Servings OR 100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, prepared	3 pounds 8 ounces		7 pounds	
Refried beans, canned, prepared OR Refried beans, dehydrated, prepared	OR 2 pounds 8 ounces	2 - #10 can	OR 5 pounds	4 - #10 cans
Taco seasoning, reduced sodium		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Black beans, canned, drained, rinsed		2 - #10 cans		4 - #10 cans
Corn, frozen, tempered (thawed) OR Corn, canned, drained	9 pounds 4 ounces OR		18 pounds 8 ounces OR	
Salsa, canned		2 - #10 cans		4 - #10 cans
Corn tortilla chips, minimum 1-ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	OR 3 pounds 2 ounces	50 each	OR 6 pounds 4 ounces	100 each
Optional Garnishes:				
Romaine lettuce, chopped, ready-to-use	2 pounds		4 pounds	
Tomatoes, diced, ready-to-use	3 pounds		6 pounds	
Onion, diced, ready-to-use	2 pounds		4 pounds	
Jalapenos, canned, sliced		1 - #10 can		2 - #10 cans

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



Black Bean Burrito Bowl Continued

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

Preparation

1. Prepare rice according to package. 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. Transfer refried beans to steamtable pans and steam for approximately 5-8 minutes, until warm. Place in warmer until service.

3. In a large bowl, combine the black beans, corn, and taco seasoning. Stir to combine and then transfer to steamtable pans and steam for approximately 10 minutes, until warm. Place in warmer 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.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.

*This dish can be served hot or cold depending on meal service capabilities.

Serving Information/Notes

1. In a bowl, portion 1/2 cup of brown rice.

2. On the rice, portion the following ingredients in separate areas, do not layer.

f. 3/4 cup taco seasoned black beans and corn

g. 1/4 cup refried beans

h. 1/4 cup salsa

Optional garnishes:

i. 2 tablespoons (1/8 cup) diced tomatoes

j. 1/4 cup chopped romaine

k. 2 tablespoons (1/8 cup) jalapeno slices

l. 2 tablespoons (1/8 cup) red onion

3. Serve with one-ounce portion of corn tortilla chips.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, 1/2 cup starchy vegetable, and 1/4 cup red orange vegetable. Each additional vegetable garnish provides 1/8 cup vegetable serving.

Nutrition Information *From USDA Nutrient Database

Calories: 517 Total Fat: 9g Saturated Fat: 1.3g Monounsaturated Fat: 3.7g Polyunsaturated Fat: 3.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 93g Fiber: 15g Total Sugars: 10.5g Protein: 16g Sodium: 539mg Vitamin A: 97µg Vitamin C: 24mg Calcium: 123mg Iron: 5mg Folate: 128µg



Buffalo Chickpea Bowl

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

Process # 2 – Same Day Service

Yield 50 Servings OR 100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Garbanzo beans, canned, drained, and rinsed		2 ½ -#10 cans		5-#10 cans
Cauliflower florets, ready-to-use	5 pounds 8 ounces		11 pounds	
Vegetable or canola oil		1 quart		2 quarts
Garlic powder		1 ½ cups		3 cups
Buffalo ‘wing’ sauce (not hot sauce)		1 ½ quarts		3 quarts
Quinoa, cooked OR Brown rice, instant, cooked	7 pounds 12 ounces, dry OR 7 pounds, dry		15 pounds 8 ounces, dry OR 14 pounds, dry	
Carrot sticks, ready-to-use	3 pounds 4 ounces		6 pounds 8 ounces	
Celery sticks, ready-to-use	3 pounds 12 ounces		7 pounds 8 ounces	

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

Preparation

Rice

1. Prepare rice according to package. 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.

Buffalo Chickpea ingredients

2. Heat oven to 350 degrees Fahrenheit.
3. In a large bowl, toss chickpeas and cauliflower florets with oil and arrange in single layers on parchment-lined sheet pans. Roast 30-40 minutes, until chickpeas are golden brown and the cauliflower is beginning to brown.
4. Transfer the roasted chickpeas and cauliflower to another bowl with the buffalo ‘wing’ sauce and toss to coat.

