



Healthy Base Initiative Recipe Guide



HEALTHY BASE INITIATIVE: AN OVERVIEW

Background

The Healthy Base Initiative is a Department of Defense demonstration project designed to combat obesity and tobacco usage. Obesity in the United States has risen dramatically and is a threat to our national security. Tobacco use is the single most preventable cause of disease, disability and death in our nation. The Healthy Base Initiative launched with the specific objective of creating a living and working environment that encourages sustainable healthy lifestyles - healthy food choices, increased physical activity and decreased tobacco use. Data and measurements collected from the Healthy Base Initiative will help inform the Department of Defense's 20-year strategy, Operation Live Well, which supports the National Prevention Strategy.

Highlights

The Healthy Base Initiative project launched in 2013, at 14 sites to encourage a healthy and fit alternative to the trend toward obesity and tobacco use. The Healthy Base Initiative will:

- Promote a healthy and fit force, which is essential to national security;
- Increase the awareness of the devastating impact of sedentary lifestyles and poor nutrition choices;
- Empower the military community to make better nutritional choices, increase physical activity, decrease tobacco use and lose weight;
- Provide a hands-on look at service-level innovations, which can be used to promote health and wellness best practices throughout the DoD; and,
- Support Operation Live Well, a program aimed at making healthy living the easy choice and the social norm.

This Recipe Guide was produced for commercial foodservice operations in support of the Healthy Food Preparation course led by the Culinary Institute of America aboard multiple HBI installations in 2014. Food safety guidelines and practices should be those adhered to at the local organizational level. Additionally, certain items listed in this guide may not be in the Defense Logistics Agency Troop Support Subsistence catalog, or the Non-appropriated Fund Prime Vendor catalog currently in use. Therefore, we encourage you to contact your appropriate headquarters to determine if using locally procured items or adding ingredients to the prime vendor catalog through the proper protocol is the appropriate course of action for ensuring adequate ingredient availability.

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DFAC MENU ITEMS

BREAKFAST ITEMS (3)

Whole Wheat Fruit Pancakes *(190 Kcal per serving)*

Creamy Swiss Birchermuesli *(260 Kcal per serving)*

Southwest Turkey Sausage Patty with Poached Eggs and Spinach *(200 Kcal per serving)*

SALADS (8)

White Bean, Parsley and Onion Salad *(170 Kcal per serving)*

Three Bean and Green Olive Salad *(220 Kcal per serving)*

Cauliflower 'Egg' Salad *(130 Kcal per serving)*

Marinated Kale, Grapes and Parmesan with Mustard Dressing *(180 Kcal per serving)*

Toasted Barley, Pepper, Corn, and Tomato Salad *(200 Kcal per serving)*

Asian Cole Slaw *(190 Kcal per serving)*

Chickpea Salad with Garlic-Cumin Dressing *(120 Kcal per serving)*

Quinoa with Grilled Vegetables and Dried Fruits *(189 Kcal per serving)*

SANDWICHES (10)

Southwest Grilled Chicken Salad with Romaine and Cheddar Cheese *(630 Kcal per serving)*

Vietnamese Sandwich with Five-Spice Pork and Asian Cole Slaw *(770 Kcal per serving)*

Chickpea 'Hummus' with Arugula, Grilled Vegetables and Jalapeno Jack Cheese *(500 Kcal per serving)*

Toasted Barley Wrap with Quinoa, Sliced Turkey, Carrot Curls and Arugula *(510 Kcal per serving)*

Marinated Kale, Grilled Chicken, Mozzarella, and Tomatoes *(550 Kcal per serving)*

Shrimp Salad with Spinach and Grilled Zucchini *(460 Kcal per serving)*

Turkey and Sun-Dried Tomato, Cream Cheese and Arugula Sandwich *(450 Kcal per serving)*

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Cauliflower 'Egg' Salad with Chickpea Puree and Grilled Vegetables *(590 Kcal per serving)*

Portabella Mushroom, Tomato, Basil, and Mozzarella Sandwich *(320 Kcal per serving)*

Turkish Grilled Eggplant Sandwich with Spicy Red Pepper and Walnut Puree *(490 Kcal per serving)*

MAIN ENTRÉE DISHES (10)

Coffee Crusted Chicken with Rice Pilaf and Pecans *(760 Kcal per serving)*

Pan-Roasted Cod with Provençal Bean Ragout
and Roasted Vegetables *(400 Kcal per serving)*

Oven Fried Chicken *(500 Kcal per serving)*

Korean Grilled Beef with Scallion Salad *(350 Kcal per serving)*

Roast Salmon with Curried Pecan Tarator a la Turque
and Roasted Vegetables *(450 Kcal per serving)*

Cocoa Rubbed Beef Steak with Mango Salsa
and Grilled Vegetables *(270 Kcal per serving)*

Whole-Grain Penne Pasta with Broccoli Rabe, Bacon, Parmesan *(350 Kcal per serving)*

Albuquerque Grilled Pork Cutlet with Bean and Green Sauté *(440 Kcal per serving)*

Eggplant Rollatini with Spinach and Ricotta *(320 Kcal per serving)*

Turkey and Sweet Potato Shepherd's Pie *(380 Kcal per serving)*

ACCOMPANIMENTS

Grilled Vegetables *(120 Kcal per serving)*

Roasted Vegetables *(120 Kcal per serving, but can vary slightly based on vegetables used)*

Lemon Glaze for Roasted or Sautéed Vegetables *(Negligible Kcal per serving)*

Whole Wheat Fruit Pancakes

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 2 each

Calories Per Serving: 190 Kcal with no fruit (215 Kcal with ½ oz bananas per pancake. ½ oz *blueberry, peach, strawberry, or raspberry* will result in fewer than 215 Kcal)

STEP 1			
6 wt oz	Wheat flour		Mix and set aside.
3 wt oz	All-purpose flour		
1 tbsp (.4 wt oz)	Baking powder		
2 wt oz	Sugar		
¼ wt oz	Salt		
STEP 2			
16 fl oz	Buttermilk, non-fat		Mix liquid ingredients. Slowly add liquid ingredients to the dry ingredients and mix until just incorporated.
8 fl oz	Milk - skim		
4 wt oz	Eggs		
2 ½ wt oz	Egg whites		
1 fl oz	Canola oil		
STEP 3			
1 ¼ cups (approximately 5 ½ wt oz total fruit- approximately ½ wt oz to ⅔ wt oz per pancake)	Fruit, such as, banana, blueberry, peach, strawberry, or raspberry	sliced	Pour ¼ cup of mix per pancake onto clean, seasoned, hot griddle. Sprinkle approximately ½ wt oz to ⅔ wt oz of fruit on top of each pancake before flipping. Cook until golden on both sides.

Creamy Swiss Bircher muesli

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 1 cup (7 ½ wt oz)
Calories Per Serving: 260 Kcal

STEP 1

10 wt oz	Rolled oats- not instant	
16 fl oz	Milk – skim	
8 fl oz	Apple juice	

Place oats, milk and apple juice in a large bowl and allow to soak overnight.

STEP 2

7 ½ wt oz	Pineapple	diced
7 ½ wt oz	Cantaloupe	diced
4 wt oz	Peach, canned or frozen	diced
4 wt oz	Bananas	thin sliced
4 wt oz	Apples	small dice
½ each	Juice of lemon and rind	

In the morning before service, fold in the cut fruit, juice of lemon and lemon rind to the soaked oats.

STEP 3

2 ½ wt oz	Raisins, golden, not packed	
½ wt oz	Pecans and/or cashews	chopped
½ wt oz	Walnuts	chopped
8 fl oz	Yogurt	
2 fl oz	Honey	

Continue to fold in the raisins, nuts, yogurt and honey. Place in a container to serve on a buffet line or catering buffet. Garnish with some of fruits, raisins and nuts if desired.

NOTES

Keeps in the refrigerator for 2 days.

Southwest Turkey Sausage with Poached Eggs and Spinach

Yield: 10 servings

Preparation Time: 50 minutes

Portion Size: 1 each 3 wt oz sausage patty, 1 poached egg and 2 wt oz cooked spinach

Calories Per Serving: 200 Kcal

STEP 1

½ fl oz	Vegetable oil		Sauté and allow to cool. Set aside.
9 ½ wt oz	Onion - medium	diced	
½ tbsp	Garlic cloves	chopped	

STEP 2

2 ½ wt oz	Egg whites		Mix together egg whites and crumbs to create a paste (called a “panada”). Set aside.
1 ¾ wt oz	Bread crumbs - whole wheat, fresh		

STEP 3

1 lb	Ground turkey		In a mixing bowl with a paddle attachment, add chilled turkey, onion mixture, panada, sage and all spices. Mix on slow speed and drizzle in ice water (about 2 to 4 ounces depending on how much moisture in your ground turkey). Place on speed 2 and mix until completely incorporated. Make a small sample of your mixture and taste. Adjust spices if needed. Using ¼ cup scoop per patty, measure and shape patties. Cook patties on griddle or in oven until golden brown.
1 tbsp	Sage, fresh	minced	
¼ wt oz	Cumin powder		
¼ wt oz	Chile powder		
½ tsp	Cayenne pepper		
1 ½ tsp	Salt		
1 ½ tsp	Ground black pepper		
2 to 4 fl oz plus more as needed	Ice and water (50/50)		

STEP 4

20 wt oz (10 each)	Eggs, poached		You can serve with eggs poached in a vegetable sprayed muffin pan and cooked spinach with grilled vegetable marinade (see “Grilled Vegetables” recipe).
20 wt oz (2 wt oz per serving)	Spinach, cooked		

White Bean, Parsley and Onion Salad

Yield: 10 servings
Preparation Time: 30 minutes
Portion Size: ¼ cup (2 ¾ to 3 wt oz)
Calories Per Serving: 170 Kcal

STEP 1

20 wt oz	Navy or Great Northern, canned	rinsed and drained	Toss well and let stand for 10 minutes.
1 ½ fl oz	Lemon juice	or more to taste	
1 tsp	Ground coriander		
½ tsp	Ground black pepper	plus more to taste	

STEP 2

½ tsp	Red pepper flakes		Add remaining ingredients and toss again. Taste and adjust seasoning, if necessary. Serve cold or at room temperature.
½ wt oz	Parsley, flat-leaf	chopped	
½ wt oz	Green onions	thinly sliced	
1 wt oz	Walnuts	finely chopped	
1 ¼ wt oz	Dried cranberries	chopped	
3 fl oz	Extra-virgin olive oil	plus more if desired	

Three Bean and Green Olive Salad

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 5 ½ wt oz (4 wt oz of bean and olive mixture, 1 ½ wt oz of spinach)

Calories Per Serving: 220 Kcal

STEP 1

⅓ lb	Pinto beans, canned	rinsed and drained	Mix together all ingredients in step one. Taste and season with salt and pepper.
⅓ lb	Green beans, fresh or frozen	blanch fresh beans	
⅓ lb	Navy beans, canned	rinsed and drained	
11 wt oz	Green olives, pitted	rough chop	
6 ½ wt oz	Red bell pepper	cut into short thin strips	
4 ½ fl oz	Extra virgin olive oil		
2 ½ fl oz	Lemon juice		
1 each	Grated lemon zest from whole lemon		
to taste if needed	Salt		
to taste	Ground black pepper		

STEP 2

15 wt oz	Spinach	washed and trimmed	To serve: Place on a bed of spinach, top with bean and olive mixture, and garnish with chopped parsley.
2 tbsp	Parsley, flat-leaf	chopped	

Cauliflower 'Egg' Salad

Yield: 10 servings

Preparation Time: 1 hour

Portion Size: About $\frac{1}{3}$ cup

Calories Per Serving: 130 Kcal (340 Kcal if served in 10-inch whole wheat wrap)

STEP 1

1 $\frac{1}{2}$ lb	Cauliflower, whole head(s)	cut into large florets, then cut florets in half	Toss the halved florets of cauliflower with extra-virgin olive oil. Roast in a pre-heated oven at 375°F until golden brown and tender, but still has a little bite. Let cool. Place cauliflower, celery, green and red onion in bowl. Set aside and reserve while dressing is made.
$\frac{1}{2}$ fl oz	Extra-virgin olive oil		
4 wt oz	Celery	diced	
1 wt oz	Green onion	chopped	
1 $\frac{1}{2}$ wt oz	Red onion	chopped	

STEP 2

$\frac{1}{2}$ wt oz	Dijon mustard		In separate bowl, whisk ingredients in step 2. Add salt and pepper to taste. Start with 1 fl oz of dressing and pour dressing over cauliflower mixture and gently combine. Add more dressing as desired. Taste and adjust seasoning.
5 wt oz	Mayonnaise		
1 $\frac{1}{2}$ fl oz	Buttermilk		
1 fl oz	Rice wine vinegar	or to taste	
$\frac{1}{2}$ tsp	Turmeric, powder		
$\frac{1}{2}$ tsp	Curry powder (preferably Madras-style)	or to taste	
to taste	Salt		
to taste	Ground black pepper		Serve on a salad bar, buffet or other serving line. Serving suggestion: Substitute canned tuna for cauliflower to create an alternative to traditional tuna salad.

