

Cabbage Carrot Slaw (#52)

Yield: 25 servings
Serving size: Approximately 1 cup

Ingredients

3 lbs red cabbage, shredded
2 lbs carrots, shredded
½ cup cilantro, chopped
¾ cup orange juice
¼ cup lemon or lime juice
¼ cup honey
¾ cup vegetable oil
Ground black pepper to taste

Directions

1. Combine shredded cabbage and carrots with cilantro.
2. In small bowl, combine orange juice, lemon/lime juice, vegetable oil and honey.
3. Pour the dressing over the cabbage and toss to mix well.
4. Season with ground black pepper to taste.

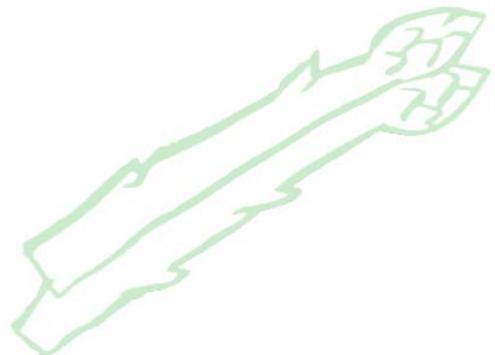
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	100	Calories from Fat	60
		% Daily Value	
Total Fat	7 g		11%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	35 mg		2%
Total Carbohydrate	10 g		8%
Dietary Fiber	2 g		9%
Sugars	7 g		
Protein	1 g		
Vitamin A	684%	Calcium	3%
Vitamin C	30%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the vegetable (1 serving) component of your menu is a good source of Vitamin A and Vitamin C.



Garlic Mashed Potatoes (#67)

Yield: 25 servings
Serving size: ½ cup

Ingredients

3 lbs instant mashed potatoes
½ lb trans fat free margarine
4 cups milk, low fat, 1%
4 Tbsp garlic powder
12 cups water

Directions

1. Boil water, garlic powder, milk, and margarine together.
2. Remove from stove and mix mashed potatoes until well blended.
3. Add additional garlic to taste, if desired.

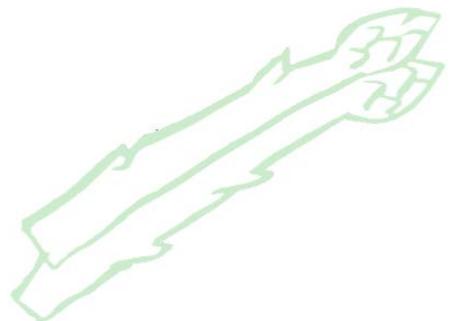
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	101	Calories from Fat	53
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	2 mg		1%
Sodium	184 mg		12%
Total Carbohydrate	11 g		9%
Dietary Fiber	1 g		3%
Sugars	3 g		
Protein	3 g		
Vitamin A	11%	Calcium	5%
Vitamin C	12%	Iron	3%

Recommendations & Requirements

Note: This recipe may count towards the side dish component of the menu.



Yucca w/ Onions (DFTA #74)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.25 lbs yucca
1.5 lbs onion, chopped
½ cup distilled vinegar

Directions

1. Marinate chopped onions in vinegar. Put yucca into two pans and put in steamer for 40-50 minutes.
2. Take out and pour onions over yucca.

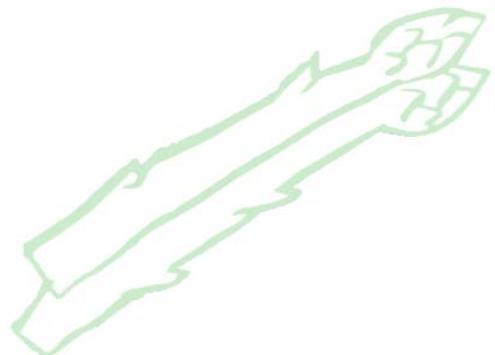
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	133	Calories from Fat	2
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	32 g		25%
Dietary Fiber	1 g		2%
Sugars	1 g		
Protein	1 g		
Vitamin A	0%	Calcium	2%
Vitamin C	2%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Sweet Baked Yams (#76)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.5 lbs sweet potatoes
11 oz pancake syrup, reduced calorie
32 oz pineapple juice, unsweetened
11 Tbsp butter, unsalted
3 Tbsp cinnamon
1 Tbsp nutmeg

Directions

1. Preheat oven to 400°F.
2. Wash and slice potatoes.
3. Place in pan, add all ingredients and bake about 25 minutes or until tender.