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.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.



Buffalo Chickpea Bowl Continued

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

Serving Information/Notes

1. In a bowl, portion one cup of cooked quinoa or brown rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. 1 cup buffalo roasted chickpeas and cauliflower mixture
 - b. 3 sticks of carrots
 - c. 3 sticks of celery
3. Serve with a variety of dressings.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, $\frac{3}{4}$ cup other vegetable, and $\frac{1}{4}$ cup red orange vegetable.

Nutrition Information

Calories: 491 Total Fat: 17g Saturated Fat: 1.3g Monounsaturated Fat: 9.5g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 71g Fiber: 17g Total Sugars: 6g Protein: 13g Sodium: 544mg Vitamin A: 70 μ g Vitamin C: 28mg Calcium: 76mg Iron: 5.8mg Folate: 374 μ g



Crazy Chickpea Salad Wrap

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

Process # 2 – Same Day Service

YIELD

50 Servings

OR

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Chickpeas, canned, drained		2 ½ - #10 cans		5-#10 cans
Eggless mayonnaise		3 ¼ cups		6 ½ cups
Carrots, shredded, ready-to-use	1 pound 8 ounces		3 pounds	½ gallon
Celery, diced, ready-to-use	1 pound		1 pound	
Relish, sweet		3 cups		6 cups
Dijon mustard		½ cup		1 cup
Salt		1 ½ Tablespoon		3 Tablespoons
Black pepper		1 Tablespoon		2 Tablespoons
Garlic, granulated		2 Tablespoons		¼ cup
Tortillas, whole grain rich, 10-inch		50 each		100 each
Romaine lettuce, chopped, ready-to-use	2 pounds		4 pounds	
Tomato, diced, ready-to-use	3 pounds		6 pounds	

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. In a large bowl, combine the eggless mayonnaise, shredded carrots, diced celery, relish, Dijon mustard, salt, black pepper, and garlic. Mix well.
3. Allow to cool in refrigerator prior to meal service.

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



Crazy Chickpea Salad Wrap Continued

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

Serving Information

Portion $\frac{3}{4}$ cup chickpea salad on each 10-inch tortilla. Top with $\frac{1}{4}$ cup chopped romaine and $\frac{1}{4}$ cup diced tomatoes. Roll the tortilla and serve. Serve with a one-ounce package of crackers, pretzels, or tortilla chips.

*The lettuce and tomato can be portioned out in a souffle cup and served on the side of the wrap.

Each wrap with the lettuce and tomato provides 2 meat alternates, 1-ounce grain equivalent, $\frac{1}{4}$ cup red/orange vegetable, and $\frac{1}{4}$ cup dark green vegetable. The crackers, pretzels, or tortilla chips will provide the additional 1-ounce grain equivalent needed for most age groups.

Nutrition Information *Wrap including romaine and tomatoes

Calories: 456 Total Fat: 18g Saturated Fat: 1.3g Monounsaturated Fat: 2.5g Polyunsaturated Fat: 5.5g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 70g Fiber: 12g Total Sugars: 13g Protein: 14g Sodium: 890mg
Vitamin A: 188 μ g Vitamin C: 6mg Calcium: 58mg Iron: 3mg Folate: 168 μ g