Marinated Kale, Grapes, and Parmesan Cheese with Mustard Dressing

Yield: 10 servings
Preparation Time: 30 minutes- Prepared in separate steps
Portion Size: 1 cup (about 3 ½ wt oz)
Calories Per Serving: 180 Kcal

STEP 1

6 ½ fl oz	Vegetable stock		Dressing: Combine stock, mustard, salt and pepper. Whisk in oil in slow and steady stream. Reserve for service.
2 fl oz	Dijon mustard		
¼ tsp	Salt		
¼ tsp	Ground black pepper		
2 fl oz	Olive oil		

STEP 2

15 wt oz	Kale, washed, dried	tear bite-size pieces	Combine kale, grapes, cheese, red pepper flakes and oil. Mix together to macerate kale. Cover with saran wrap touching kale tightly, Let rest for several hours or overnight before serving.
5 wt oz	Grapes - red seedless	cut in half	
3 wt oz	Parmesan cheese	grated	
1 tbsp	Red pepper flakes		
1 fl oz	Extra-virgin olive oil		

STEP 3

2 ½ wt oz	Walnuts or pecans, toasted		To serve: Toss kale mixture with chopped nuts and dressing. Place on buffet, salad bar or other serving line.
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Toasted Barley, Pepper, Corn and Tomato Salad

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: 1 cup (about 5 wt oz)

Calories Per Serving: 200 Kcal (410 Kcal if served in 10-inch whole wheat wrap)

STEP 1

As needed	Vegetable spray		Place pot over medium heat, add vegetable spray then add in barley to toast lightly. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 20 to 25 minutes and barley is tender. Once finished, cool and reserve.
6 wt oz	Pearl barley		
20 fl oz	Vegetable stock or water		

STEP 2

6 ½ wt oz	Green bell pepper	charred and peeled, small dice	Combine rest of ingredients with cooked barley and season to taste with salt and pepper. Serve on a salad bar, buffet or other serving line. Can be used in wraps or served as an entrée salad. Serving suggestion for entrée salad: arrange salad on ½ cup of spinach leaves with sliced chicken or grilled vegetables.
11 ½ wt oz	Corn kernels, frozen		
11 ½ wt oz	Tomatoes	seeded and diced	
3 wt oz	Red bell pepper, roasted, canned	chopped	
1 wt oz	Green onions	chopped	
1 tsp	Jalapeno peppers	deseeded and finely chopped	
¾ wt oz	Cilantro	chopped	
1 tbsp	Mint leaves	chopped	
⅓ wt oz	Garlic	minced	
2 fl oz	Lime juice		
1 ¾ fl oz	Extra-virgin olive oil		
2 ½ wt oz	Sunflower seeds, toasted	optional	
to taste	Salt		
to taste	Ground black pepper		

Asian Cole Slaw

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 1 cup (about 5 wt oz)
Calories Per Serving: 190 Kcal

STEP 1			
1 fl oz	Soy sauce		For the vinaigrette: Combine all ingredients except oil and chives. Slowly whisk in oil in to mixture, then stir in the chives.
¼ wt oz	Garlic	minced	
⅓ wt oz	Shallots	diced	
½ fl oz	Mustard, whole-grain		
2 fl oz	Rice wine vinegar		
6 fl oz	Water		
6 fl oz	Sesame oil		
2 tbsp	Chives	finely sliced	
STEP 2			
12 wt oz	Cabbage	shredded	Toss cabbage, carrots, snow peas, radish and ginger with vinaigrette. Refrigerate for 30 minutes.
8 wt oz	Carrots	julienned	
8 wt oz	Snow peas, blanched	cut in thirds	
8 wt oz	Radish	sliced	
2 wt oz	Pickled ginger	minced	
STEP 3			
½ wt oz	Sesame seeds	toasted	<p>Allow excess liquid to drain from salad before serving.</p> <p>Garnish with sesame seeds. Serve on a salad bar, buffet or other serving line.</p> <p>Serving suggestion: Salad can also be used in a variety of wraps and sandwiches.</p>

Chickpea Salad with Garlic-Cumin Dressing

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: Approximately 6 wt oz

Calories Per Serving: 120 Kcal (250 Kcal if served with pita chips)

STEP 1

1 ½ lb	Chickpeas, canned	rinsed and drained	Place chickpeas in bowl and season with pepper. <i>Can substitute canned Great Northern beans for an alternative salad.</i>
¼ tsp	Ground black pepper		

STEP 2

9 ½ wt oz	Onion - medium	finely chopped	Add ingredients to chickpeas and mix gently to combine.
3 ½ wt oz	Parsley, flat-leaf	chopped	
1 each	Lemon juice, fresh from whole lemon		
2 tsp	Cumin powder		
5 each	Garlic cloves	chopped	

STEP 3

4 wt oz	Kalamata olives, pitted		Add remaining ingredients to bowl, and mix to combine. Serve on a salad bar, buffet or other serving line.
1 lb	Tomatoes	diced	
3 ½ wt oz	Jalapeno peppers	finely chopped	For dip or puree: <i>All ingredients can be pureed in food processor to create a dip/puree. Use in a sandwich or wrap. Also, can be served with baked tortilla or pita chips and cut vegetables.</i>

Quinoa with Grilled Vegetables and Dried Fruits

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 1 cup (about 5 ½ wt oz)
Calories per serving: 189 Kcal

STEP 1

As needed	Vegetable spray		Place pot over medium heat, coat bottom of pan with vegetable spray. Add in quinoa and lightly toast. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 15 minutes. Take off heat, cool and reserve.
6 wt oz	Quinoa		
12 fl oz	Vegetable stock		

STEP 2

4 wt oz	Grilled vegetables, such as, zucchini, summer squash, onions or pepper	small dice	Combine rest of ingredients with cooked quinoa and season to taste with salt and pepper.
4 ½ wt oz	Cucumber	peeled, seeded and diced	
5 ¾ wt oz	Chickpeas, canned, rinsed and drained		Serve on a salad bar, buffet or other serving line. Can be used in wraps or served as an entrée salad. Can be arranged on ½ cup of spinach leaves with sliced chicken or grilled vegetables. <i>Left over, properly stored, Grilled Vegetables (see Grilled Vegetable recipe) can be used for this salad, too.</i>
8 wt oz	Tomatoes	seeded and diced	
3 wt oz	Red bell pepper, roasted, canned	chopped	
1 wt oz	Green onions	chopped	
1 tsp	Jalapeno peppers, deseeded	finely chopped	
1 wt oz	Parsley, flat-leaf	chopped	
1 tbsp	Basil leaves	chopped	
½ wt oz	Garlic	minced	
2 fl oz	Lime juice		
1 ¾ fl oz	Extra-virgin olive oil		
2 ¾ wt oz	Dried apricots and cranberries	small dice	
1 tsp	Lemon zest	grated	
to taste	Salt		
to taste	Ground black pepper		

Southwest Grilled Chicken Salad with Romaine and Cheddar Cheese

Yield: 10 servings

Preparation Time: 1 ½ hours

Portion Size: 8 wt oz chicken salad, 1 wt oz cheddar cheese, 1 ½ wt oz romaine

Calories Per Serving: 630 Kcal (served in 10-inch whole wheat wrap)

STEP 1			
2 tsp	Cumin powder		Combine spice rub ingredients, or purchase Southwest rub from your local vendor with no added salt.
2 tsp	Marjoram, dried, ground		
2 tsp	Chile powder		
1 tsp	Ground black pepper		
1 wt oz	Salt		
STEP 2			
2 ½ lb	Chicken breasts, boneless, skinless		Rub spices into the chicken. Refrigerate 1 hour. Grill chicken, then add to marinade in step 3.
STEP 3			
2 tbsp	Cilantro leaves	chopped	Whisk ingredients together for marinade. Add grilled chicken and marinate for 1 hour. Let cool and dice 1- inch cubes or slice into strips.
1 tsp	Sage leaves	chopped	
½ wt oz (3 ½ tbsp)	Parsley, flat-leaf	chopped	
2 tsp	Marjoram, fresh	chopped	
2 ½ tsp	Cumin powder		
2 tsp	Chile powder		
14 fl oz	Peanut oil		
4 fl oz	White wine vinegar		
¾ tsp	Sugar		
½ each (about 1 wt oz)	Garlic, whole head	roasted and mashed	
to taste	Salt	if needed	
to taste	Ground black pepper		
STEP 4			
7 wt oz	Red bell pepper, roasted	julienne	Remove chicken from marinade (reserve the marinade) and combine with rest of ingredients. Add a small amount of marinade and toss to coat. Taste and adjust salt and pepper, if necessary.
7 wt oz	Corn kernels, frozen or canned	roasted in oven sprinkled with olive oil	
3 ½ wt oz	Red onions	diced	
7 wt oz	Green beans, 1 ½ - inch long	cooked	
to taste	Salt		
to taste	Ground black pepper		

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			<p>Serve salad in a wrap with 1 wt oz of cheddar cheese and 1 ½ wt oz of romaine lettuce (or another combination of cheese and lettuce as requested).</p> <p>Serving suggestion: the salad, by itself, can be also be served on a salad bar, buffet or other serving line.</p>
<i>For Wrap:</i>			
10 each	Whole wheat wrap, 10-inches	warmed on griddle to make flexible	
10 wt oz	Cheddar cheese	sliced	
15 wt oz	Romaine lettuce leaves		

Vietnamese Sandwich with Five-Spice Pork and Asian Cole Slaw

Yield: 10 servings
Preparation Time: 2 hours
Portion Size: 6 wt oz pork, about 2 ½ wt oz of cole slaw
Calories Per Serving: 770 Kcal

STEP 1

3 wt oz	Shallots	chopped	Combine ingredients for marinade. Rub marinade generously over pork pieces. Individually wrap in plastic wrap tightly to hold in marinate, let sit overnight in refrigerator.
1 wt oz	Garlic	minced	
2 ½ fl oz	Soy sauce		
3 ½ wt oz	Sugar		
2 ½ tsp	Five spice powder		
3 ¾ lb	Pork shoulder, trimmed of extra fat cap	cut into 4 to 6 rectangles	

STEP 2

10 fl oz	Vegetable stock (water and vegetable base)		Next day, unwrap and sear in a roasting pan, add vegetable stock to create a broth, cover and place in the oven until fork tender, about 3 to 4 hours. If necessary, add water or stock while cooking. Remove from heat. When meat is cool enough to handle, clean excess fat, pull pork into thin slices to make sandwiches.
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STEP 3

1x recipe	Asian Cole Slaw (recipe follows)		Make Asian Cole Slaw and set aside.
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STEP 4

10 each	Baguette, 6- inch pieces, split lengthwise, half of centers hallowed out		To assemble: Each baguette is layered with pork, and topped with Asian Cole Slaw. Drizzle with Srirachi sauce for an extra bite, if needed.
As needed	Srirachi sauce (optional)		

NOTES

Substitutions: If Five Spice Powder is unavailable use a combination of cinnamon, cloves, ground fennel seeds, ground star anise and ground Szechuan peppercorns.

Asian Cole Slaw

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: Approximately 2 ½ wt oz
Calories Per Serving: 190 Kcal

STEP 1

½ fl oz	Soy sauce	
1 ½ tsp	Garlic	minced
1 ½ tsp	Shallots	diced
¼ fl oz	Mustard, whole-grain	
1 fl oz	Rice wine vinegar	
3 fl oz	Water	
3 fl oz	Sesame oil	
1 tbsp	Chives	finely sliced

For the marinade: Combine all ingredients except oil and chives. Slowly whisk oil in to mixture, then stir in the chives.

STEP 2

6 wt oz	Cabbage	shredded
4 wt oz	Carrots	julienned
4 wt oz	Snow peas, blanched	cut in thirds
4 wt oz	Radish	sliced
1 wt oz	Pickled ginger	minced

Toss cabbage, carrots, snow peas, radish and ginger with marinade. Refrigerate for 30 minutes.

STEP 3

¼ wt oz	Sesame seeds	toasted
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Allow any excess liquid to drain from slaw before placing into sandwich.

Serving suggestion: Salad can be used in a variety of sandwiches or wraps.

Chickpea ‘Hummus’ with Arugula, Grilled Vegetables and Jalapeno Jack Cheese

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 2 wt oz hummus, ½ wt oz arugula, 4 ½ wt oz grilled vegetables, 1 wt oz Jack cheese

Calories Per Serving: 500 Kcal

STEP 1				
1 ½ lb	Chickpeas, canned, rinsed and drained		Place all ingredients into a food processor and mix to form a thick puree.	
¼ tsp	Ground black pepper			
9 ½ wt oz	Onion - medium	finely chopped	Transfer hummus to a bowl. Note: Left over <i>Chickpea Salad with Garlic-Cumin Dressing</i> kept at proper temperature can be turned into hummus the following day. Substitute chickpeas with canned Great northern beans for an alternative salad.	
3 ½ wt oz	Parsley, flat-leaf	chopped		
1 each	Lemon, whole	juice of		
2 tsp	Cumin powder			
5 each	Garlic cloves	chopped		
4 wt oz	Kalamata olives, pitted			
1 lb	Tomatoes	diced		
3 ½ wt oz	Jalapeno peppers	finely chopped		
STEP 2				
10 each	Whole wheat tortillas (12- inch) or sandwich bread of choice	wraps warmed on griddle to make flexible		Serve hummus in as a sandwich or wrap topped with ½ cup (or more if desired) arugula, grilled vegetables and jalapeno Jack cheese.
5 wt oz plus more as needed (about 5 cups)	Arugula			
1 x recipe	Grilled Vegetables (recipe follows)			
10 wt oz	Jalapeno Jack cheese, slices, 1 wt oz each			
10 ea	Sandwich bread or wraps			

Grilled Vegetables

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: Approximately 4 ½ wt oz
Calories Per Serving: 120 Kcal

STEP 1

3 lb total	Assorted vegetables (your choice), such as red bell peppers, yellow squash, zucchini, carrots, asparagus, mushrooms, eggplant or onions	<i>carrots cut in ½ and sliced into rectangles, use mushroom caps only, eggplant can be slices and onions cut into ½-inch rings</i>	Cut vegetables as desired. If necessary, par cook or blanch the vegetable prior to grilling them, such as the carrots.
	<i>Sample choices (listed below) for 10 servings at about 4.8 wt ounces per serving (weight before marinating and grilling)</i>		
1 lb	Red bell peppers	cut into 4 thick pieces	
1 lb	Yellow squash	circles or in ½ rectangles	
1 lb	Zucchini	circles or in ½ rectangles	

STEP 2

9 fl oz	Vegetable or olive oil		Combine all ingredients for marinade. Place on cleaned and vegetable sprayed grill. Brush on marinate while grilling (brush on lightly to avoid grill flare ups). Once cooked, place on platter or serving vessel. Paint with additional marinade. Flash in oven to heat if needed. Reserve all left overs and use in a variety of wraps or sandwiches.
2 fl oz	Soy sauce		
1 ¼ fl oz	Lemon juice or vegetable stock		
½ wt oz	Garlic	minced	
½ tsp	Fennel seeds	toasted and ground	
2 tsp	Thyme leaves	chopped	
2 tsp	Oregano or basil	chopped	
as needed	Salt		
as needed	Ground black pepper		

Toasted Barley Wrap with Quinoa, Sliced Turkey, Carrot Curls and Arugula

Yield: 10 servings

Preparation Time: 50 minutes

Portion Size: 4 wt oz barley/quinoa salad, 2 wt oz sliced turkey, 1 ½ wt oz carrot, ⅓ wt oz arugula

Calories Per Serving: 510 Kcal

STEP 1			
As needed	Vegetable spray		For the Toasted Barley: Place pot over medium heat. Add vegetable spray then add in barley to toast lightly. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 20 to 25 minutes and barley is tender. Once finished, cool and reserve.
6 wt oz	Pearl barley		
20 fl oz	Vegetable stock or water		
STEP 2			
6 ½ wt oz	Green bell pepper	charred and peeled, small dice	Combine rest of ingredients with cooked barley and season to taste with salt and pepper. Set aside.
11 ½ wt oz	Corn kernels, frozen		
11 ½ wt oz	Tomatoes	seeded and diced	
3 wt oz	Red bell pepper, roasted, canned	chopped	
1 wt oz	Green onions	chopped	
1 tsp	Jalapeno peppers	finely chopped	
¾ wt oz	Cilantro	chopped	
1 tbsp	Mint leaves	chopped	
⅓ wt oz (1 tbsp)	Garlic	minced	
2 fl oz	Lime juice		
1 ¾ fl oz	Extra-virgin olive oil		
2 ⅓ wt oz	Sunflower seeds, toasted	optional	
to taste	Salt		
to taste	Ground black pepper		
STEP 3			
4 wt oz	Quinoa		Combine quinoa and stock and bring to boil, cover and simmer for about 15 minutes or until tender. Allow to cool and
8 fl oz	Vegetable stock or water		