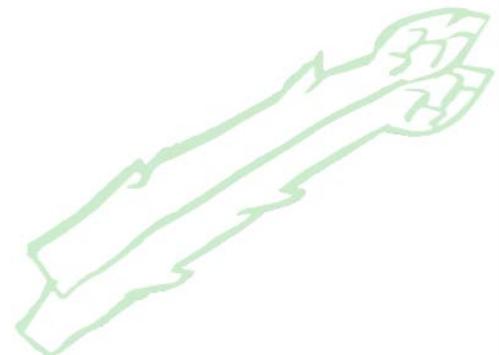
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	149	Calories from Fat	51
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	4 g		17%
Trans Fat	0 g		
Cholesterol	13 mg		4%
Sodium	46 mg		3%
Total Carbohydrate	25 g		19%
Dietary Fiber	3 g		10%
Sugars	12 g		
Protein	2 g		
Vitamin A	1316%	Calcium	3%
Vitamin C	18%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Garlic and Rosemary Roasted Potatoes (#84)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.25 lbs potatoes, flesh and skin
1/3 cup vegetable oil
1 ¼ Tbsp ground black pepper
1 ¼ Tbsp garlic powder
1 ¼ Tbsp dried rosemary

Directions

1. Preheat oven to 425°F.
2. Mix garlic powder, rosemary, and ground black pepper in a small sized bowl. Set aside.
3. Wash potatoes thoroughly. Leave skins on.
4. Cut potatoes into small wedges and put in a large bowl.
5. Pour vegetable oil over potatoes and toss to coat evenly.
6. Spread potatoes evenly in a single layer on large sheet pans.
7. Bake for 60 minutes or until potatoes are tender.

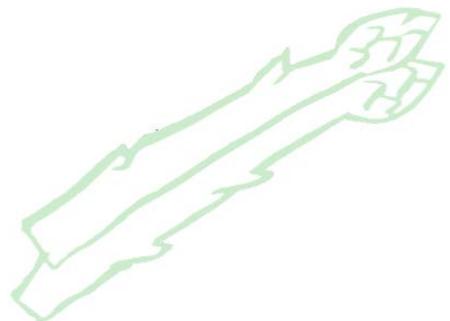
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	109	Calories from Fat	32
% Daily Value			
Total Fat	4 g		6%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	12 mg		1%
Total Carbohydrate	18 g		14%
Dietary Fiber	2 g		7%
Sugars	1 g		
Protein	2 g		
Vitamin A	2%	Calcium	2%
Vitamin C	7%	Iron	12%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Baked French Fries (#85)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

5 lbs red potatoes, washed
3 Tbsp vegetable oil
2 Tbsp dried parsley, sage, rosemary, thyme, combined
½ Tbsp grill seasoning or ground black pepper

Directions

1. Preheat oven to 450°F.
2. Line a cookie sheet with foil, for easy clean up.
3. Cut potatoes into wedges and place onto cookie sheet.
Coat potatoes in vegetable oil.
4. Season with dried spices and grill seasoning or ground black pepper.
5. Roast for 25 minutes, flipping once.

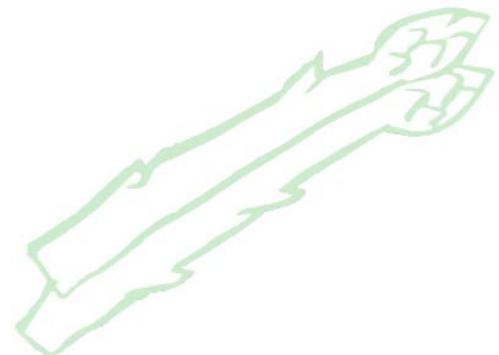
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	94	Calories from Fat	16
		% Daily Value	
Total Fat	2 g		3%
Saturated Fat	0 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	11 mg		1%
Total Carbohydrate	17 g		14%
Dietary Fiber	2 g		6%
Sugars	1 g		
Protein	2 g		
Vitamin A	1%	Calcium	1%
Vitamin C	12%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Mustard Greens (#87)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

- 4.25 lbs mustard greens
- 2 onions, diced
- 1 ¼ cups chicken broth, low sodium
- 4 Tbsp vegetable oil
- 2 ½ garlic cloves, minced
- 1 Tbsp ground black pepper
- 1 Tbsp mixed seasoning, sodium free

Directions

1. In a large sauté pan, sauté onions in vegetable oil over medium heat until the onions begin to brown and caramelize (about 5-10 minutes). Add the minced garlic and cook an additional minute, until fragrant.
2. Add the mustard greens and chicken broth and cook until the mustard greens are just barely wilted. Season with sodium-free seasoning and ground black pepper.