Enchilada Chili Bowl

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

Process #2 – Same Day Service

YIELD **50 Servings** **OR** **100 Servings**

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Red onion, diced	2 pounds		4 pounds	
Garlic, granulated		¼ cup		½ cup
Kidney beans, canned, drained, rinsed		2 - #10 cans		4 - # 10 can
Black beans, canned, drained, rinsed		2 - #10 can		4 - # 10 can
Refried beans, canned, prepared OR Refried beans, dehydrated, prepared	OR 2 pounds 8 ounces	1 - # 10 can	OR 5 pounds	2 - # 10 can
Diced tomatoes, canned		2 ½ - # 10 cans		5 - # 10 cans
Vegetable broth, low sodium		1 ½ - 2 quarts		3 - 4 quarts
Mild red enchilada sauce		1 ½ quarts		3 quarts
Oregano, dried, ground		¼ cup		½ cup
Chili powder, ground		¼ cup		½ cup
Black pepper		¼ cup		½ cup
Remaining bowl ingredients:				
Brown rice, prepared, instant	3 pounds 8 ounces, dry weight		7 pounds, dry weight	
Corn tortilla chips, individual bag, 1-ounce grain OR Corn tortilla chips, bulk	OR 3 pounds 2 ounces	50 Each OR	6 pounds 4 ounces	100 Each OR
Optional garnishes:				
Olives, diced, canned		1-#10 can		2-#10 cans
Green onions, diced	3 pounds 12 ounces		7 pounds 8 ounces	

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



Enchilada Chili Bowl Continued

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

Preparation

1. Combine the chili ingredients in a tilt skillet or steam jacketed kettle. Cook for an hour or until the chili is thick. *Chili can be prepared the day before, cooled, and reheated day-of service.
2. Prepare rice according to package. 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.

Serving Information

1. In a bowl, portion ½ cup cooked brown rice.
2. Portion 1 ¾ cups of chili over the rice.
3. If desired, top chili with 2 tablespoons sliced olives and 2 tablespoons diced green onions.
4. Serve with corn tortilla chips.

Each bowl provides 2 meat alternates, 2-ounce grain equivalents, ½ cup red/orange vegetable and ¼ cup other vegetable (if olives and green onions are served).

Nutrition Information per serving *From USDA Nutrient Database

Calories: 463 Total Fat: 9.7g Saturated Fat: 1g Monounsaturated Fat: 3.5g Polyunsaturated Fat: 2.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 78g Fiber: 16g Total Sugars: 7g Protein: 16g Sodium: 564mg Vitamin A: 25µg Vitamin C: 4.5mg Calcium: 117mg Iron: 4mg Folate: 69µg



Garam Masala Spice Mix

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

Yield: 2 cups (1 pint)

Ingredients	Measure
Ground cumin	2/3 cup
Ground coriander	1/3 cup
Ground cardamom	1/3 cup
Ground black pepper	1/3 cup
Ground cinnamon	3 1/3 Tablespoons
Ground cloves	1 1/2 Tablespoons
Ground nutmeg	1 1/2 Tablespoons

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

Preparation

1. In a bowl, combine all ingredients and stir well.
2. Store in an airtight container.



Burrito Bowl featuring GroundPro Lentil Crumbles

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

Process # 2 – Same Day Service

Yield: **50 Servings** OR **100 Servings**

Skill Level: Basic

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, prepared	3 pounds 8 ounces		7 pounds	
Refried beans, canned, prepared OR Refried beans, dehydrated, prepared	OR 2 pounds 8 ounces	2 - #10 can	OR 5 pounds	4 - #10 cans
Taco seasoning, reduced sodium		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
GroundPro lentils, prepared *Follow package instructions	3 pounds 8 ounces		7 pounds	
Corn, frozen, thawed OR Corn, canned, drained	9 pounds 4 ounces OR	3 - #10 cans	18 pounds 8 ounces OR	6 - #10 cans
Salsa, canned		2 - #10 cans		4 - #10 cans
Corn tortilla chips, 1-ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	OR 3 pounds 2 ounces	50 each	OR 6 pounds 4 ounces	100 each
Optional garnishes				
Romaine lettuce, chopped, ready-to-use	2 pounds		4 pounds	
Tomatoes, diced, ready-to-use	3 pounds		6 pounds	
Onion, diced, ready-to-use	2 pounds		4 pounds	
Jalapenos, canned, sliced		1 - #10 can		2 - #10 cans

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

Preparation

1. Prepare rice according to package. 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.

Burrito Bowl featuring GroundPro Lentil Crumbles Continued

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

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. Transfer refried beans to steamtable pans and steam for approximately 5-8 minutes, until warm. Place in warmer until service.