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			add to barley salad.
STEP 4			
10 each	Whole wheat wrap, 12- inches	warmed on griddle to make flexible	For each wrap: Place barley-quinoa salad on the end, fold turkey on top, add carrot curls and arugula and fold like a typical wrap, Spread hummus on the end to hold closed.
20 wt oz	Sliced turkey		
15 wt oz	Carrots	shaved paper thin- like curls	
3 wt oz (5 cups)	Arugula		
as needed	Hummus (see <i>Chickpea 'Hummus' with Baked Chips and Vegetables</i>)		

Marinated Kale, Grilled Chicken, Mozzarella, and Tomatoes

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 5 wt oz chicken breast, 2 wt oz kale salad, 1 wt oz mozzarella, 1 wt oz tomato

Calories Per Serving: 550 Kcal

STEP 1

3 ¾ fl oz	Vegetable stock		Dressing: Combine stock, mustard, salt and pepper. Whisk in oil. Reserve for service.
1 fl oz	Dijon mustard		
⅛ tsp (a pinch)	Salt		
⅛ tsp (a pinch)	Ground black pepper		
1 ¼ fl oz	Olive oil		

STEP 2

8 ½ wt oz	Kale, washed, dried	tear bite-size pieces	Combine kale, grapes, cheese, red pepper flakes and oil. Mix together to macerate kale. Cover with plastic wrap touching kale tightly, Let rest for several hours or overnight before serving. Next day, toss kale with the prepared mustard dressing.
3 wt oz	Grapes - red seedless	cut in half	
1 ¾ wt oz	Parmesan cheese	grated	
½ tbsp	Red pepper flakes		
¾ fl oz	Extra-virgin olive oil		

STEP 3

10 each	Whole wheat wrap, 10-inches	warmed on griddle to make flexible	To serve kale mixture in wrap: Place kale mixture on the end, add grilled chicken, mozzarella cheese and sliced tomatoes. Fold like a typical wrap.
10 each (3 lb 2 oz total)	Chicken breasts, about 5 wt oz each, grilled	cut into strips	
10 each	Mozzarella slices, 1 wt oz each		
10 each	Tomato slices, 1 wt oz each		

Shrimp Salad with Spinach and Grilled Zucchini

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: Approximately 5 wt oz shrimp salad, 1wt oz spinach, 1 ½ wt oz grilled zucchini

Calories Per Serving: 460 Kcal

STEP 1			
6 ½ fl oz	Lemon juice, fresh		Mix in large bowl until sugar dissolves.
2 ¼ wt oz	Sugar		
3 wt oz	Jalapeno peppers	minced	
1 ¼ wt oz	Garlic cloves	minced	
STEP 2			
8 wt oz	Cucumber	peeled, deseeded & diced	Add remaining ingredients and toss well. Season generously with pepper and serve. Refrigerate until needed.
8 ½ wt oz	Honeydew melon	deseeded & small diced	
1 lb	Shrimp, peeled, deveined, tails off and cooked	sliced in half lengthwise	
7 wt oz	Tomatoes	diced	
1 ¾ wt oz	Roasted peanuts	chopped	
½ wt oz	Herbs, fresh, variety, such as mint, basil and cilantro	chopped	
to taste	Ground black pepper		
STEP 3			
10 each	Whole wheat wrap, 10- inches	warmed on griddle to make flexible	To serve as a wrap: Place shrimp salad on the end, add spinach and grilled zucchini slices and fold like a typical wrap. Serving suggestion: Shrimp salad can be served as an entrée salad served on a bed of greens.
10 wt oz	Baby spinach		
15 wt oz	Zucchini	sliced thin and grilled	

Turkey and Sun-Dried Tomato, Cream Cheese and Arugula Sandwich

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 4 wt oz sliced turkey, 2 ½ wt oz cream cheese spread, ½ wt oz arugula

Calories Per Serving: 450 Kcal

STEP 1

20 each	Tomatoes, sundried	chopped	Mix tomatoes and cream cheese in food processor then add the salt, pepper, granulated garlic and basil. Pulse to incorporate.
1 ½ lb	Cream cheese-light or regular	softened	
¼ wt oz (1 ½ tsp)	Salt		
½ tsp	Ground black pepper		
½ wt oz (6 tbsp)	Basil, fresh	chopped	
½ tbsp	Granulated garlic		

STEP 2

10 each	Kaiser rolls	cut in half	Spread cream cheese equally on rolls and top with turkey, 4 thin slices of tomato and arugula. Top with other half of roll. Served with mixed salad or baked tortilla chips.
2 ½ lb	Turkey	sliced	
40 each	Tomatoes, plum, thin slices	thin slices	
5 wt oz	Arugula or red leaf lettuce	washed and dried	

Cauliflower 'Egg' Salad Cauliflower with Chickpea Puree and Grilled Vegetables

Yield: 10 servings

Preparation Time: 1 hour

Portion Size: About 1/3 cup of cauliflower salad, 1 1/2 wt oz chickpea puree, 4 wt oz grilled vegetables

Calories Per Serving: 590 Kcal

STEP 1			
1 1/4 lb	Cauliflower, whole head(s)	cut into large florets, then cut florets in half	Toss the halved florets of cauliflower with extra-virgin olive oil. Roast in a pre-heated oven at 375°F until golden brown and tender, but still has a little bite. Let cool. Place cauliflower, celery, green and red onion in bowl. Set aside and reserve while dressing is made.
1/2 fl oz	Extra-virgin olive oil		
4 wt oz	Celery	diced	
1 wt oz	Green onion	chopped	
1 1/2 wt oz	Red onion	chopped	
STEP 2			
1/2 fl oz	Dijon mustard		In separate bowl, whisk ingredients in step 2. Add salt and pepper to taste. Start with 1 fl oz of dressing and pour dressing over cauliflower mixture and gently combine. Add more dressing as desired. Taste and adjust seasoning.
5 wt oz	Mayonnaise		
1 1/2 fl oz	Buttermilk		
1 fl oz	Rice wine vinegar	or to taste	
1/2 tsp	Turmeric		
1/2 tsp	Curry powder (preferably Madras-style)	or to taste	
to taste	Salt		
to taste	Ground black pepper		
STEP 3			
10 each	Whole wheat wrap, 10- inches or sandwich bread	warmed on griddle to make flexible	Serve as a sandwich or wrap stuffed with cauliflower 'egg' salad, chickpea puree and grilled vegetables.
15 wt oz plus more as needed	Chickpea puree (<i>see Chickpea Salad with Garlic-Cumin Dressing</i>)		
40 wt oz	Grilled vegetables, assorted (<i>see 'Grilled Vegetables' recipe</i>)		

Portabella Mushroom, Tomato, Basil and Mozzarella Sandwich

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 2 wt oz portabella mushrooms, 2 each tomato slices, 1 wt oz mozzarella cheese

Calories Per Serving: 320 Kcal

STEP 1

2 fl oz	'Grilled Vegetables' marinade (see 'Grilled Vegetables' recipe)		Prepare marinade. Coat mushroom caps with marinade. Place on a vegetable sprayed sheet pan and roast in a 350 °F oven until tender. Allow to cool. When cool enough to handle, slice thin, set aside for sandwich assembly.
1 ¾ lb	Mushrooms, portabella	cleaned and fins removed	

STEP 2

6 ½ fl oz	Extra-virgin olive oil		Whisk ingredients. Set aside.
1 ½ fl oz	Balsamic vinegar		
2 tsp	Granulated garlic		

STEP 3

20 each	French bread, thin slices	thinly sliced on bias	To assemble: Drizzle 2 slices of French bread with oil/vinegar mixture. On each bottom half of bread, layer thinly sliced portabella mushrooms, 2 each tomato slices and 1 teaspoon of basil. Season with salt and pepper. Top with other half of bread. If selection is Vegan omit mozzarella.
20 each	Tomatoes, plum, slices		
3 ½ tbsp (about ⅓ wt oz)	Basil	chiffonade	
1 tsp	Salt		
½ tsp	Ground black pepper		
10 wt oz	Mozzarella, low moisture	sliced	

Turkish Style Grilled Eggplant with Spicy Red Pepper and Walnut Puree

Yield: 10 servings

Preparation Time: 1 hour

Portion Size; Approximately 6 wt oz eggplant, 2 wt oz of red pepper/walnut puree, ¼ cup (.37 wt oz) of watercress

Calories Per Serving: 490 Kcal

STEP 1			
5 fl oz	Olive oil		For eggplant: Preheat broiler or grill. Whisk ingredients together.
¾ wt oz	Garlic	minced	
½ wt oz	Cumin seed	toasted and ground	
1 ¾ fl oz	Lemon juice		
STEP 2			
4 each (about 4 lb)	Eggplants, medium, if skin is tender no need to peel your eggplant, cut into 20 each, ½-inch slices (4 slices per whole pita)		Dip eggplants in oil mixture. Sprinkle with salt and pepper. Broil or grill eggplant until tender. Set aside on wire racks to cool and drain. Reserve for sandwich assembly.
as needed	Salt		
as needed	Ground black pepper		
STEP 3			
10 wt oz	Roasted red peppers, jarred or canned well drained		For red pepper/walnut puree: Put ingredients into food processor and pulse until blended.
2 each	Garlic cloves	finely minced	
3 each	Jalapeno peppers, deseeded		
1 ¾ tbsp	Cumin powder		
2 fl oz	Extra-virgin olive oil		
1 each	Lemon juice from whole lemon		
1 each	Zest from whole lemon		
STEP 4			
1 cup	Walnuts	toasted, medium-fine chop	Pulse in cooled walnuts. Do not over process. The mixture should be chunky and spicy. Taste and season with salt and pepper, if needed. Set aside.
as needed	Salt		
as needed	Ground black pepper		
STEP 5			
10 each	Pita bread, about 6 ½ - inches diameter		For assembly: Cut the pita bread in half. In each half layer 2 eggplant slices, top with a generous layer of red pepper spread and ½ cup (4 tbsp) of watercress. Sprinkle with parmesan (unless serving Vegan).
3 ¾ wt oz	Watercress, coarse stems removed		
as needed	Parmesan cheese (optional)	grated	

Coffee Crusted Chicken and Pilaf with Pecans

Yield: 10 servings

Preparation Time: 1 hour

Portion Size: 1 each 5 wt oz chicken breast, 1 ½ oz dry rub, 6 wt oz pilaf

Calories Per Serving: 760 Kcal

STEP 1			
6 wt oz	Coffee, fine ground		<p>Prepare the rub: Grind spices to an even texture. Set aside. Rub can be stored in air tight container in the refrigerator.</p> <p>Please note: This recipe makes enough spice rub for 20 pounds of chicken breast; be sure to store extra spice rub properly as stated above.</p>
2 wt oz	Thyme, ground		
11 ½ wt oz	Granulated garlic		
3 wt oz	Chile powder		
1 wt oz	Mace		
4 wt oz	Celery seed		
6 ½ wt oz	Tellicherry pepper		
¼ wt oz	Lavender		
STEP 2			
10 each (3 lb. 2 oz. total)	Chicken breast, boneless, 5 ounces each		<p>Rinse and pat dry chicken. If needed, lightly pound chicken. Place rub on both sides of chicken. On a seasoned griddle, coat sparingly with olive oil. Place chicken, presentation side down. When chicken has nice golden color, turn it over and let sear on opposite side. Place it on a sheet pan. Then in a 350°F oven to finish cooking (to proper internal temperature of 165°F), about 8 minutes.</p>
as needed	Olive oil		
STEP 3			
24 fl oz	Water or vegetable stock		<p>For the quinoa: Bring the water, bay leaf and thyme stem to boil. Add quinoa and salt. Cover and cook, until done, about 15 minutes. Set aside. Quinoa should be tender but still crunchy.</p>
12 wt oz	Quinoa		
1 ½ tsp	Salt		
1 each	Bay leaf		
1 each	Thyme sprig		
STEP 4			
21 fl oz	Water or vegetable stock		<p>For the basmati rice: Bring the water and rice, salt, bay leaf and thyme sprig to a light boil. Turn down heat very low Cover and cook about, until done, 20 minutes. Drain thoroughly. Combine quinoa and basmati rice. Set aside.</p>
12 wt oz	Basmati rice, white		
1 tsp	Salt		
1 each	Bay leaf		
1 each	Thyme sprig		
STEP 5			
2 fl oz	Extra-virgin olive oil		<p>Combine quinoa and basmati rice, gently mix to combine. Set aside.</p> <p>Heat oil and sauté celery and pecans for about 2 minutes Toss the celery, pecans and chives into</p>
4 each (about 8 wt oz)	Celery, stalks	bias cut ½ - inch	
8 ½ wt oz	Pecans	toasted	

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		and coarsely chopped	the quinoa/basmati mixture. Taste and season with salt and pepper. If needed. Place in serving vessel. Serve chicken accompanied by quinoa/basmati rice pilaf.
¾ wt oz (½ cup)	Chives	chopped	
to taste	Salt		
to taste	Ground black pepper		

Pan-Roasted Cod with Provençal Bean Ragout

Yield: 10 servings

Preparation Time: 1 ½ hours

Portion Size: 1 each 6 wt oz cod filet, 1 cup (3 ½ wt oz) bean ragu

Calories Per Serving: 400 Kcal

STEP 1

1 cup (about 1 ½ wt oz)	Panko bread crumbs		Mix bread crumbs and coriander. Press one side of cod fillets firmly into bread crumb mixture to coat well. Place on lightly oiled sheet pan with olive oil. Refrigerate up to 1 hour, if desired.
5 tbsp	Coriander	ground	
3 ¼ lb (6 wt oz per serving)	Cod fillets (6 wt oz filets, if possible)		
as needed	Olive oil		

STEP 2

¼ wt oz	Garlic cloves	minced	Sweat garlic in oil. Add beans, tomatoes, olives, and capers and cook for 1 minute. Add the stock and turn heat to high and reduce the liquid by half. Remove from heat and stir in the basil. Taste and season with salt and pepper. <i>When stew mixture is almost cooked,</i> place fish in a 350°F oven and roasted for about 10 to 12 minutes, until fish is almost done and moist.
2 ½ fl oz	Olive oil		
10 wt oz	White cannellini beans canned, drained and rinsed		
10 wt oz	Red beans, canned, drained and rinsed		
13 wt oz	Tomatoes	small dice	
7 wt oz	Kalamata olives		
1 wt oz	Capers, small	drained	
15 fl oz	Vegetable stock		
30 each	Basil leaves	chiffonade	To serve: Place bean mixture in serving vessel, place roasted fish on top. Serve with Roasted Vegetable accompaniment (see Accompaniments).