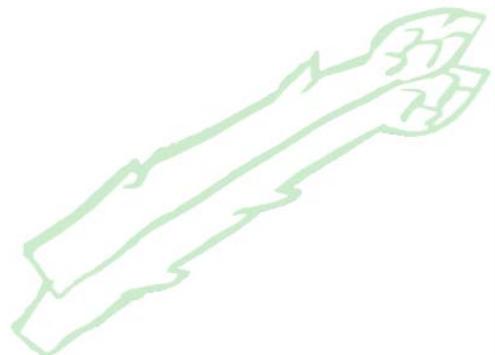
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	41	Calories from Fat	22
		% Daily Value	
Total Fat	2 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	17 mg		1%
Total Carbohydrate	4 g		3%
Dietary Fiber	2 g		6%
Sugars	1 g		
Protein	2 g		
Vitamin A	492%	Calcium	5%
Vitamin C	21%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Cuban Black Beans (#88)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

8 (15 oz) canned black beans, low sodium (1 # 10 can)
¾ cup onions, chopped
3 cups green peppers, chopped
1/3 cup vegetable oil
3 Tbsp cider vinegar
1 tsp bay leaf
½ tsp ground black pepper
1 ½ cup cilantro, fresh
1 ½ Tbsp cumin
6 garlic cloves, minced
1 ½ Tbsp paprika
6-8 cups water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	140	Calories from Fat	32
			% Daily Value
Total Fat	4 g		6%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	244 mg		15%
Total Carbohydrate	25 g		19%
Dietary Fiber	7 g		24%
Sugars	2 g		
Protein	7 g		
Vitamin A	36%	Calcium	6%
Vitamin C	17%	Iron	36%

Directions

1. Heat the vegetable oil in a large, heavy-bottomed saucepan over medium-low heat. Add the onion and peppers and cook, stirring occasionally, until the vegetables are soft (about 5 minutes). Add the garlic, cumin, paprika and bay leaves and cook for one more minute.
2. Add 5 cups of beans to pan. Mash beans coarsely using the back of a fork. Add remaining beans, water, vinegar and cilantro sprigs and simmer until mixture thickens and flavor blend, stirring occasionally, about 15 minutes. Season beans to taste with ground black pepper, remove the bay leaves and serve.

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses canned black beans that contain 240 mg of sodium per serving. Using canned black beans that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned beans should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Zucchini w/ Onions & Peppers (#89)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

- 6.75 lbs zucchini, fresh or frozen
- 1 ½ cups celery, diced
- 1 ½ cups onions, chopped
- 1 ½ cups peppers, chopped (green, red, orange or yellow)
- 1/3 cup vegetable oil
- 2 garlic cloves, chopped

Directions

1. Lightly steam zucchini in boiling water until just tender. Do not overcook. Drain and run under cold water. Set aside in colander.
2. Heat olive oil in a large pan. Add chopped onions and cook over medium heat until lightly browned. Remove from pan and keep warm.
3. Add chopped celery and chopped garlic to pan and cook until lightly browned.
4. Add onions and steamed zucchini to celery and garlic and cook over medium high heat for 10-15 minutes, stirring to cook evenly.
5. Serve immediately.

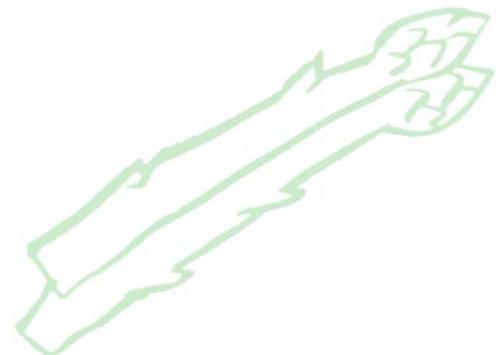
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		Calories from Fat 30	
		% Daily Value	
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	9 mg		1%
Total Carbohydrate	4 g		1%
Dietary Fiber	2 g		5%
Sugars	3 g		
Protein	1 g		
Vitamin A	25%	Calcium	2%
Vitamin C	36%	Iron	3%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Tossed Salad (#90)

Yield: 25 servings

Serving size: Approximately 1 cup salad and 2 Tbsp dressing

Ingredients

- 5 heads romaine or green leaf lettuce
- 1 ½ cucumbers, sliced
- 3 tomatoes, sliced
- 1 ½ cups salad dressing, low fat, low sodium

Directions

1. Wash lettuce thoroughly and dry well. Tear or cut into bite-sized pieces.
2. Combine sliced vegetables and lettuce. Toss lightly.
3. Chill until temperature is below 41°F.
4. Portion into individual salad bowls or plates. Serve with dressing.