3. Prepare GroundPro lentil crumbles according to package instructions, either in the oven or steamer. Lentil preparation should take approximately 20 minutes. Combine prepared lentils with taco seasoning; mix well.

4. Transfer the corn to steamtable pans and steam for approximately 8 minutes, until warm. Place in warmer 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.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.

*This dish can be served hot or cold depending on meal service capabilities.

Serving Information/Notes

1. In a bowl, portion 1/2 cup of brown rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. 1/4 cup taco seasoned GroundPro lentils
 - b. 1/4 cup refried beans
 - c. 1/2 cup corn
 - d. 1/4 cup salsa

Optional garnishes:

 - e. 2 tablespoons (1/8 cup) diced tomatoes
 - f. 1/4 cup chopped romaine
 - g. 2 tablespoons (1/8 cup) jalapeno slices
 - h. 2 tablespoons (1/8 cup) red onion

3. Serve with one-ounce portion of corn tortilla chips.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, 1/2 cup starchy vegetable, and 1/4 cup red orange vegetable. Each additional vegetable garnish provides 1/8 cup vegetable serving.

Nutrition Information *From USDA Nutrient Database

Calories: 521 Total Fat: 9g Saturated Fat: 1.3g Monounsaturated Fat: 3.7g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 93g Fiber: 15g Total Sugars: 11g Protein: 17g Sodium: 519mg
Vitamin A: 97µg Vitamin C: 23mg Calcium: 112mg Iron: 5mg Folate: 181µg



Kashmiri Chickpea Bowl

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

Process # 2 – Same Day Service

Yield **50 Servings** OR **100 Servings**

Skill Level: **Advanced**

Ingredients	Weight	Measure	Weight	Measure
Garbanzo beans, canned, drained, and rinsed		2 ½ -#10 cans		5-#10 cans
Broccoli florets, ready-to-use	3 pounds 8 ounces		7 pounds	
Vegetable or canola oil		1 quart		2 quarts
Garam Masala, prepared or follow sub-recipe		1 cup		2 cups
Salt		½ cup		1 cup
Black pepper		¼ cup		½ cup
Brown rice, instant, cooked	7 pounds, dry		14 pounds, dry	
Cucumber, diced or sliced, ready-to-use	5 pounds		10 pounds	
Tomatoes, diced, ready-to-use	6 pounds		12 pounds	
Salt		¼ cup		½ cup
Lemon juice		1 cup		2 cups

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

Preparation

Rice

1. Prepare rice according to package. 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.

Kashmiri Chickpea ingredients

2. Heat oven to 350 degrees Fahrenheit.
3. In a large bowl, toss chickpeas and broccoli florets with oil and arrange in single layers on parchment-lined sheet pans. Roast 30-40 minutes, until chickpeas are golden brown and the broccoli is beginning to brown.
4. Meanwhile, in a large bowl, combined the cucumber, tomatoes, salt, and lemon juice. Toss until well coated.
5. Transfer the roasted chickpeas and broccoli to another bowl with the Garam Masala spice blend and toss to coat.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.



Kashmiri Chickpea Bowl Continued

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

Serving Information/Notes

1. In a bowl, portion one cup of cooked brown rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. 1 cup Kashmiri roasted chickpeas and broccoli
 - b. 3/4 cup cucumber tomato salad
3. Serve with a variety of salad dressing options.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, ½ cup dark green vegetable, and ¼ cup red orange vegetable, and ¼ cup other vegetable.