Oven-Fried Chicken

Yield: 10 servings
Preparation Time: 1 hour
Portion Size: 1 leg quarter each (8 wt oz per serving)
Calories Per Serving: 500 Kcal

STEP 1

20 fl oz	Buttermilk	
6 ¼ wt oz	Egg whites	beaten
10 each (5 lb total)	Chicken leg quarters (thigh and drumstick separated), skinned	

Whisk buttermilk and egg whites together. Add chicken pieces to the buttermilk/egg mixture and let marinate several hours (up to 24 hours).

STEP 2

11 ¼ wt oz	All-purpose flour	
5 wt oz	Cornmeal	
2 ½ tsp	Salt	
2 tsp	Ground black pepper	
¾ tsp	Cayenne pepper	

Combine in a shallow pan, or dish, and mix well. Set aside.

STEP 3

2 tsp	Salt	
as needed	Canola oil	
as needed	Vegetable oil spray	

Preheat oven to 425°F. Remove chicken from buttermilk mixture, season with the salt, then dredge in flour mixture until well coated. Heat a flat top griddle, coat sparingly with oil and place breaded chicken on flat top and cook for about 4 minutes on each side or until lightly browned. Then, place chicken on baking rack which sits on a sheet pan. Finish baking the chicken in the 425°F oven until fully cooked. Place in serving vessel.

Serving suggestion: Garnish with Marinated Kale, Grapes and Parmesan with Mustard Dressing Salad (see Recipe Index).

Korean Grilled Beef with Scallion Salad

Yield: 10 servings

Preparation Time: 1 hour

Portion Size: 2 each 4 wt oz medallions of beef, ½ wt oz scallion salad

Calories Per Serving: 350 Kcal

STEP 1			
3 fl oz	Light soy sauce		For marinade: Whisk all ingredients together. Dressing can be made and held for approved time allowed up to 72 hours.
1 ½ fl oz	Apple cider vinegar		
1 ¼ wt oz	Ginger root	minced	
½ tbsps	Sesame seeds	toasted and crushed	
½ wt oz	Garlic	minced	
¾ wt oz	Green onions	minced	
½ fl oz	Vegetable oil		
⅓ wt oz (2 ½ tsp)	Sugar		
2 ½ tsp	Chile powder		
STEP 2			
2 ½ lb	Beef medallions, ⅛- inch thick, 2 pieces per portion	pounded to ⅛- inch	Add pounded beef to marinade, toss to coat, refrigerate for several hours, turn occasionally. When ready to serve, grill the beef to the appropriate doneness.
STEP 3			
3 wt oz	Sriracha sauce		For sauce: Whisk all ingredients to combine. Set aside.
1 ½ fl oz	Rice wine vinegar		
⅓ wt oz (2 ½ tsp)	Sugar		
1 tsp	Sesame seeds	toasted and crushed	
STEP 4 – Scallion Salad			
¾ tsp	Sugar		For Scallion Salad: Combine sugar, vinegar, sesame seeds, chile powder, and salt. Slowly drizzle in the sesame and whisking constantly. Toss small batches of green onions with enough dressing to coat. Set aside. <i>If preparing Scallion Salad in advance:</i> Reserve the dressing and green onions separately.
⅓ fl oz	Apple cider vinegar		
2 ¼ tsp	Sesame seeds	toasted and crushed	
1 ½ tsp	Chile powder		
¾ tsp	Salt		
2 fl oz	Sesame oil		
6 wt oz (about 1 ½ bunches)	Green onions	thinly sliced on bias, 2- inch strips	
STEP 5			
			Place steak medallions in serving vessel garnishing with scallion salad.

Roast Salmon with Curry Pecan Tarator a la Turque

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 1 each, 5 ½ wt oz salmon filet
Calories Per Serving: 450 Kcal

STEP 1			
6 ½ wt oz	Pecans		Toast pecans in 375°F oven for about 10 minutes.
STEP 2			
½ wt oz	Garlic, cloves	minced	Add pecans, garlic, tahini, curry powder, lemon juice and water into blender and mix. If the sauce is too thick, add a little water. Add in chives and blend quickly. Taste and season with salt and pepper. <i>Note: This sauce can be made ahead of time but will thicken while standing. Just thin with water for a smooth spreadable puree.</i>
6 ¾ wt oz	Tahini	up to 9 wt oz, if needed	
1 tbsp	Curry powder		
2 fl oz	Lemon juice		
4 fl oz	Water	more as needed	
½ tbsp	Chives, fresh	finely sliced	
to taste	Salt		
to taste	Ground black pepper		
STEP 3			
3 ½ lb	Salmon fillets		Preheat oven to 400°F. Season fish with salt and pepper. Spread tarator (sauce) on top of fish with a teaspoon, making a little mound on the top. Bake for 12 to 20 minutes, depending on thickness of fish. To serve: Garnish with parsley and extra toasted pecans (optional). Serve accompanied by Roasted Vegetables (see Accompaniments).
as needed	Salt		
as needed	Ground black pepper		
as needed	Parsley, flat-leaf	chopped	
as needed	Pecans (optional)	toasted and chopped	

Cocoa Rubbed Beef Steak with Mango Salsa

Yield: 10 servings
Preparation Time: 1 ½ hours
Portion Size: 5 ½ wt oz beef, 2 wt oz mango salsa
Calories Per Serving: 270 Kcal

STEP 1

2 each	Mangoes	peeled, seeded, and diced
½ each	Honeydew	seeded, and diced
½ each	Cucumber	peeled, seeded, and diced
½ each	Chipotle chile, canned	pureed
¼ wt oz	Cilantro	chopped
2 ½ fl oz	Orange juice	
2 fl oz	Lime juice	
to taste	Salt	

For Mango Salsa: Combine all ingredients in bowl, and toss. Taste and adjust seasoning if necessary. Set aside.

STEP 2

¼ wt oz (2 ½ tsp)	White peppercorns	
2 ½ tsp	Coriander seed	toasted
½ wt oz (1 ½ tbsp)	Ground cinnamon	
1 ¼ tsp	Nutmeg	ground
¾ tsp	Ground cloves	
⅓ wt oz (3 ⅓ tbsp)	Cocoa powder	unsweetened
⅓ wt oz (1 ¾ tbsp)	Ground chipotle	
½ wt oz (1 tbsp)	Granulated Garlic	
1 tbsp (½ wt oz)	Salt	

For rub: In coffee or spice grinder, pulse the peppercorns and coriander seeds. Then, mix in a bowl with the rest of ingredients. Set aside.

STEP 3

3 ½ lb	Beef, top round	
1 ¾ fl oz	Corn oil	

Preheat oven to 325°F. Lightly coat meat with corn oil. Rub meat generously with spice rub. Place on wire rack in roasting pan, and roast in oven to desired internal temperature. Rest beef for 20 minutes before slicing. Serve with Mango Salsa on the side and accompanied by Grilled Vegetable (see Accompaniments).

Whole-Grain Penne Pasta with Broccoli Rabe, Bacon and Parmesan

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 10 wt oz pasta bowl with garnish
Calories Per Serving: 350 Kcal

STEP 1			
1 ½ lb	Whole-grain penne		Cook the pasta in boiling water until al dente. Drain and place on a sheet pan that has been sprayed with vegetable spray. Allow to cool.
STEP 2			
½ wt oz	Cornstarch		To make sauce: Combine cornstarch with enough of the stock to make a 'slurry' (or paste). Set aside. Bring the remaining stock to a boil. Add the evaporated milk and bring back to a boil. Slowly add in the cornstarch slurry while stirring constantly. Don't add all of the thickener unless needed. Keep stirring until the stock thickens, about 2 minutes. Add the tomatoes and heat through. Season to taste with salt and pepper. Set aside. <i>(Total amount of sauce is 12 fluid ounces)</i>
9 ½ fl oz	Vegetable stock or chicken stock		
2 ½ fl oz	Evaporated skim milk		
5 wt oz	Tomatoes, canned, peeled	chopped	
to taste	Salt		
to taste	Ground black pepper		
STEP 3			
2 wt oz	Bacon	julienne	To serve: Heat pan, add bacon, and sauté the bacon until it releases its fat. Remove crisp bacon from pan and reserve. Add the onions and garlic, continue to sauté. Meanwhile in boiling water or steamer, start to heat your pasta. To the garlic/onion mixture, add the broccoli rabe, thyme and red pepper flakes. Sauté until broccoli rabe is tender. Reserve.
12 wt oz	Onion	diced	
1 wt oz	Garlic	minced	
2 lb	Broccoli rabe	chopped and blanched	
1 tbsp	Thyme, fresh	chopped	
1 tbsp	Red pepper flakes		
STEP 4			
24 fl oz	Vegetable or chicken stock	hot	Combine sauce and stock. Reduce to a sauce consistency. Add in heated pasta, and then lightly fold in Broccoli rabe mixture and reserved crisp bacon. Stir in lemon juice. Place in serving vessel, sprinkle with Parmesan cheese and chopped parsley and chiffonade of basil.
1 fl oz	Lemon juice		
¾ wt oz (¼ cup)	Parmesan cheese	grated	
¼ wt oz (2 tbsp)	Parsley, flat-leaf	chopped	
2 tbsp	Basil, fresh	chiffonade	

Albuquerque Grilled Pork Cutlet with Beans and Greens Sauté

Yield: 10 servings
Preparation time: 45 minutes
Portion Size: 1 each, 5 wt oz pork cutlet
Calories Per Serving: 440 Kcal

STEP 1		
2 ½ tsp	Ground coriander	
2 ½ tsp	Cumin powder	
1 tbsp	Chile powder	
1 ¼ tsp	Onion powder	
2 ½ tsp	Garlic powder	
2 ½ tsp	Mexican oregano	
1 ¼ tsp	Ground black pepper	
For the rub: Put all ingredients together in a bowl and mix well. The rub is ready to use now, or you can transfer it to a jar, cover it tightly, and keep it in a cool, dry place for the next day.		
STEP 2		
3 ¾ lb	Pork loin	cut into 5 oz pieces
Sprinkle all sides of pork evenly with rub. Cover and refrigerate.		
STEP 3		
10 fl oz	Pomegranate juice	
4 wt oz	Molasses	
4 fl oz	Sherry vinegar	
Preheat grill to high. While grill is heating, prepare the basting liquid (the baste): Simmer the pomegranate juice until it reduces by half. Add molasses and sherry vinegar, stir well, bring back to a simmer- then remove from heat. Take out 3 ½ tablespoons (1 ¾ fl oz) from the basting liquid and reserve to drizzle on pork after it's cooked. Grill the pork to desired temperature- Brush on basting liquid (baste) while grilling. Set grilled pork aside in a warm spot until ready to serve. <i>Drizzle on reserved basting liquid when ready to serve.</i>		
STEP 4		
1 ½ fl oz	Olive oil	
½ wt oz	Garlic	
2 each (19 wt oz each)	Escarole, whole head	coarsely chopped
8 fl oz	Chicken stock	
½ tsp	Salt	plus more to taste
a pinch	Ground black pepper	plus more to taste
19 wt oz	Navy or Great Northern beans, canned or frozen	rinsed and drained
½ fl oz	Malt vinegar	
to taste	Salt	
to taste	Ground black pepper	
For the Beans and Greens Sauté: Heat olive oil, add garlic, cook, then add escarole. When escarole has cooked down a bit, add the chicken stock. Season with the ½ teaspoon of salt and a pinch of pepper. Bring the stock to a simmer, and then add the beans. Cook until the escarole is fully wilted and dish is hot. Season the greens and beans with malt vinegar, salt and pepper to taste. Set aside in warm place. Place pork on a serving platter, drizzle with reserved baste and garnish with Beans and Greens Sauté.		

Eggplant Rollatini with Spinach and Ricotta

Yield: 10 servings
Preparation Time: 1 hour
Portion Size: 2 each rollatini
Calories Per Serving: 320 Kcal

STEP 1			
3 lb	Spinach, fresh		Steam spinach. Drain well and roughly chop. Set aside and reserve.
STEP 2			
2 to 3 each	Eggplants, whole, 1 to 1 ½ pounds each	peeled and cut lengthwise (¼ - inch thickness)- <i>at least 20 slices</i>	Spread eggplants on a pan sprayed with vegetable spray. Brush eggplants with 2 tablespoons of olive oil. Bake in 440°F for 10 minutes. Remove and flip over brush with additional 1 tablespoon of olive oil. Finish baking until tender. Set aside and reserve.
as needed	Vegetable spray		
1 ½ fl oz	Olive oil (divided use)		
2 fl oz	Lemon juice, fresh		
STEP 3			
2 wt oz	Onion	finely chopped	Sauté onions and garlic in 1 tablespoons of olive oil. Take off heat and add drained spinach. Allow to cool. Add in ricotta, feta, parmesan, parsley, basil, salt, pepper, bread crumbs and chopped walnuts. Mix in egg and beaten egg white. Chill mixture.
¼ wt oz	Garlic	chopped	
13 wt oz	Part-skim ricotta cheese		
8 wt oz	Feta cheese	crumbled	
⅓ wt oz	Parmesan cheese	grated	
¼ wt oz (2 tbsp)	Parsley, flat-leaf	chopped	
2 tbsp	Basil, fresh	chopped	
¼ tsp	Salt		
1 tsp	Ground black pepper		
2 ¾ wt oz	Whole wheat bread crumbs		
1 ½ wt oz (about 10 walnuts)	Walnuts	chopped	
2 wt oz	Egg		
1 ¼ wt oz	Egg white, beaten		
STEP 4			
32 fl oz plus more if needed	Tomato sauce, fresh		Place 2 heaping tablespoons of spinach mixture on eggplant slice. Roll up and place in casserole dish. Spread with fresh tomato sauce. Bake in 350°F oven for 30 minutes. Serve (2) each Rollatinis per person.