Nutrition Facts

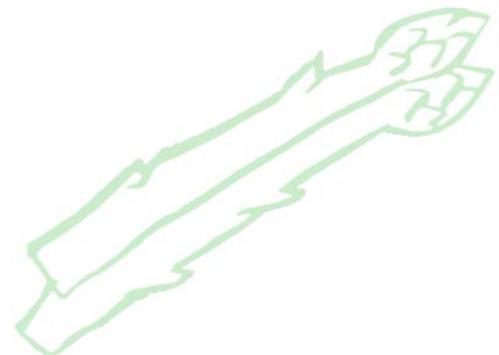
Serving Size: 1 serving

Amount Per Serving			
Calories	50	Calories from Fat	21
% Daily Value			
Total Fat	2 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	10 mg		1%
Total Carbohydrate	7 g		6%
Dietary Fiber	2 g		5%
Sugars	6 g		
Protein	1 g		
Vitamin A	480%	Calcium	2%
Vitamin C	5%	Iron	8%

Recommendations & Requirements*Recommendations*

-  This recipe uses salad dressing that contains 4 g of fat per serving. Using salad dressing that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
-  This recipe uses salad dressing that contains 10 mg of sodium per serving. Using salad dressing that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the vegetable component of the menu.



Four Bean Salad (#93)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

- 2 15 oz canned chickpeas, low sodium
- 2 15 oz canned kidney beans, low sodium
- 1.5 lbs green beans, fresh
- 1.5 lbs yellow string beans, fresh
- 1 cup red onion, sliced
- ¼ cup cider vinegar
- 1 tsp ground black pepper
- 2 ½ Tbsp mustard seed
- 2 ½ tsp parsley, dried

Directions

1. Drain canned beans and set aside.
2. Cook green beans and yellow string beans in boiling water for about 10 minutes.
3. Remove them with a slotted spoon and plunge them into an ice bath.
4. Dry beans with a paper towel, and mix in remaining ingredients.
5. Cover and store in a refrigerator for up to 8 hours.
6. Drain, mix well and serve.

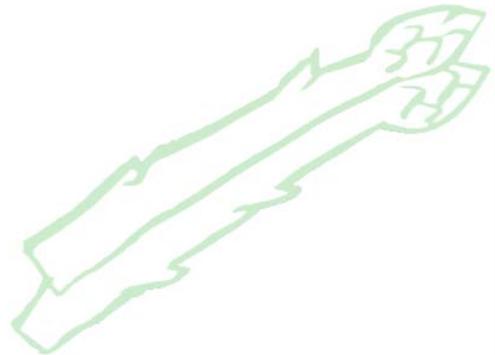
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	73	Calories from Fat	8
			% Daily Value
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	88 mg		6%
Total Carbohydrate	15 g		11%
Dietary Fiber	5 g		17%
Sugars	2 g		
Protein	4 g		
Vitamin A	20%	Calcium	4%
Vitamin C	5%	Iron	17%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Red Bliss Potatoes (#104)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5 lbs red potatoes
3 Tbsp vegetable oil
2 Tbsp garlic powder
2 Tbsp onion powder
1 Tbsp paprika
1 ½ Tbsp parsley, dried

Directions

1. Preheat oven to 350°F.
2. Clean potatoes and slice them in halves.
3. Place potatoes on a sheet pan. Mix vegetable oil, onion powder, garlic powder, paprika and parsley with potatoes.
4. Place pan in the oven and cook for 35 minutes or until potatoes are tender.

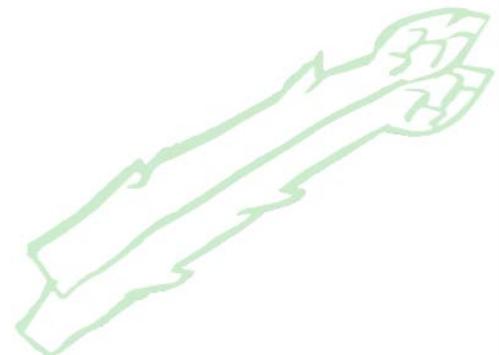
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	88	Calories from Fat	6
			% Daily Value
Total Fat	1 g		1%
Saturated Fat	1 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	12 mg		1%
Total Carbohydrate	18 g		14%
Dietary Fiber	3 g		10%
Sugars	2 g		
Protein	2 g		
Vitamin A	15%	Calcium	1%
Vitamin C	13%	Iron	9%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Escarole-Fennel Salad (#108)

Yield: 25 servings
Serving size: Approximately 1 cup

Ingredients

3 heads (3 lbs) escarole
2 fennel bulbs
3 oranges
1 ½ Tbsp honey
¼ cup orange juice
¼ cup vegetable oil
1/3 cup parsley, fresh

Directions

1. Peel the oranges and separate into segments, cut each segment in half. Remove all pits.
2. Cut escarole into bite size pieces after they are rinsed and dried. Add in orange pieces.
3. Add fennel and parsley, mix well.
4. In a small bowl, whisk together orange juice, honey, and vegetable oil.
5. Pour the dressing over the salad to toss and coat. Serve immediately.