Nutrition Information

Calories: 483 Total Fat: 17g Saturated Fat: 1.3g Monounsaturated Fat: 9.5g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 70g Fiber: 10g Total Sugars: 6.7g Protein: 12g Sodium: 321mg Vitamin A: 21µg Vitamin C: 25mg Calcium: 112mg Iron: 6mg Folate: 348µg



Lo Mein Noodle Bowl

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

Process # 2 – Same Day Service

YIELD 50 Servings OR 100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 pounds 4 ounces		12 pounds 8 ounces	
Oil, olive or vegetable		1 ½ cup		3 cups
Granulated garlic		½ cup		1 cup
Onion, diced, ready-to-use	1 pound		2 pounds	
Edamame, shelled (shell removed), frozen	4 pounds 12 ounces		9 pounds 8 ounces	
Vegetables, California blend, frozen	9 pounds 8 ounces		19 pounds	
Soy Sauce, low sodium		1 ½ cups		3 cups
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained, rinsed		1 ¼ - #10 cans (12 ½ cups)		2 ½ - #10 cans (25 cups)
Cilantro, fresh, optional		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 garlic, diced onion, edamame, and the frozen vegetables. Sauté until vegetables are tender but crisp approximately 8 minutes.
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 ½ cups per serving on serving tray or in individual bowls.

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

*Serve each noodle bowl with chopsticks, a fortune cookie and/or wonton crisps, if available through distributor.

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

Calories: 415 Total Fat: 10g Saturated Fat: 1.3g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 1.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 65g Fiber: 6g Total Sugars: 7g Protein: 16g Sodium: mg Vitamin A: 159µg Vitamin C: 17mg Calcium: 76mg Iron: 4mg Folate: 159µg



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Nutty Noodle Bowl

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

Process # 2 – Same Day Service

Yield

50 Servings

OR

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Noodles, spaghetti, whole grain, dry	6 pounds 4 ounces		12 pounds 8 ounces	
Mixed vegetables, country/Midwest blend, frozen	11 pounds		22 pounds	
Nut or seed butter, smooth		1-#10 can		2-#10 cans
Edamame, shelled (shell removed), frozen	4 pounds 12 ounces		9 pounds 8 ounces	
Ginger, granulated		1 cup		2 cups
Garlic, granulated		½ cup		1 cup
Rice wine vinegar		2 quarts		1 gallon
Sugar		1 ½ cups		3 cups
Soy sauce, reduced sodium		2 cups		1 quart
Water		1 quart		½ gallon
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. Add the vegetables and edamame; cook until tender, approximately 10 minutes.
4. 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 Noodle Bowl 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 grain equivalents, and ½ cup other vegetable.

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



Rainbow Hummus Bowl

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

Process # 2 – Same Day Service

Yield **50 Servings** OR **100 Servings**

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, cooked	3 pounds 8 ounces, dry weight		7 pounds, dry weight	
Hummus, prepared OR Homemade hummus:		1 ½ gallons + 1 cup (25 cups total)		3 gallons + 2 cups (50 cups total)
<i>Garbanzo beans, canned, drained, and rinsed</i>		2 ½-#10 cans		5-#10 cans
<i>Garlic cloves, peeled</i>		25 cloves		50 cloves
<i>Cumin, ground</i>		½ cup		1 cup
<i>Salt</i>		2 Tablespoons		¼ cup
<i>Black pepper</i>		2 Tablespoons		¼ cup
<i>Lemon juice</i>		2 ¼ cups		4 ½ cups
<i>Olive oil</i>		2 ¼ cups		4 ½ cups
<i>Water *used for desired consistency</i>		As needed		As needed
Purple cabbage, shredded, ready-to-use	4 pounds 8 ounces		9 pounds	
Baby spinach, ready-to-use	4 pounds		8 pounds	
Carrots, shredded, ready-to-use	2 pounds 12 ounces		5 pounds 8 ounces	
Zucchini, diced, ready-to-use	4 pounds		8 pounds	
Pita bread or 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.