Turkey and Sweet Potato Shepherd's Pie

Yield: 10 servings
Preparation Time: 1 ½ hours
Portion Size: 8 to 10 wt oz scoop of pie
Calories Per Serving: 380 Kcal

STEP 1

12 wt oz (about 2 each)	Sweet potatoes		Preheat oven to 400°F. Toss potatoes with oil, salt, rosemary and sage. Roast on sheet pan for about 45 minutes, until very soft and lightly browned. Then, mash with maple syrup. Set aside and keep warm.
½ fl oz	Canola oil		
½ tsp	Salt		
2 tsp	Rosemary, dried		
2 tsp	Sage, dried		
1 fl oz	Maple syrup, 100% pure		

STEP 2

28 wt oz	Navy or Great Northern beans, canned		Puree beans with stock, then mash the pureed beans into the sweet potatoes. Set aside.
7 fl oz	Chicken stock		

STEP 3

1 fl oz	Canola oil		Heat oil, add onions, carrots and celery and sauté until onions are translucent. Add turkey and continue to cook. Once the turkey isn't pink anymore, add the salt, pepper and poultry seasoning. Cover and continue to cook until done. While its cooking, uncover and scrape all the brown bits of the bottom of the pan. When done, remove the mixture from the pan and set mixture aside. Place pan back on burner.
14 wt oz	Onions	finely chopped	
7 wt oz	Carrots	finely chopped	
5 wt oz	Celery	finely chopped	
1 ¾ lb	Turkey, ground (94% lean)		
1 tsp	Salt		
½ tsp	Ground black pepper		
.4 wt oz (3 tbsp)	Poultry seasoning		

STEP 4

13 wt oz	Mushrooms	sliced	In the same pan, add mushrooms and start to sauté. Add stock to mushrooms and cook until almost all of stock as evaporated. Sprinkle mushrooms with flour and cook slightly but don't allow to burn. Add turkey to pan and mix to combine. Add chicken broth and bring it to a soft boil.
3 fl oz	Chicken stock		
¾ to 1 wt oz	All-purpose flour		
1 ½ tsp	Poultry Seasoning		
26 fl oz	Chicken broth, reduced-sodium		

STEP 5			
2 ½ wt oz (½ cup)	Dried cranberries, minced		Meanwhile simmer the cranberries in the 7 ounces of water until soft and the water is reduced by half. Add this to the turkey mixture.
7 fl oz	Water		
STEP 6			
¾ wt oz	Butter		Melt the butter and sauté sage leaves briefly to release flavor. Whisk in the 3 fluid ounces of chicken broth and allow to reduce slightly. Pour on top of casserole.
2 tbsp	Sage leaves, minced		
3 fl oz	Chicken broth		Place casserole in 400° oven for 15 minutes until mixture is hot and bubbly.
Serve hot.			

Grilled Vegetables

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: approximately 4.8 wt oz each

Calories Per Serving: 120 Kcal, but can vary slightly based on vegetables used

STEP 1

3 lb total	Assorted vegetables (your choice), such as red bell peppers, yellow squash, zucchini, carrots, asparagus, mushrooms, eggplant or onions	<i>cut carrots in ½ widthwise, then slice into ½- inch rectangles, use mushroom caps only, eggplant can be slices and onions cut into ½-inch rings</i>	Cut vegetables as desired. If necessary, par cook or blanch the vegetable prior to grilling them, such as the carrots.
	<i>Sample choices (listed below) for 10 servings at about 4.8 wt oz per serving</i>		
1 lb	Red bell peppers	cut into 4 thick pieces	
1 lb	Yellow squash	circles or in ½- inch thick rectangles	
1 lb	Zucchini	circles or in ½- inch thick rectangles	

STEP 2

9 fl oz	Vegetable or olive oil		Combine all ingredients for marinade. Place on cleaned and vegetable sprayed grill. Brush on marinate while grilling (brush on lightly to avoid grill flare ups). Once cooked, place on platter or serving vessel. Paint with additional marinate. Flash in oven to heat if needed. Reserve all left overs and use in a variety of wraps or sandwiches.
2 fl oz	Soy sauce		
1 ¼ fl oz	Lemon juice or vegetable stock		
½ wt oz	Garlic	minced	
½ tsp	Fennel seeds	toasted and ground	
2 tsp	Thyme leaves	chopped	
2 tsp	Oregano or basil	chopped	
as needed	Salt		
as needed	Ground black pepper		

Roasted Vegetables

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: 4 to 5 wt oz

Calories Per Serving: 120 Kcal, but can vary slightly based on vegetables used

STEP 1

3 lb total	Assorted vegetables (your choice), such as red bell peppers, yellow squash, zucchini, carrots, asparagus, mushrooms, eggplant or onions	carrots cut into ½ moons, mushrooms to be quartered, broccoli, cauliflower, eggplant or onions, all cut to similar sizes	Preheat oven to 350°F. Cut and marinate (marinate in step 2) each vegetable in a separate bowl. Use just enough marinade to coat, Place on a sprayed sheet pan separately and roast until caramelized and tender but still has a little crunch.
	<i>Sample choices (listed below) for 10 servings at about 4.8 wt ounces per serving (weight before marinating and grilling)</i>		
1 lb	Red bell peppers	triangles or strips	
1 lb	Yellow squash	circles or ½ moon bias	
1 lb	Zucchini	circles or ½ moon bias	

STEP 2- Marinade

9 fl oz	Vegetable oil or olive oil		Mix all ingredients together. Marinade is ready to use.
2 fl oz	Soy sauce or lemon juice		
1 ¼ fl oz	Vegetable stock		
½ wt oz	Garlic	minced	
½ tsp	Fennel seeds	toasted and ground	
2 tsp	Thyme, fresh	chopped	
2 tsp	Oregano or basil, fresh	chopped	
as needed	Salt		
as needed	Ground black pepper		

Lemon Glaze for Roasted or Sautéed Vegetables (Negligible Kcal per serving)

Yield: 10 servings

Preparation Time: 10 minutes

Calories Per Serving: Negligible Kcal

STEP 1

1 fl oz	Lemon juice		Bring lemon juice, ginger, lemon zest, pepper and thyme to a simmer for about 5 minutes, to infuse flavors.
¼ wt oz (1 tbsp)	Ground ginger		
1 tbsp	Lemon zest		
½ tsp	Cracked black pepper		
1 tbsp	Thyme, leaves	chopped	

STEP 2

2 tsp	Cornstarch slurry (<i>cornstarch and cold water blended to consistency of heavy cream- see method</i>)		Add enough cold water to 2 teaspoons of cornstarch and blend to consistency of heavy cream to create a slurry (a thickening agent). Add 2 teaspoons of cornstarch slurry (you will have a little bit left over) to thicken, cook for 5 minutes (you will notice the mixture thickening) and strain. Use over roasted or sautéed vegetables to add additional flavor.
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MWR MENU ITEMS

BREAKFAST ITEMS (2)

Crunchy Cinnamon Granola with Greek Yogurt *(430 Kcal per serving)*

Banana Stuffed French Toast with Strawberry Syrup *(400 Kcal per serving)*

SALADS (4)

Chickpea Salad with Garlic-Cumin Dressing *(120 Kcal per serving)*

Quinoa with Grilled Vegetables and Dried Fruits *(189 Kcal per serving)*

Southwest Grilled Chicken Salad *(550 Kcal per serving)*

Cauliflower 'Egg' Salad *(130 Kcal per serving)*

SANDWICHES (8)

Toasted Barley Wrap with Quinoa, Sliced Turkey, Carrot Curls and Arugula *(510 Kcal per serving)*

Turkey and Sun-Dried Tomato, Cream Cheese and Arugula Sandwich *(450 Kcal per serving)*

Marinated Kale, Grilled Chicken, Mozzarella, and Tomatoes *(550 Kcal per serving)*

Vietnamese Sandwich with Five-Spice Pork and Asian Cole Slaw *(770 Kcal per serving)*

Southwest Grilled Chicken Salad with Romaine and Cheddar cheese *(630 Kcal per serving)*

Portabella Mushroom, Basil, Tomato and Mozzarella Sandwich *(320 Kcal per serving)*

Grilled Chicken and Pecan Salad *(180 Kcal per serving)*

Curry Tuna Salad Wrap, Spinach, Tomato and Swiss Cheese *(490 Kcal per serving)*

PORTABLE ITEMS (7)

Stuffed Jalapenos with Monterey Jack Cheese and Tomato Salsa *(360 Kcal per serving)*

Chicken and Low Fat Cheese Quesadillas *(490 Kcal per serving)*

Chickpea 'Hummus' with Baked Chips and Vegetables *(240 Kcal per serving)*

Crab Cakes with Tomato Cilantro Salsa *(110 Kcal per serving)*

Baked Chicken Fingers *(240 Kcal per serving)*

Red Lentil Chili *(260 Kcal per serving)*

Chicken Satay with Peanut Sauce *(270 Kcal per serving)*

Crunchy Cinnamon Granola with Greek Yogurt

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: Approximately 4 wt oz of granola, 5 wt oz yogurt, 2 wt oz fruit

Calories Per Serving: 430 Kcal

STEP 1			
14 wt oz	Rolled oats		Preheat oven to 350°F. In a large bowl, mix all ingredients. Set aside.
3 ½ wt oz	Shredded unsweetened coconut		
1 ¼ wt oz	Sunflower seeds, unsalted		
¼ wt oz (1 tbsp)	Ground cinnamon		
1 tsp	Ground cardamom		
1 tsp	Ground nutmeg		
STEP 2			
6 fl oz	Apple juice		Heat and reduce juices by ⅓.
4 fl oz	Prune juice		
STEP 3			
1 cup (about 5 wt oz, weight varies depending on choice of dried fruit)	Dried fruit, any variety, such as, raisins, apricots, apples, cranberries	chopped	Add 1 cup assorted dried fruit to hot juices and slowly cook for 1 minute. Pour hot mixture over oat mixture.
STEP 4			
4 fl oz	Milk, skim		Add milk and honey to hot mixture, mix to combine. Spray sheet pan with vegetable oil spray. Pour mixture on sheet pan and bake at 350°F to toast. Stir to keep oats from burning and to brown granola evenly. This takes about ½ hour. Remove and allow to cool.
2 fl oz	Honey		
STEP 5			
50 wt oz	Greek yogurt (5 wt oz per serving)		Serve granola with Greek yogurt and fresh fruits. Serving suggestion: Can also be served as a breakfast cereal.
20 wt oz	Fresh fruit, assorted, cut into bite size pieces (2 wt oz per serving)		

NOTES

Can be used as a snack, as well as a breakfast cereal. Can also add to oatmeal or Cream of Wheat.

Banana Stuffed French Toast with Strawberry Syrup

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 1- portion of stuffed French toast
Calories Per Serving: 400 Kcal

STEP 1

20 each	Whole wheat bread, slices		Lay out bread and spread all 64 slices evenly with cream cheese. Slice bananas paper thin and layer on 32 slices of the bread, overlapping slightly. Top each with a piece of bread with just the cream cheese and press down lightly. Whip together Eggbeaters, skim milk, vanilla and cinnamon to a smooth consistency. Heat flat top griddle spray with vegetable oil spray. Carefully dip French toast into batter on both sides to absorb batter. Place soaked bread on griddle and brown nicely on both sides (about 1 ½ to 2 minutes per side. Transfer to a serving platter with fresh fruits on the side and strawberry syrup.
7 ½ wt oz	Light cream cheese		
10 each	Bananas, small		
25 fl oz	Eggbeaters		
15 fl oz	Milk- skim		
½ fl oz	Vanilla extract		
¼ wt oz	Cinnamon, ground		

STEP 2 Strawberry syrup

1 lb	Strawberries	hulled (see method) and cleaned	To remove hull: Angle a small sharp knife and cut, in a circular motion, around the green leafy top of the strawberry and into the pale flesh directly underneath. Remove the hull and discard. Wash strawberries thoroughly under cold running water before using. Mix strawberries, jam and lemon juice together in blender until smooth. If you prefer seedless - strain to remove seeds.
5 fl oz	Strawberry 'all fruit' jam		
1 ¼ fl oz	Lemon juice		

NOTES

Great Tip - Warm slightly in the oven to crisp before serving. The whole French toast process can be made a day ahead and warmed up slowly in the oven.

Chickpea Salad with Garlic-Cumin Dressing

Yield: 10 servings
Preparation Time: 30 minutes
Portion Size: Approximately 6 wt oz
Calories Per Serving: 120 Kcal

STEP 1			
1 ½ lb	Chickpeas, canned	rinsed and drained	Place chickpeas in bowl and season with pepper. <i>Can substitute canned Great Northern beans for an alternative salad.</i>
¼ tsp	Ground black pepper		
STEP 2			
9 ½ wt oz	Onion - medium	finely chopped	Add ingredients to chickpeas and mix gently to combine.
3 ½ wt oz	Parsley, flat-leaf	chopped	
1 each	Lemon juice, fresh from whole lemon		
2 tsp	Cumin powder		
5 each	Garlic cloves	chopped	
STEP 3			
4 wt oz	Kalamata olives, pitted		Add remaining ingredients to bowl, and mix to combine. Serve on a salad bar, buffet or other serving line. For dip or puree: <i>All ingredients can be pureed in food processor to create a dip/puree. Use in a sandwich or wrap. Also, can be served with baked tortilla or pita chips and cut vegetables.</i>
1 lb	Tomatoes	diced	
3 ½ wt oz	Jalapeno peppers, deseeded	finely chopped	

Quinoa with Grilled Vegetables and Dried Fruits

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 1 cup (5 ½ wt oz)
Calories Per Serving: 189 Kcal

STEP 1

As needed	Vegetable spray		Place pot over medium heat, coat bottom of pan with vegetable spray. Add in quinoa and lightly toast. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 15 minutes. Take off heat, cool and reserve.
6 wt oz	Quinoa		
12 fl oz	Vegetable stock		

STEP 2

1 cup (weight varies depending on vegetable)	Grilled vegetables, such as, zucchini, summer squash, onions or pepper	small dice	Combine rest of ingredients with cooked quinoa and season to taste with salt and pepper. Serve on a salad bar, buffet or other serving line. Other serving suggestions: Can be used in wraps or served as an entrée salad. Can be arranged on ½ cup of spinach leaves with sliced chicken or grilled vegetables. Saved left over, properly stored, <i>Grilled Vegetables (see Grilled Vegetable recipe)</i> can also be used for this salad.
4 ½ wt oz	Cucumber	peeled, seeded and diced	
5 ¾ wt oz	Chickpeas, canned, rinsed and drained		
11 ¾ wt oz	Tomatoes	seeded and diced	
3 wt oz	Red bell pepper, roasted, canned	chopped	
1 wt oz	Green onions	chopped	
1 tsp	Jalapeno peppers, deseeded	finely chopped	
1 wt oz	Parsley, flat-leaf	chopped	
1 tbsp	Basil Leaves	chopped	
½ wt oz (1 tbsp)	Garlic	minced	
2 fl oz	Lime juice		
1 ¾ fl oz	Extra-virgin olive oil		
3 wt oz	Dried apricots and cranberries	small dice	
1 teaspoon	Lemon zest	grated	
to taste	Salt		
to taste	Ground black pepper		

Southwest Grilled Chicken Salad

Yield: 10 servings
Preparation Time: 1 ½ hours
Portion Size: 1 cup (about 9 ½ wt oz)
Calories Per Serving: 550 Kcal