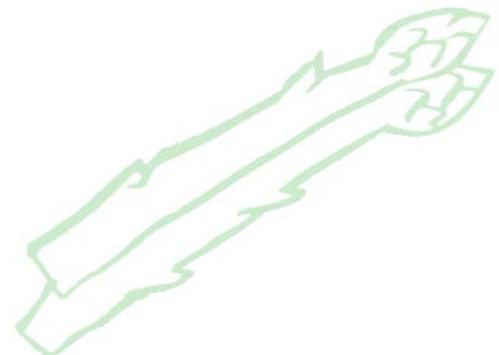
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	43	Calories from Fat	21
		% Daily Value	
Total Fat	2 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	18 mg		1%
Total Carbohydrate	6 g		4%
Dietary Fiber	2 g		7%
Sugars	3 g		
Protein	1 g		
Vitamin A	87%	Calcium	3%
Vitamin C	17%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Zucchini with Corn & Tomatoes (#109)

Yield: 25 servings
Serving size: Approximately $\frac{3}{4}$ cup

Ingredients

2 $\frac{1}{2}$ cups corn, fresh or frozen
2 $\frac{1}{2}$ onions, sliced
2.5 lbs tomatoes, fresh, diced
5 lbs zucchini, cubed
 $\frac{1}{4}$ cup vegetable oil
Ground black pepper to taste
5 garlic cloves, minced

Directions

1. Heat the vegetable oil in a large pan over medium-high heat. Add the onion and saute for 5 minutes.
2. Add the garlic and cook for 30 seconds. Then add the zucchini, corn, and tomatoes and season with ground black pepper. Cook for 7-10 minutes, until zucchini is tender, but still a bit firm.
3. Serve immediately.

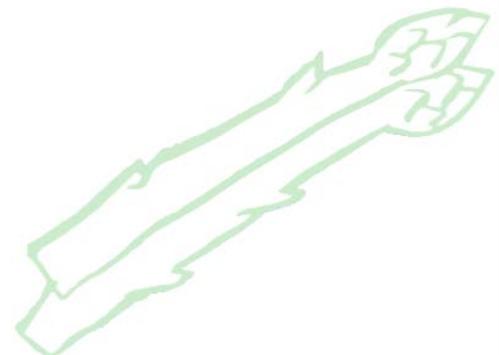
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	64	Calories from Fat	24
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	11 mg		1%
Total Carbohydrate	10 g		7%
Dietary Fiber	2 g		8%
Sugars	5 g		
Protein	2 g		
Vitamin A	67%	Calcium	2%
Vitamin C	27%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Summer Squash w/ Corn & Tomatoes (#110)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2 ½ cups corn, fresh or frozen
2 ½ onions, sliced
5 lbs summer squash, cut into ½ inch cubes
2.5 lbs tomatoes, fresh, chopped
¼ cup vegetable oil
Ground black pepper to taste
5 garlic cloves, minced

Directions

1. Heat the vegetable oil in a large pan over medium-high heat. Add the onion and sauté for 5 minutes.
2. Add the garlic and cook for 30 seconds. Then add the summer squash, corn, and tomatoes and season with ground black pepper. Cook for 7-10 minutes, until squash is tender, but still a bit firm.
3. Serve immediately.

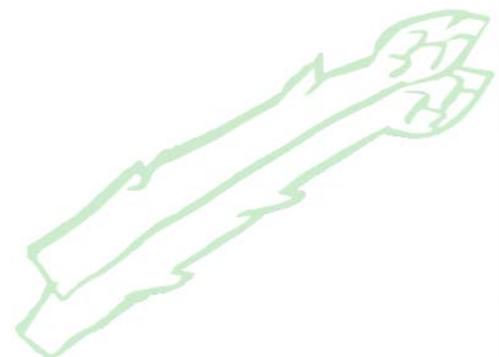
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	64	Calories from Fat	25
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	43 mg		3%
Total Carbohydrate	10 g		8%
Dietary Fiber	2 g		8%
Sugars	4 g		
Protein	2 g		
Vitamin A	58%	Calcium	3%
Vitamin C	14%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Cauliflower & Potato Mash (#112)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 lbs cauliflower
2.5 lbs russet or white potatoes
1 ¼ cup milk, low fat, 1%
5 Tbsp butter, unsalted
3 garlic cloves, minced
1 cup water

Directions

1. Peel and cut potatoes into ½ inch cubes. Wash and cut cauliflower into small pieces.
2. Place potatoes in a medium saucepan with water. Bring to a boil, reduce heat and let boil for about 10-20 minutes or until potatoes fall apart easily when pierced with a fork. Drain potatoes and set aside.
3. In the meantime, melt the butter in a large saucepan over medium heat. Add garlic and sauté for 30 seconds.
4. Add cauliflower and stir until the cauliflower is coated with the butter. Add 1 cup water. Cover and let it cook for about 15 minutes, or until the cauliflower is very tender and beginning to fall apart. Remove the lid and let the water evaporate.
5. Remove saucepan from the heat and mash it well with a potato masher. Add milk and the reserved potatoes, and mash again until it all comes together into a smooth puree. Season to taste and serve warm.