Rainbow Hummus Bowl Continued

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

Preparation

1. Prepare rice according to package. Hold in warming unit 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. If making the hummus, add all ingredients for the hummus, except for the water, to a food processor or Robot Coupe. Blend until smooth. Add water, $\frac{1}{2}$ cup at a time, until desired consistency is reached.

3. Follow serving information below to prepare each bowl.

Serving Information

1. In a bowl, portion $\frac{1}{2}$ cup of the cooked brown rice.
2. Next to the rice, portion the following ingredients in separate areas; do not layer.
 - a. $\frac{1}{2}$ cup hummus
 - b. $\frac{1}{2}$ cup shredded cabbage
 - c. $\frac{1}{2}$ cup baby spinach
 - d. $\frac{1}{4}$ cup shredded carrots
 - e. $\frac{1}{4}$ cup diced zucchini
3. Service with a 1-ounce equivalent serving of pita bread or a tortilla. If desired, offer a variety of salad dressings.

Each bowl provides 2 meat alternates, 2-ounce grain equivalents, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{2}$ cup other vegetable, and $\frac{1}{4}$ cup dark green vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 562 Total Fat: 14g Saturated Fat: 1.8g Monounsaturated Fat: 8g Polyunsaturated Fat: 2.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 80g Fiber: 13g Total Sugar: 8g Protein: 17g Sodium: 391mg Vitamin A: 304 μ g Vitamin C: 38mg Calcium: 131mg Iron: 5.8mg Folate: 204 μ g



Street Tacos featuring GroundPro Lentils

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

Process # 2 – Same Day Service

Yield: 50 Servings OR 100 Servings

Skill Level: Basic

Ingredients	Weight	Measure	Weight	Measure
GroundPro lentil crumbles, prepared *Follow package instructions	3 pounds 8 ounces		7 pounds	
Taco seasoning, reduced sodium		1 ½ cups		3 cups
Pinto beans, canned, drained, rinsed		2 - #10 cans		4 - #10 cans
Salsa, canned		1 - #10 can		2 - #10 cans
Romaine lettuce, chopped, ready-to-use	4 pounds		8 pounds	
Tomatoes, diced, ready-to-use	5 pounds 12 ounces		11 pounds 8 ounces	
Crunchy taco shells OR Soft taco shells		100 Each		200 Each
Corn tortilla chips, bulk OR Corn tortilla chips, individually packaged	3 pounds 2 ounces OR		6 pounds 4 ounces OR	
		50 Each		100 Each

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

Preparation

1. Prepare lentil crumbles according to package instructions, either in the oven or steamer. Lentil preparation should take approximately 20 minutes.
2. Combine the lentil crumbles, pinto beans, taco seasoning, and salsa in steamtable pans. Cover and steam for approximately 10 minutes, until heated throughout.
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.
3. Portion ½ cup lettuce and ¼ cup diced tomatoes in 6-ounce souffle cups. Cover.

Follow serving information below.

Serving Information/Notes

Use a #10 scoop (3/8 cup) to portion the taco mix into each taco shell. Serve with lettuce and tomato cup and 1-ounce grain equivalent of corn tortilla chips.

Two tacos provide 2 meat alternates, 1-ounce equivalent grains, and ¼ cup red/orange vegetable.

Serve with the side salad to provide an additional 1/4 cup red/orange vegetable and ¼ cup dark green vegetable and the tortilla chips to provide the additional 1-ounce grain equivalent.