STEP 1			
2 tsp	Cumin powder		Combine spice rub ingredients, or purchase Southwest rub from your local vendor with no added salt.
2 tsp	Marjoram, dried		
2 tsp	Chile powder		
1 tsp	Ground black pepper		
1 wt ox (2 tbsp)	Salt		
STEP 2			
50 wt oz (3 lb 2 oz)	Chicken breasts, 5 wt oz each, skinless		Rub spices into the chicken. Refrigerate 1 hour. Grill chicken, then add to marinade in step 3.
STEP 3			
2 tbsp	Cilantro	chopped	Whisk ingredients together for marinade. Add grilled chicken and marinate for 1 hour. Let cool and dice 1- inch cubes or slice into strips.
1 tsp	Sage	chopped	
3 ½ tbsp (.4 wt oz)	Parsley, flat-leaf	chopped	
2 tsp	Marjoram		
2 ½ tsp	Cumin powder		
2 tsp	Chile powder		
14 fl oz	Peanut oil		
4 fl oz	White wine vinegar		
¾ tsp	Sugar		
½ each	Garlic, whole head	roasted and mashed	
to taste	Salt	If needed	
to taste	Ground black pepper		
STEP 4			
7 wt oz	Red bell peppers, roasted	julienne	Remove chicken from marinade (reserve the marinade) and combine with rest of ingredients. Add a small amount of marinade and toss to coat. Taste and adjust salt and pepper, if necessary. Serve on a salad bar, buffet or other serving line. Salad can be used in a wrap with cheddar cheese and romaine lettuce or another combination as requested.
7 wt oz	Corn kernels, frozen or canned	roasted in oven sprinkled with olive oil	
3 ½ wt oz	Red onions	diced	
7 wt oz	Green beans, 1 ½- inch long	cooked	
to taste	Salt		
to taste	Ground black pepper		

Cauliflower 'Egg' Salad

Yield: 10 servings

Preparation Time: 1 hour

Portion Size: About ⅓ cup

Calories Per Serving: 130 Kcal (340 Kcal if served in 10- inch whole wheat wrap)

STEP 1

1 ½ lb	Cauliflower, whole head(s)	cut into large florets, then cut florets in half	Toss the halved florets of cauliflower with extra-virgin olive oil. Roast in a pre-heated oven at 375°F until golden brown and tender, but still has a little bite. Let cool. Place cauliflower, celery, green and red onion in bowl. Set aside and reserve while dressing is made.
½ fl oz	Extra-virgin olive oil		
4 wt oz	Celery	diced	
1 wt oz	Green onion	chopped	
1 ½ wt oz	Red onion	chopped	

STEP 2

½ wt oz	Dijon mustard		In separate bowl, whisk ingredients in step 2. Add salt and pepper to taste. Start with 1 fl oz of dressing and pour dressing over cauliflower mixture and gently combine. Add more dressing as desired. Taste and adjust seasoning. Serve on a salad bar, buffet or other serving line. Serving suggestion: Substitute canned tuna for cauliflower to create an alternative to traditional tuna salad.
5 wt oz	Mayonnaise		
1 ½ fl oz	Buttermilk		
1 fl oz	Rice wine vinegar	or to taste	
½ tsp	Turmeric, powder		
½ tsp	Curry powder (preferably Madras-style)	or to taste	
to taste	Salt		
to taste	Ground black pepper		

Toasted Barley Wrap with Quinoa, Sliced Turkey, Carrot Curls and Arugula

Yield: 10 servings

Preparation Time: 50 minutes

Portion Size: 4 wt oz barley-quinoa salad, 2 wt oz sliced turkey

Calories Per Serving: 510 Kcal

STEP 1

As needed	Vegetable spray		For the Toasted Barley: Place pot over medium heat. Add vegetable spray then add in barley to toast lightly. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 20 to 25 minutes and barley is tender. Once finished, cool and reserve.
6 wt oz	Pearl barley		
20 fl oz	Vegetable stock or water		

STEP 2

6 ½ wt oz	Green bell pepper	charred and peeled, small dice	Combine rest of ingredients with cooked barley and season to taste with salt and pepper. Set aside.
11 ½ wt oz	Corn kernels, frozen		
11 ½ wt oz	Tomatoes	seeded and diced	
3 wt oz	Red bell pepper, roasted, canned	chopped	
1 wt oz	Green onions	chopped	
1 tsp	Jalapeno peppers, deseeded	finely chopped	
¾ wt oz	Cilantro	chopped	
1 tbsp	Mint leaves	chopped	
½ wt oz (1 tbsp)	Garlic	minced	
2 fl oz	Lime juice		
1 ¼ fl oz	Extra-virgin olive oil		
2 ½ wt oz	Sunflower seeds, toasted	optional	
to taste	Salt		
to taste	Ground black pepper		

STEP 3

4 wt oz	Quinoa		Combine quinoa and stock and bring to boil, cover and simmer for about 15 minutes or until tender. Allow to cool and add to barley salad.
8 fl oz	Vegetable stock or water		

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STEP 4

10 each	Whole wheat wrap, 10- inches	warmed on griddle to make flexible	For each wrap: Place barley-quinoa salad on the end, fold turkey on top, add carrot curls and arugula and fold like a typical wrap, Spread hummus on the end to hold closed.
20 wt oz	Sliced turkey		
15 wt oz	Carrots	shaved paper thin- like curls	
3 wt oz (5 cups)	Arugula		
as needed	Hummus (see <i>Chickpea 'Hummus' with Baked Chips and Vegetables</i>)		

Turkey and Sun-Dried Tomato, Cream Cheese and Arugula Sandwich

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 4 wt oz sliced turkey, 2 ½ wt oz cream cheese spread, ½ wt oz arugula

Calories Per Serving: 450 Kcal as sandwich (320 Kcal if served on a 10-inch whole wheat wrap)

STEP 1

20 each	Tomatoes, sundried	chopped	Mix tomatoes and cream cheese in food processor then add the salt, pepper, granulated garlic and basil. Pulse to incorporate.
1 ½ lb	Cream cheese- light or regular	softened	
¼ wt oz (1 ½ tsp)	Salt		
½ tsp	Ground black pepper		
½ wt oz (6 tbsp)	Basil, fresh	chopped	
½ tbsp	Granulated garlic		

STEP 2

10 each	Kaiser rolls	cut in half	Spread cream cheese equally on rolls and top with turkey, 4 thin slices of tomato and arugula. Top with other half of roll. Served with mixed salad or baked tortilla chips.
2 ½ lb	Turkey	sliced	
40 each	Tomatoes, plum, thin slices	thin slices	
5 wt oz	Arugula or red leaf lettuce	washed and dried	

Marinated Kale, Grilled Chicken, Mozzarella, and Tomatoes

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 5 wt oz chicken breast, 2 wt oz kale salad, 1 wt oz mozzarella, 1 wt oz tomato

Calories Per Serving: 550 Kcal

STEP 1

3 ¾ fl oz	Vegetable stock		Dressing: Combine stock, mustard, salt and pepper. Whisk in oil. Reserve for service.
1 fl oz	Dijon mustard		
⅛ tsp (a pinch)	Salt		
⅛ tsp (a pinch)	Ground black pepper		
1 ¼ fl oz	Olive oil		

STEP 2

8 ½ wt oz	Kale, washed, dried	tear bite-size pieces	Combine kale, grapes, cheese, red pepper flakes and oil. Mix together to macerate kale. Cover with plastic wrap touching kale tightly, Let rest for several hours or overnight before serving. Next day, toss kale with the prepared mustard dressing.
3 wt oz	Grapes - red seedless	cut in half	
1 ¾ wt oz	Parmesan cheese	grated	
½ tbsp	Red pepper flakes		
¾ fl oz	Extra-virgin olive oil		

STEP 3

10 each	Whole wheat wrap, 10- inches	warmed on griddle to make flexible	To serve kale mixture in wrap: Place kale mixture on the end, add grilled chicken, mozzarella cheese and sliced tomatoes. Fold like a typical wrap.
10 each (3 lb 2 oz total)	Chicken breasts, about 5 wt oz each, grilled	cut into strips	
10 each	Mozzarella slices, 1 wt oz each		
10 each	Tomato slices, 1 wt oz each		

Vietnamese Sandwich with Five-Spice Pork and Asian Cole Slaw

Yield: 10 servings

Preparation Time: 2 hours

Portion Size: 6 wt oz pork, about 2 ½ wt oz of cole slaw

Calories Per Serving: 770 Kcal

STEP 1

3 wt oz	Shallots	chopped	Combine ingredients for marinade. Rub marinade generously over pork pieces. Individually wrap in plastic wrap tightly to hold in marinate, let sit overnight in refrigerator.
1 wt oz	Garlic	minced	
2 ½ fl oz	Soy sauce		
3 ½ wt oz	Sugar		
2 ½ tsp	Five spice powder		
3 ¾ lb	Pork shoulder, trimmed of extra fat cap	cut into 4 to 6 rectangles	

STEP 2

10 fl oz	Vegetable stock (water and vegetable base)		Next day, unwrap and sear in a roasting pan, add vegetable stock to create a broth, cover and place in the oven until fork tender, about 3 to 4 hours. If necessary, add water or stock while cooking. Remove from heat. When meat is cool enough to handle, clean excess fat, pull pork into thin slices to make sandwiches.
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STEP 3

1x recipe	Asian Cole Slaw (recipe follows)		Make Asian Cole Slaw and set aside.
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STEP 4

10 each	Baguette, 6- inch pieces, split lengthwise, half of centers hollowed out		To assemble: Each baguette is layered with pork, and topped with Asian Cole Slaw. Drizzle with Srirachi sauce for an extra bite, if needed.
As needed	Srirachi sauce (optional)		

NOTES

Substitutions: If Five Spice Powder is unavailable use a combination of cinnamon, cloves, ground fennel seeds, ground star anise and ground Szechuan peppercorns.

Asian Cole Slaw

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: Approximately 2 ½ wt oz
Calories Per Serving: 190 Kcal

STEP 1

½ fl oz	Soy sauce	
1 ½ tsp	Garlic	minced
1 ½ tsp	Shallots	diced
¼ fl oz	Mustard, whole-grain	
1 fl oz	Rice wine vinegar	
3 fl oz	Water	
3 fl oz	Sesame oil	
1 tbsp	Chives	finely sliced

For the marinade: Combine all ingredients except oil and chives. Slowly whisk oil in to mixture, then stir in the chives.

STEP 2

6 wt oz	Cabbage	shredded
4 wt oz	Carrots	julienned
4 wt oz	Snow peas, blanched	cut in thirds
4 wt oz	Radish	sliced
1 wt oz	Pickled ginger	minced

Toss cabbage, carrots, snow peas, radish and ginger with marinade. Refrigerate for 30 minutes.

STEP 3

¼ wt oz	Sesame seeds	toasted
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Allow any excess liquid to drain from slaw before placing into sandwich.

Serving suggestion: Salad can be used in a variety of sandwiches or wraps.

Southwest Grilled Chicken Salad with Romaine and Cheddar Cheese

Yield: 10 servings

Preparation Time: 1 ½ hours

Portion Size: 8 wt oz salad, 1 wt oz cheddar cheese, 1 ½ wt oz romaine

Calories Per Serving: 630 Kcal (served in 10-inch whole wheat wrap)

STEP 1			
2 tsp	Cumin powder		Combine spice rub ingredients, or purchase Southwest rub from your local vendor with no added salt.
2 tsp	Marjoram, dried, ground		
2 tsp	Chile powder		
1 tsp	Ground black pepper		
1 wt oz	Salt		
STEP 2			
2 ½ lb	Chicken breasts, boneless, skinless		Rub spices into the chicken. Refrigerate 1 hour. Grill chicken, then add to marinade in step 3.
STEP 3			
2 tbsp	Cilantro leaves	chopped	Whisk ingredients together for marinade. Add grilled chicken and marinate for 1 hour. Let cool and dice 1- inch cubes or slice into strips.
1 tsp	Sage leaves	chopped	
½ wt oz (3 ½ tbsp)	Parsley, flat-leaf	chopped	
2 tsp	Marjoram, fresh	chopped	
2 ½ tsp	Cumin powder		
2 tsp	Chile powder		
14 fl oz	Peanut oil		
4 fl oz	White wine vinegar		
¾ tsp	Sugar		
½ each (about 1 wt oz)	Garlic, whole head	roasted and mashed	
to taste	Salt	if needed	
to taste	Ground black pepper		
STEP 4			
7 wt oz	Red bell pepper, roasted	julienne	Remove chicken from marinade (reserve the marinade) and combine with rest of ingredients. Add a small amount of marinade and toss to coat. Taste and adjust salt and pepper, if necessary.
7 wt oz	Corn kernels, frozen or canned	roasted in oven sprinkled with olive oil	
3 ½ wt oz	Red onions	diced	
7 wt oz	Green beans, 1 ½ - inch long	cooked	
to taste	Salt		
to taste	Ground black pepper		

Healthy Base Initiative

<i>For Wrap:</i>			<p>Serve salad in a wrap with 1 wt oz of cheddar cheese and 1 ½ wt oz of romaine lettuce (or another combination of cheese and lettuce as requested).</p> <p>Serving suggestion: the salad, by itself, can be also be served on a salad bar, buffet or other serving line.</p>
10 each	Whole wheat wrap, 10-inches	warmed on griddle to make flexible	
10 wt oz	Cheddar cheese	sliced	
15 wt oz	Romaine lettuce leaves		

Portabella Mushroom, Tomato, Basil and Mozzarella Sandwich

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 2 wt oz portabella mushrooms, 2 each tomato slices, 1 wt oz mozzarella cheese

Calories Per Serving: 320 Kcal

STEP 1

2 fl oz	'Grilled Vegetables' marinade (see 'Grilled Vegetables' recipe)		Prepare marinade. Coat mushroom caps with marinade. Place on a vegetable sprayed sheet pan and roast in a 350 °F oven until tender. Allow to cool. When cool enough to handle, slice thin, set aside for sandwich assembly.
1 ¾ lb	Mushrooms, portabella	cleaned and fins removed	

STEP 2

6 ½ fl oz	Extra-virgin olive oil		Whisk ingredients. Set aside.
1 ½ fl oz	Balsamic vinegar		
2 tsp	Granulated garlic		

STEP 3

20 each	French bread, thin slices	thinly sliced on bias	To assemble: Drizzle 2 slices of French bread with oil/vinegar mixture. On each bottom half of bread, layer thinly sliced portabella mushrooms, 2 each tomato slices and 1 teaspoon of basil. Season with salt and pepper. Top with other half of bread. If selection is Vegan omit mozzarella.
20 each	Tomatoes, plum, slices		
3 ½ tbsp (about ⅓ wt oz)	Basil	chiffonade	
1 tsp	Salt		
½ tsp	Ground black pepper		
10 wt oz	Mozzarella, low moisture	sliced	

Grilled Chicken and Pecan Salad (for Sandwich or Wrap)