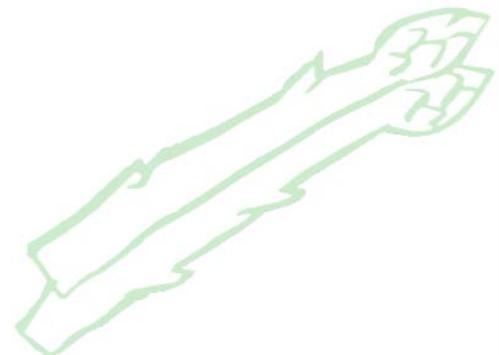
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	80	Calories from Fat	24
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	7 mg		2%
Sodium	30 mg		2%
Total Carbohydrate	13 g		10%
Dietary Fiber	2 g		7%
Sugars	2 g		
Protein	3 g		
Vitamin A	11%	Calcium	3%
Vitamin C	42%	Iron	9%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Braised Collard Greens (#114)

Yield: 25 servings
Serving size: ½ cup

Ingredients

8 lbs collard greens
1 lb onions, diced
1/3 cup cider vinegar
¼ cup brown sugar
½ cup vegetable oil
Ground black pepper to taste
5 garlic cloves, minced
4 cups water
2 tsp coriander, (optional)

Directions

1. Wash collard greens and do not dry.
2. Stack 5 or 6 collard leaves in a neat pile. Remove the hard stems. Cut in half lengthwise, and then cut into 1 inch slices. Repeat with remaining leaves.
3. In a large sauté pan over medium heat, add vegetable oil. When vegetable oil is hot, add onions and sauté for about 7-10 minutes, stirring occasionally, until onions are very tender and transparent. Add garlic and cook for 1 minute more.
4. Reduce heat to medium-low, add greens, stir and cook for about 5 minutes. Add the cider vinegar, water, brown sugar and ground black pepper (coriander, optional). Let the vinegar and water reduce and the greens cook until tender (about 15 more minutes).
5. The collards should be tender, but not mushy.
6. Adjust for seasoning, adding more vinegar and/or sugar if necessary to achieve a balance sweet and sour taste. Serve immediately.

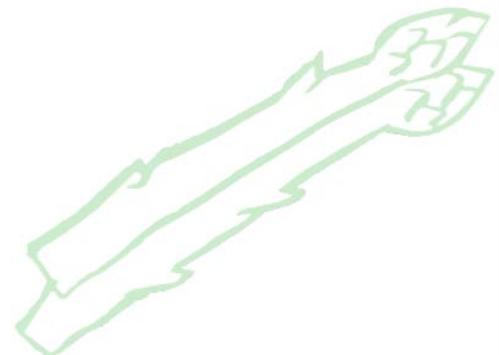
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	75	Calories from Fat	42
			% Daily Value
Total Fat	5 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	18 mg		1%
Total Carbohydrate	8 g		6%
Dietary Fiber	3 g		10%
Sugars	3 g		
Protein	3 g		
Vitamin A	857%	Calcium	12%
Vitamin C	20%	Iron	14%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a high source of fiber.



Baby Spinach Salad (#115)

Yield: 25 servings
Serving size: Approximately 1 cup

Ingredients

4 lbs baby spinach leaves
5 carrots, shredded
3 cucumbers, sliced
½ cup lemon juice
½ cup vegetable oil
2 Tbsp mustard

Directions

1. In a large bowl combine the baby spinach leaves, shredded carrots and sliced cucumber and set aside.
2. In a small bowl whisk together the vegetable oil, lemon juice and mustard. Drizzle the vinaigrette on the spinach salad and toss to coat. Serve immediately.

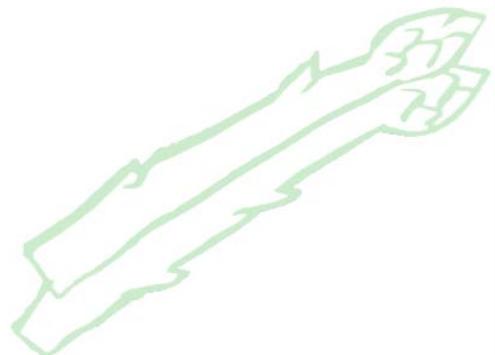
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	68	Calories from Fat	40
% Daily Value			
Total Fat	5 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	78 mg		5%
Total Carbohydrate	5 g		4%
Dietary Fiber	2 g		8%
Sugars	1 g		
Protein	2 g		
Vitamin A	753%	Calcium	7%
Vitamin C	27%	Iron	30%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Mashed Butternut Squash (#116)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