Street Tacos featuring GroundPro Lentils

Continued

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

Nutrition Information

Tacos with lettuce, tomato, and corn tortilla chips

Calories: 426 Total Fat: 12.4g Saturated Fat: 2.5g Monounsaturated Fat: 4.8g Polyunsaturated Fat: 4.3g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 64g Fiber: 12g Total Sugars: 5.6g Protein: 14g Sodium: 542mg
Vitamin A: 134µg Vitamin C: 9.7mg Calcium: 117mg Iron: 4.2mg Folate: 233µg



Super Sloppy Joe with GroundPro Lentils

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

Process # 2 – Same Day Service

Yield: 50 Servings OR 100 Servings

Skill Level: Basic

Ingredients	Weight	Measure	Weight	Measure
GroundPro lentil crumbles, prepared *Follow package instructions	7 pounds		14 pounds	
BBQ sauce, prepared		½ - 1 gallon		1 - 2 gallons
Hamburger buns, whole grain		50 Each		100 Each

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

Preparation

1. Prepare lentil crumbles according to package instructions, either in the oven or steamer. Lentil preparation should take approximately 20 minutes.
2. In a large bowl, combine the lentil crumbles and half of the BBQ sauce. Mix well and add more BBQ sauce until desired consistency is reached.
3. Pour the sloppy joe mixture into steamtable pans. Cover and steam for approximately 10 minutes, until heated throughout.

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

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

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

Follow serving information below.

Serving Information/Notes

Use a #8 scoop (1/2 cup) to portion the sloppy joe mix on the hamburger bun.

Each sandwich provides 2 meat alternates and 2-ounces equivalent grains.

Nutrition Information *From USDA Nutrient Database

Calories: 497 Total Fat: 6.4g Saturated Fat: 0.6g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 88g Fiber: 15g Total Sugars: 25g Protein: 16g Sodium: 539mg

Vitamin A: 0µg Vitamin C: 21mg Calcium: 39mg Iron: 7mg Folate: 179µg



Tasty Taco Sandwich featuring GroundPro Lentil Crumbles

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

Process # 2 – Same Day Service

Yield: 50 Servings 100 Servings

Skill Level: Basic

Ingredients	Weight	Measure	Weight	Measure
GroundPro lentil crumbles, prepared *Follow package instructions	3 pounds 8 ounces		7 pounds	
Taco seasoning, reduced sodium		1 ½ cups		3 cups
Pinto beans, canned, drained, rinsed		2 - #10 cans		4 - #10 cans
Salsa, canned		2 - #10 cans		4 - #10 cans
Romaine lettuce, chopped, ready-to-use	4 pounds		8 pounds	
Tomatoes, diced, ready-to-use	3 pounds		6 pounds	
Hamburger buns, whole-grain		50 Each		100 Each

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

Preparation

1. Prepare lentil crumbles according to package.
2. Combine the lentil crumbles, pinto beans, taco seasoning, and salsa in steamtable pans. Cover and steam for approximately 10 minutes, until heated throughout.
3. Portion ½ cup lettuce and ¼ cup diced tomatoes in 6-ounce souffle cups. Cover.

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

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

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

Follow serving information below.

Serving Information/Notes

Portion 1 cup of the taco mix on the hamburger bun. Serve with lettuce and tomato cup.

Each sandwich provides 2 meat alternates, 2 ounces grain equivalent, 3/8 cup red/orange vegetable.

Serve with the side salad to provide an additional 1/8 cup red/orange vegetable and ¼ cup dark green vegetable.



Tasty Taco Sandwich featuring GroundPro Lentil Crumbles Continued

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

Nutrition Information *From USDA Nutrient Database

Sandwich Only

Calories: 358 Total Fat: 4.6g Saturated Fat: 0.6g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 0.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 66g Fiber: 12g Total Sugars: 10.5g Protein: 13g Sodium: 459mg Vitamin A: 15µg Vitamin C: 3.2mg Calcium: 81mg Iron: 3.8mg Folate: 167µg

Sandwich with Lettuce & Tomato

Calories: 373 Total Fat: 4.8g Saturated Fat: 0.6g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 0.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 69g Fiber: 13g Total Sugars: 12g Protein: 14g Sodium: 461mg Vitamin A: 136µg Vitamin C: 10mg Calcium: 93mg Iron: 4.2mg Folate: 206µg



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