Yield: 10 servings

Preparation Time: 1 ½ hours

Portion Size: 1 cup – 5 wt oz chicken salad

Calories Per Serving: 180 Kcal (390 Kcal when served in 10-inch whole wheat wrap)

STEP 1

2 ½ lb	Chicken breasts, boneless and skinless		Season and grill chicken. When cool enough to handle, cut into ½ -inch square pieces Set aside. Until dressing is made.
½ wt oz	Salt		
¼ wt oz	Ground black pepper		

STEP 2

10 fl oz	Apple cider		Bring cider to a boil and reduce by two-thirds. Add thyme, vinegar, Worcestershire, and hot pepper sauce. Season with salt and pepper. Gradually whisk in oil. Set aside, until fully chilled.
1 ½ tsp	Thyme, fresh	chopped	
1 ¼ fl oz	Cider vinegar		
1 ¼ tsp	Worcestershire sauce		
1 ¼ tsp	Hot pepper sauce, any variety		
1 ½ fl oz	Olive oil		

STEP 3

8 wt oz (about 2 each)	Apples, Granny Smith	small dice	Combine chicken, apples and pecans. Add dressing and toss to coat. Taste and adjust salt and pepper, if needed.
2 wt oz	Pecans	toasted and chopped	
to taste	Salt		Serve on a salad bar, buffet or other serving line. Salad can be used in a variety of wraps and sandwiches.
to taste	Ground black pepper		

Curry Tuna Salad Wrap with Spinach, Tomato and Swiss Cheese

Yield: 10 servings

Preparation Time: 1 hour

Portion Size: ½ cup (3 ½ wt oz) tuna salad, 1 wt oz spinach, 2 wt oz tomato, 1 wt oz Swiss cheese

Calories Per Serving: 490 (Kcal served in 10-inch whole wheat wrap)

STEP 1			
1 lb	Tuna- Tongal – well drained		Place drained tuna, celery, green onion, red onion and red pepper in bowl. Reserve while dressing is made.
4 wt oz	Celery	diced	
1 wt oz	Green onion	chopped	
1 ½ oz	Red onion	chopped	
3 ½ wt oz	Red bell peppers	cut into strips	
STEP 2			
½ fl oz	Extra-virgin olive oil		In separate bowl, whisk ingredients in step 2. Add salt and pepper to taste.
½ fl oz	Dijon mustard		
5 wt oz	Mayonnaise		Pour ⅓ of a cup of dressing per 1 pound of tuna mixture and gently combine. Add more if needed. Set tuna salad aside (refrigerate if necessary) for sandwich assembly.
1 ½ fl oz	Buttermilk		
1 fl oz	Rice wine vinegar	or to taste	
½ tsp	Turmeric		
½ tsp	Curry powder (preferably Madras-style)	or to taste	
to taste	Salt		
to taste	Ground black pepper		
STEP 3			
10 each	Whole wheat wrap, 10-inches	warmed on griddle to make more flexible	<p>Assembly for (1) wrap: 1 whole wheat wrap Tuna salad – ½ cup (3 ½ wt oz) Spinach – 1 cup (.7 wt oz) Tomato – 2 wt oz (3 slices) Swiss cheese – 1 wt oz slice</p> <p>To assemble wrap: Place tuna mixture on the end, add spinach, tomato and Swiss Cheese. Fold like a typical wrap.</p> <p>Serving suggestion: Can also be served with baked pita or tortilla chips, sprayed with olive oil spray, granulated garlic and ground cumin.</p>
7 wt oz	Spinach, fresh	cleaned, trimmed and dried	
20 wt oz	Tomato, 3 slices per wrap		
10 wt oz (1 wt oz slice per wrap)	Swiss cheese	thinly sliced	

Stuffed Jalapenos with Monterey Jack Cheese and Tomato Salsa

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: 6 halves of jalapeno peppers (total of 3 each whole jalapeno peppers)

Calories Per Serving: 360 Kcal

STEP 1			
14 wt oz	Onion	diced	Sauté and allow to cool.
½ wt oz	Garlic cloves	chopped	
STEP 2			
5 wt oz	Egg whites		Mix together egg whites and crumbs to create a paste (panada).
3 ½ oz	Bread crumbs - whole wheat, fresh		
1 pint	Water and ice (50/50)		
STEP 3			
2 lb	Ground turkey		In a mixing bowl with a paddle, add chilled turkey, onion mixture, spices and panada. Mix on slow speed and drizzle in ice water about 4 to 8 ounces depending on how much moisture in your ground turkey. Place on speed 2 and mix until completely incorporated. Make a small sample of your mixture and taste. Adjust spices if needed.
2 tbsp	Sage, fresh	finely chopped	
½ wt oz (2 tbsp)	Cumin powder		
½ wt oz (2 tbsp)	Chile powder		
¼ tbsp	Cayenne pepper		
½ wt oz	Salt		
¼ wt oz	Ground black pepper		
STEP 4			
30 each	Jalapeno peppers	cut in ½ cleaned of ribs and seeds	Fill each jalapeno with about ¼ cup of turkey mixture (less if necessary depending on size of pepper). Place on a sheet pan that is been sprayed with vegetable oil. Roast in oven until turkey sausage is cooked to proper temperature. When cooked, take out, top with cheese and put back in the oven to melt cheese. Serving suggestion: Serve on a bed of greens or with basmati pilaf or other grain salad and tomato salsa.
14 wt oz	Monterey Jack Cheese		
as needed	Tomato salsa, any variety		

Chicken and Low Fat Cheese Quesadillas

Yield: 10 servings
Preparation Time: 1 hour
Portion Size: 1 each quesadilla
Calories Per Serving: 490 Kcal

STEP 1

1 fl oz	Olive oil	
14 wt oz	Onion, medium	sliced
3 ½ wt oz	Green bell pepper	cut into ¼- inch strips
3 ½ wt oz	Red bell pepper	cut into ¼- inch strips
¼ wt oz	Garlic	minced
¼ tsp	Cumin powder	
¼ tsp	Chile powder	
¾ tsp	Jalapeno peppers, deseeded	finely chopped
1 ¾ fl oz	Sherry vinegar (or 50/50 mix of sherry and cider vinegar)	
2 tsp	Cilantro	chopped

Heat oil, add onions and peppers, and sauté for 2 minutes. Add garlic and continue cooking until onions start to brown, about 3 more minutes. Add in cumin, chile powder, and jalapeno. Cook and stir for 2 minutes. Add vinegar and continue cooking until most of liquid has evaporated, about 2 minutes. Take off heat, let cool slightly, toss in cilantro and set aside to cool until ready to assemble.

STEP 2

1 ¾ lb	Chicken breast, boneless, skinless	
1 ¾ tbsp. (about ½ wt oz, or less, depending on spice rub blend)	BBQ rub, any variety (no salt)	

Rub chicken with BBQ rub, let sit for at least 1 hour, then grill to proper temperature. Allow to cool, then cut into strips. Set aside.

STEP 3

2 each	Avocados, ripe	
1 fl oz	Lime juice	
2 tsp	Cilantro	chopped
to taste	Salt	if needed

Mash avocado with a fork, then add lime juice and cilantro. Add salt if needed. Set aside.

STEP 4			
10 ea	Whole wheat flour tortillas, 10-inches		<p>To assemble and cook: Warm tortilla on griddle, then layer cheese, chicken and pepper mixture on half of tortilla. <i>Note: Spread end of tortilla with a little hummus to act as a glue to seal the quesadilla.</i></p> <p>Fold the tortilla over to make a half circle. On a griddle, seasoned with vegetable spray. Cook on both sides until golden brown, and cheese has melted. Garnish with Chopped tomatoes. Quesadillas can be made several hours in advanced, wrapped and labeled then cooked to order as ordered.</p>
5 wt oz	Jack cheese, light (low fat)		
5 wt oz as needed	Cheddar cheese, light (low fat) Hummus (see <i>Chickpea Hummus with Baked Chips and Vegetables-recipe follows</i>)		
2 wt oz	Tomato	finely diced	

NOTES

Alternate assembly method: Warm tortilla on griddle, on middle 1/3 of tortilla, layer the cheese, chicken and pepper mixture. Fold sides of the tortilla over to make a long rectangle. Seal the folded edge with egg whites. Cook until golden brown, then flip and continue to cook until all cheese has melted.

Chickpea ‘Hummus’ with Baked Chips and Vegetables

Yield: 10 servings
Preparation Time: 30 minutes
Portion Size: 1 cup (5 wt oz)
Calories Per Serving: 240 Kcal

STEP 1

1 ½ lb	Chickpeas, canned	rinsed and drained	For the hummus: Place all ingredients into a food processor and mix to form a thick puree. Can substitute canned Great northern beans for an alternative salad. Transfer hummus to a bowl.
¼ tsp	Ground black pepper		
7 wt oz	Onion - medium	finely chopped	
3 ½ wt oz	Parsley, flat-leaf	chopped	
1 ea	Lemon	juice of	
2 tsp	Cumin powder		
5 each	Garlic cloves	chopped	
4 wt oz	Kalamata olives, pitted		
1 lb	Tomatoes	diced	
3 ½ wt oz	Jalapeno peppers, deseeded	finely chopped	

STEP 2

as needed	Baked tortilla or pita chips		Serve with baked tortilla or pita chips and cut vegetables Serving suggestion: Can, also, be served in a sandwich or wrap.
as needed	Vegetables, raw, cut		

Crab Cakes with Tomato Cilantro Salsa

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: 1 each – about 3 wt oz crab cake

Calories Per Serving: 110 Kcal

STEP 1			
1 ¼ lb	Jumbo lump crabmeat		Pick crabmeat to remove shells. Add in chives, parsley, Old Bay, Dijon mustard, thyme, and potatoes. Mix gently to incorporate. Set aside.
1 ½ tsp	Chives	sliced thin	
1 ½ tsp	Parsley, flat-leaf	chopped	
1 tbsp	Old Bay seasoning		
½ tsp	Dijon mustard		
¾ tsp	Thyme-fresh	chopped	
5 wt oz	Potatoes	cooked and mashed	
STEP 2			
2 wt oz	Egg whites		In a stainless steel bowl, add in the egg whites, lemon juice and white wine. Whip to form soft peaks. Fold into crab mixture and mold into 2.75 wt oz crab cakes.
½ fl oz	Lemon juice-fresh		
¾ tsp	White wine		
STEP 3			
1 wt oz plus more as needed	Egg whites		Place egg whites in a metal pan. Dip the crab cakes in the egg whites and then in the crumbs with chives. Sear on a flat top griddle spayed with vegetable spray, to crisp golden brown on both sides.
1 tsp	Chives	finely sliced	
as needed	Panko		
STEP 4			
1x recipe	Tomato Cilantro Salsa (recipe follows)		Place on a bed of arugula or other spicy green, and serve with Tomato salsa. Crab cakes can be made in advanced and frozen for future use. Note: Other spicy greens include-mizuna, frisee and mustard.

Tomato Cilantro Salsa

Yield: 1 pint (for 10 portions each)

Preparation Time: 15 minutes

Portions size: 1.6 fluid ounces

Calories Per Serving: 15 Kcal

STEP 1

7 ½ wt oz	Tomatoes, whole, peeled, seeded and diced		Combine all ingredients. Chill.
4 wt oz	Spanish onions, whole	diced	
¼ bunch	Cilantro	chopped	
1 ½ tsp.	Garlic	diced	
2 each	Jalapeno peppers	diced	
1 fl oz	Lime juice	fresh squeezed	
2 fl oz	Tomato juice		

Baked Chicken Fingers

Yield: 10 serving

Preparation Time: 2 hours

Portion Size: 5 wt oz chicken and approximately 3 wt oz of lettuce and 1 ½ fl oz of salsa

Calories Per Serving: 240 Kcal

STEP 1			
2 ½ lb	Chicken breast halves, boneless, skinless		Trim chicken of all fat, Cut into finger size pieces and set aside in refrigerator.
STEP 2			
2 ¼ wt oz	Non-fat Greek yogurt		In a mixing bowl add yogurt, herbs and Dijon mustard. Place chicken into mixture and allow to marinate for 3 hours, refrigerated.
1 ½ tsp	Variety of fresh herbs: basil, thyme, oregano and flat-leaf parsley	chopped	
1 wt oz	Dijon mustard		
STEP 3			
5 wt oz	Corn flakes, low sodium, ground into crumbs		Preheat oven to 370°F. Season ground corn flakes, and panko with black spice seasoning.
1 ½ wt oz	Panko bread crumbs (Japanese bread crumbs)		
1 ½ tsp	Cajun blackened spice (NO salt)		Once chicken has marinated allow to come to room temperature for a few minutes. Toss in bread crumb mixture to fully coat. Lay out on sheet pans. Place on a sprayed sheet pan with vegetable spray and brown in a 370°F oven, flipping chicken at least once. Chicken is done when it reaches an internal temperature of 165°F.
STEP 4			
30 wt oz	Arugula or red leaf lettuce		Serve on a bed of lettuce with tomato salsa (see Tomato Cilantro Salsa).
1x recipe (16 fl oz)	Tomato Cilantro Salsa (see Recipe Index)		

Red Lentil Chili

Yield: 10 serving
Preparation Time: 1 hour
Portion Size: About 8 wt. oz. each
Calories Per Serving: 260 Kcal

STEP 1			
1 ½ tsp	Garlic	finely minced	Chop garlic, onions, carrots, zucchini, squash, and eggplant using a buffalo chopper or by hand. In a large pot, heat oil over medium heat and sweat all vegetables for 5 minutes or until onions are translucent.
3 wt oz	Onion	small dice	
8 wt oz	Carrots	small dice	
6 wt oz	Zucchini	small dice	
6 wt oz	Yellow summer squash	small dice	
6 wt oz	Eggplant	small dice	
¼ fl oz	Olive oil		
STEP 2			
16 fl oz	Vegetable stock		Add vegetable stock, tomatoes, lentils, dry seasonings and jalapenos. Simmer until lentils are cooked and broth is thickened (about an hour).
16 fl oz	Canned whole peeled tomatoes	crushed or chopped	
12 wt oz	Red lentils		
1 each	Bay leaves		
1 ½ tsp	Oregano		
½ tsp	Cumin		
½ tsp	Chili powder		
¾ tsp	Cayenne pepper		
1 each	Jalapeno peppers, deseeded	finely chopped	
STEP 3			
10 each	Blue corn tortilla, 6-inch		Spray griddle with nonstick cooking spray. Place blue corn tortillas on top and grill until crispy (tortilla chip-like), then cut into quarters.
as needed	Nonstick cooking spray		
STEP 4			
4 wt oz	Sour cream		Mix sour cream with cilantro. Set aside for service.
1 ½ tsp	Cilantro leaves	chopped	
STEP 5			
2 wt oz	Cheddar cheese	shredded	At service, portion chili into large bowls. Garnish with a sprinkle of cheddar cheese, topped with 1 tsp of sour cream/cilantro mixture. Serve (4) each tortilla quarters on the side.