9.25 lb butternut squash (about 3)
½ cup vegetable oil
5 Tbsp brown sugar
3 tsp cinnamon

Directions

1. Preheat oven to 350°F.
2. Cut the butternut squash in half lengthwise. Scoop out the seeds with a spoon and discard. Brush sides of the squash evenly with the vegetable oil and place cut side up on a baking sheet.
3. Bake for 1 hour until squash is tender. Remove the cooked squash from the oven and let it cool slightly until it's easy to handle. Scoop the flesh from the skin using a spoon and place it in a large bowl.
4. Add sugar and cinnamon to the squash and using a potato smasher, mash until you achieve a smooth consistency. Serve warm.

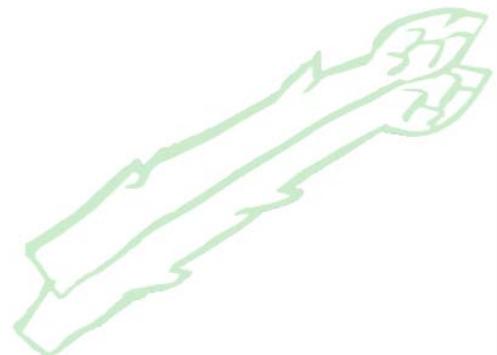
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		81	Calories from Fat 21
		% Daily Value	
Total Fat	2 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	6 mg		0%
Total Carbohydrate	16 g		13%
Dietary Fiber	5 g		16%
Sugars	4 g		
Protein	1 g		
Vitamin A	1687%	Calcium	5%
Vitamin C	23%	Iron	11%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Roasted Sweet Potato Fries (#117)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

7.5 lbs sweet potatoes, diced
½ cup vegetable oil
Ground black pepper to taste

Directions

1. Preheat oven to 375°F.
2. Peel and cut the sweet potatoes into either a French fry shape (2 inches long by ½ inch wide) or 1 inch cubes and place them on two rimmed baking sheets.
3. Add vegetable oil, and ground black pepper, if desired, and toss until sweet potatoes are well coated.
4. Bake for about 45 minutes until potatoes are tender inside and browned around the edges.

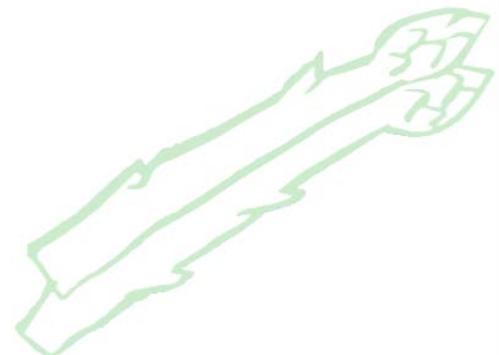
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	129	Calories from Fat	41
			% Daily Value
Total Fat	5 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	36 mg		2%
Total Carbohydrate	21 g		16%
Dietary Fiber	3 g		12%
Sugars	6 g		
Protein	2 g		
Vitamin A	2135%	Calcium	3%
Vitamin C	22%	Iron	9%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Roasted Broccoli (#118)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.5 lbs broccoli, fresh
½ cup vegetable oil
Ground black pepper to taste

Directions

1. Preheat oven to 425°F.
2. Cut the broccoli into bite size floret pieces and put them in a single layer on two rimmed baking sheets. Add the vegetable oil and ground black pepper directly to the broccoli and toss until florets are evenly coated.
3. Bake for 35-40 minutes, stirring and turning occasionally, until tender and golden brown.

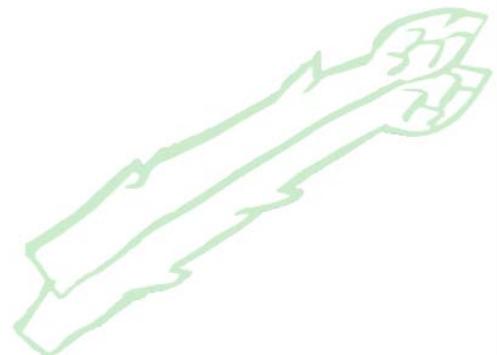
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	66	Calories from Fat	42
			% Daily Value
Total Fat	5 g		7%
Saturated Fat	1 g		3%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	32 mg		2%
Total Carbohydrate	6 g		4%
Dietary Fiber	3 g		9%
Sugars	1 g		
Protein	2 g		
Vitamin A	134%	Calcium	3%
Vitamin C	56%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Kale with Tomato (#119)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4.25 lbs kale, fresh, chopped
3 onions, sliced
3 (14.5 oz) canned diced tomatoes, low sodium
¼ cup vegetable oil
Ground black pepper to taste
5 garlic cloves, minced
3 tsp granulated sugar
1 cup water