Chicken Satay with Peanut Sauce

Yield: 10 serving

Preparation Time: 1 hour

Portion Size: 2 each, 2 wt oz skewers (4 wt oz chicken total) and 2 fl oz of sauce

Calories Per Serving: 270 Kcal

STEP 1			
1 tsp	Ginger	minced	For the Peanut Sauce: Sauté the ginger, garlic, and lemon grass in 1 ½ fl oz of the sesame oil over medium heat for 2 minutes or until the lemon grass gets soft.
¼ wt oz	Garlic	minced	
1 tsp	Lemon grass	minced	
¾ fl oz	Sesame oil		
STEP 2			
3 ½ wt oz	Peanut butter, creamy		Place in a large mixing bowl and add the peanut butter.
STEP 3			
⅓ fl oz	Chili garlic sauce		Next, add the chili garlic sauce, soy sauce and remaining ginger. Mix well.
⅓ fl oz	Soy sauce		
¼ wt oz	Ginger	minced	
STEP 4			
6 fl oz	Chicken or vegetable stock	hot	Slowly add the hot chicken stock, being sure to incorporate it well. Set aside.
STEP 5			
10 fl oz	Peanut oil		For the chicken marinade: Combine all ingredients in a large mixing bowl.
½ wt oz	Curry powder		
2 wt oz	Lemon grass	minced	
3 ½ wt oz	Chili garlic paste		
1 ¼ fl oz	Soy sauce		
1 wt oz	Garlic	minced	
½ wt oz	Ginger	minced	
STEP 6			
5 each	Chicken breasts, boneless, skinless, 8 wt oz each	cut into 4 equal pieces	<p>Cut chicken into equal pieces (2 wt oz each) and skewer onto 8- inch wooden skewers. Place skewered meats in marinade overnight (about 8 hours).</p> <p>To prepare: Cook on griddle for 1 ½ minutes on each side, or until chicken is proper internal temperature of 165°F.</p>

STEP 7			
			<p>Serve 2 skewers per person accompanied with warm peanut sauce (about 2 fl oz).</p> <p>Serving suggestion: Serve satay on top of basmati rice pilaf – spoon peanut sauce on top.</p>

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NOTES ON INGREDIENTS

The Nutritional Analysis for recipes contained in this guide use ingredients that are regularly and routinely available to commercial foodservice kitchens. In some instances, there are a range of products that could be used. To avoid confusion, this appendix has been created to more precisely indicate the specific ingredients used in certain recipes: these are given both by recipe and by ingredient. Using these specific ingredients will help ensure that the nutritional content of the food prepared and served meets the standards for inclusion in this guide.

Ingredients

Buttermilk: low fat, used in Cauliflower “Egg” salad, Curry Tuna Salad and Oven fried chicken.

Cream cheese: low fat, used in Turkey and Sundried Tomato, Cream Cheese and Arugula salad.

Pita: 6 ½” round pita, used in Turkish Style Grilled Eggplant with Spicy Red Pepper and Walnut Puree.

Soy Sauce: low sodium, used in Asian Cole Slaw and Vietnamese Sandwich.

Turkey (Ground): 93% lean, 7% fat, used in Southwest Turkey Sausage and Turkey and Sweet Potato Shepherd’s Pie.

Wraps: all use a 10” whole wheat wrap.

Yogurt: low fat plain, used in Creamy Swiss Bircher muesli.

Recipes

Asian Cole Slaw: low sodium soy sauce should be used.

Cauliflower “Egg” salad: use low fat buttermilk.

Creamy Swiss Birchemuesli: use low fat, plain yogurt.

Curry Tuna Salad: use low fat buttermilk.

Oven Fried Chicken: use low fat buttermilk (most of the marinade will be discarded).

Southwest Turkey Sausage: ground turkey should be 93% lean, 7% fat.

Turkey and Sundried Tomato, Cream Cheese and Arugula Sandwich: low fat cream cheese.

Turkey and Sweet Potato Shepherd’s Pie: ground turkey should be 93% lean, 7% fat.

Turkish Style Grilled Eggplant with Spicy Red Pepper and Walnut Puree: use a 6 ½” round pita.

Vietnamese Sandwich with Five Spice Pork: use low sodium soy sauce.

Whole Wheat Fruit Pancakes: one ounce of fruit is used. (Bananas were used in the nutritional analysis as they have more calories (25 per ounce) than any of the other fruits. Blueberries and raspberries have about 16 calories per ounce and peaches and strawberries have about 10 calories per ounce.)

Wraps: all use a 10” whole wheat wrap.

NUTRITIONAL ANALYSIS

DFAC Recipes	Serving Size		Kcal	Total Fat		Saturated		Carbs	Fiber	Protein	Fat grams			Sodium	
	oz.	grams		Kcal	%	Kcal	%				Total	Saturated	Chol.		Sugar
Whole Wheat Pancakes - No Fruit	4.5	128	190	50	26.3%	14	7.1%	29	2	8	5	2	45	10	470
w/ 1/2 oz. banana in each pancake	5.5	156	215	50	23.3%	14	6.3%	36	2	9	6	2	45	14	470
Creamy Swiss Bircher muesli	7.8	220	260	40	15.4%	9	3.5%	50	5	7	5	1	0	26	45
Southwest Turkey Sausage w/Poached Egg (recipe makes about 22 sausages . . .)	7.1	200	200	100	50.0%	27	13.5%	8	3	18	11	3	240	2	440
White Bean, Parsley, and Onion Salad	2.8	79	170	100	58.8%	14	7.9%	16	4	5	11	2	0	3	260
Three Bean and Green Olive Salad	5.6	158	220	160	72.7%	23	10.2%	12	3	4	18	3	0	2	620
Cauliflower "Egg" Salad	4.0	113	130	110	84.6%	18	13.8%	5	2	2	12	2	5	2	160
Served as a wrap in a whole wheat wrap	6.5	183	340	155	45.6%	36	10.6%	39	7	8	17	4	5	5	610
Marinated Kale, Grape, and Parmesan Salad	3.6	102	180	140	77.8%	27	15.0%	8	2	6	16	3	5	3	320
Toasted Barley, Pepper, Corn, and Tomato Salad	6.7	191	200	80	40.0%	14	6.8%	26	5	5	9	2	0	3	240
Served as a wrap in 10" whole wheat tortilla	9.2	261	410	125	30.5%	32	7.7%	60	10	11	14	4	0	6	690
Asian Cole Slaw	5.9	167	190	150	78.9%	23	11.8%	9	3	2	17	3	0	4	250
Chickpea Salad	6.2	175	120	35	29.2%	0	0.0%	17	4	4	4	0	0	4	350
with Pita Chips add	1.0	29	130	40	30.8%	5	3.8%	20	2	3	5	1	0	0	160
Total	7.2	204	250	75	30.0%	5	2.0%	37	6	7	9	1	0	4	510
Quinoa w/Grilled Vegetables	5.7	162	189	70	37.0%	9	4.8%	25	3	4	8	1	0	9	300
SW Grilled Chicken Salad in 10" Whole Wheat wrap (2/3 of marinade discarded)	12.5	353	630	280	44.4%	99	15.7%	46	8	31	31	11	100	6	1880
Vietnamese Sandwich	12.9	367	770	350	45.5%	108	14.0%	26	3	48	39	12	165	2	720
Chickpea "Hummus" w/Arugula, Veg, & Pepper Jack	11.8	334	500	150	30.0%	54	10.8%	71	10	20	17	6	15	7	1590
Grilled Vegetables	4.5	128	120	100	83.3%	9	7.5%	6	1	2	11	1	0	3	100

Healthy Base Initiative

DFAC Recipes (Cont.)

Item	Serving Size		Total Fat		Saturated		Fat grams								
	oz.	grams	Kcal	Kcal	%	Kcal	%	Carbs	Fiber	Protein	Total	Saturated	Chol.	Sugar	Sodium
Toasted Barley & Quinoa in 10" W Wheat wrap	14.3	405	510	130	25.5%	32	6.2%	74	13	23	14	4	30	9	1330
Kale & Grilled Chicken 10" Whole Wheat Wrap	11.4	324	550	190	34.5%	72	13.1%	40	6	47	22	8	110	6	980
Shrimp Salad w/Spinach and Grilled Zucchini	12.1	342	460	120	26.1%	41	8.8%	68	8	24	13	5	95	12	1210
Turkey & Sun Dried Tomato Sandwich	10.7	303	450	150	33.3%	72	16.0%	42	2	31	17	8	100	9	2020
Cauliflower "Egg" Salad w/Chickpea Puree & Veggies	13.8	390.75	590	300	50.8%	63	10.7%	66	10	15	33	7	5	7	1098
Grilled Portobello with Mozzarella	5.6	159	320	250	78.1%	54	16.9%	10	1	10	28	6	15	3	500
Turkish Style Grilled Eggplant	11.7	333	490	250	51.0%	32	6.4%	51	9	10	28	4	0	7	400
Coffee Crusted Chicken	14.9	423	760	330	43.4%	45	5.9%	68	10	44	37	9	90	2	1300
Pan-Roasted Cod w/Provençal Bean Ragout	12.5	353	400	160	40.0%	23	5.6%	22	5	36	18	3	75	3	830
Oven-Fried Chicken	10.6	300	500	130	26.0%	27	5.4%	36	2	51	15	3	180	1	1270
(assumes 75% of milk/egg bath is discarded)															
Korean Grilled Beef w/Scallion Salad	4.8	137	350	230	65.7%	72	20.6%	5	1	24	26	8	75	1	600
Sriracha Sauce - add	0.5	14	10	0	0.0%	0	0.0%	2	0	0	0	0	0	1	95
Total	5.3	151	360	230	65.7%	72	20.6%	7	1	24	26	8	75	2	695
Roasted Salmon w/Curry Pecan Tarator	7.5	213	450	270	60.0%	36	8.0%	8	3	38	30	4	75	1	125
Cocoa Rubbed Steak w/Mango Salsa	8.9	252	270	50	18.5%	18	6.7%	21	4	34	6	2	80	15	790
Whole Grain Penne Pasta w/Broccoli	11.4	324	350	50	14.3%	14	3.9%	60	9	14	6	2	5	5	490
Albuquerque Grilled Pork Cutlet	12.2	347	440	180	40.9%	54	12.3%	30	7	34	20	9	75	14	500
Eggplant Rollatini	14.8	419	320	160	50.0%	63	19.7%	26	7	16	18	7	55	8	880
Turkey and Sweet Potato Shepherd's Pie	16.0	454	380	110	28.9%	32	8.3%	44	8	27	13	4	5	13	540

Healthy Base Initiative

MWR Recipes	Serving Size			Total Fat		Saturated		Fat grams							
	Item	oz.	grams	Kcal	Kcal	%	Kcal	%	Carbs	Fiber	Protein	Total	Saturated	Chol.	Sugar
Granola w/Greek Yogurt	10.7	304	430	120	27.9%	63	14.7%	62	8	21	13	7	5	28	60
Banana Stuffed French Toast	12.9	365	400	50	12.5%	22.5	5.6%	69	8	19	6	2.5	10	33	480
Chickpea Salad	6.2	175	120	35	29.2%	0	0.0%	17	4	4	4	0	0	4	350
with Pita Chips add	1.0	29	130	40	30.8%	5	3.8%	20	2	3	4.5	0.5	0	0	160
Total	7.2	204	250	75	30.0%	5	2.0%	37	6	7	8.5	0.5	0	4	510
Quinoa w/Grilled Vegetables	5.7	162	189	70	37.0%	9	4.8%	25	3	4	8	1	0	9	300
S.W. Grilled Chicken Salad - all marinade used	9.6	271	550	370	67.3%	63	11.5%	11	2	32	42	7	90	3	1280
Cauliflower Egg Salad	4.0	113	130	110	84.6%	18	13.8%	5	2	2	12	2	5	1	160
Served as a wrap in 10" whole wheat wrap	6.5	183	340	155	45.6%	36	10.6%	39	7	8	17	4	5	4	610
Toasted Barley & Quinoa in 10" W Wheat wrap	14.3	405	510	130	25.5%	31.5	6.2%	74	13	23	14	3.5	30	9	1330
Turkey & Sun Dried Tomato Sandwich	10.7	303	450	150	33.3%	72	16.0%	42	2	31	17	8	100	9	2020
Turkey & Sun Dried Tomato Wrap	8.9	253	320	140	43.8%	72	22.5%	17	2	27	15	8	100	9	1760
Kale & Grilled Chicken 10" Whole Wheat Wrap	11.4	324	550	190	34.5%	72	13.1%	40	6	47	22	8	110	6	980
Vietnamese Sandwich	12.9	367	770	350	45.5%	108	14.0%	26	3	48	39	12	165	2	720
SW Grilled Chicken Salad w/Cheddar 10" Wrap	12.5	353	630	280	44.4%	99	15.7%	46	8	39	31	11	100	6	1880
(Assumes 2/3rds of marinade is discarded)															
Grilled Portobello with Mozzarella	5.6	159	320	250	78.1%	54	16.9%	10	1	10	28	6	15	3	500
Grilled Chicken & Pecan Salad	5.6	158	180	60	33.3%	9	5.0%	7	1	22	6	1	65	5	630
Served in a 10" whole wheat wrap	8.0	228	390	105	26.9%	27	6.9%	41	6	28	11	3	65	8	1080
Curried Tuna Salad 10" Whole Wheat wrap	9.5	270	490	230	46.9%	81	16.5%	40	7	26	25	9	55	7	700
Stuffed Jalapenos	8.6	243	360	190	52.8%	90	25.0%	13	4	31	21	10	100	4	920
Chicken and Low Fat Quesadilla - 10" tortilla	10.5	297	490	200	40.8%	63	12.9%	44	9	31	22	7	70	6	790
Hummus w/Baked Pita Chips	7.0	198	240	75	31.3%	5	2.1%	36	6	7	8.5	0.5	0	4	510
Crab cakes	4.9	139	110	5	4.5%	0	0.0%	12	1	14	0.5	0	5	2	80
Tomato Cilantro Salsa	1.7	49	15	0	0.0%	0	0.0%	3	1	1	0	0	0	2	20
Baked Chicken Fingers	9.7	276	240	35	14.6%	4.5	1.9%	22	3	29	3.5	0.5	75	6	350
Red Lentil Chili	9.0	254	260	50	19.2%	22.5	8.7%	39	6	13	5	2.5	10	1	320
Chicken Satay with Peanut Sauce	5.4	154	270	140	51.9%	27	10.0%	4	1	27	16	3	75	1	270

This guide was developed using the resources of The Culinary Institute of America.



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