Directions

1. Heat the vegetable oil in a heavy large saucepan over medium-low heat. Add the onion, stirring occasionally, and cook until soft and translucent (about 8-10 minutes). Add the garlic and cook for 1 minute.
2. Add the tomatoes, kale, sugar, and 1 cup of water and season with ground black pepper. If desired, add basil and oregano. Cook over medium heat, stirring frequently (20-25 minutes).
3. While cooking, if greens are ever dry, add water, a few tablespoons at a time. When greens are very tender, remove from heat and serve hot.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	55	Calories from Fat	22
% Daily Value			
Total Fat	3 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	35 mg		2%
Total Carbohydrate	8 g		6%
Dietary Fiber	2 g		8%
Sugars	3 g		
Protein	2 g		
Vitamin A	1006%	Calcium	5%
Vitamin C	34%	Iron	9%

Recommendations & Requirements

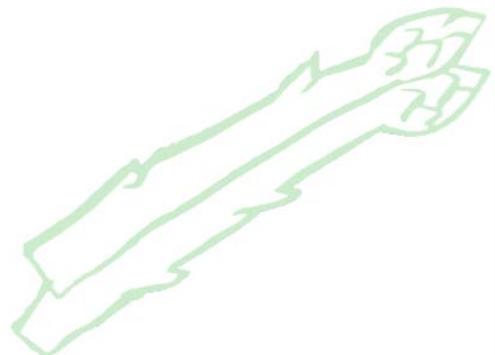
Recommendations

- 🍎 If extra liquid is required while cooking, add small amounts of water.
- 🍎 This recipe uses canned diced tomatoes that contain 50 mg of sodium per serving. Using canned diced tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned diced tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Collard Greens with Tomato (#120)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

8 lbs collard greens, fresh
3 red or yellow onions, sliced
3 (14.5 oz) canned diced tomatoes, low sodium
¼ cup vegetable oil
Ground black pepper to taste
5 garlic cloves, minced
3 tsp granulated sugar
1 cup water
3 tsp basil, optional
3 tsp oregano, optional

Directions

1. Wash collard greens and remove stems. Chop roughly.
2. Slice onions into half moons.
3. Heat the vegetable oil in a heavy large saucepan over medium-low heat. Add the onion, stirring occasionally, and cook until soft and translucent (about 8-10 minutes). Add the garlic and cook for 1 minute.
4. Add the tomatoes, including liquid from can, collard greens, sugar, and 1 cup of water and season with ground black pepper. If desired, add basil and oregano. Cook over medium heat, stirring frequently, for 20-25 minutes. While cooking, if greens are ever dry, add water, a few tablespoons at a time. When greens are very tender, remove from heat and serve hot.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	62	Calories from Fat	23
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	35 mg		2%
Total Carbohydrate	9 g		7%
Dietary Fiber	4 g		13%
Sugars	3 g		
Protein	3 g		
Vitamin A	878%	Calcium	12%
Vitamin C	24%	Iron	16%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned diced tomatoes that contain 50 mg of sodium per serving. Using canned diced tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned diced tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Mashed Potatoes (#140)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

1.5 lbs Idaho Pacific Mashed Potatoes
4.25 oz trans fat free margarine
1 pint milk, low fat, 1%
1 pint + 1 cup water

Directions

1. Blend all ingredients together on low speed until they mash together.

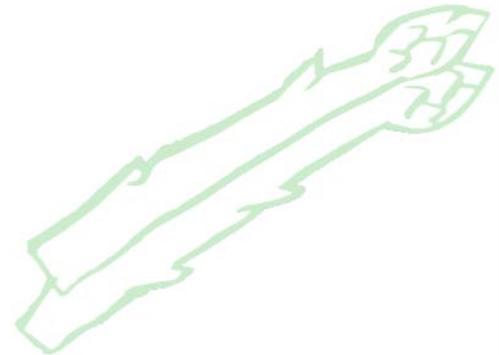
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	140	Calories from Fat	23
		% Daily Value	
Total Fat	3 g		4%
Saturated Fat	1 g		3%
Trans Fat	0 g		
Cholesterol	1 mg		0%
Sodium	67 mg		4%
Total Carbohydrate	23 g		18%
Dietary Fiber	2 g		6%
Sugars	1 g		
Protein	4 g		
Vitamin A	4%	Calcium	2%
Vitamin C	53%	Iron	0%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Mangu with Onions (#144)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2 cups onions, chopped
6.75 lbs plantains, green
1 cup milk, low fat, 1 %
1 cup vegetable oil
2 Tbsp distilled vinegar
1 Tbsp garlic powder
4 oz trans fat free margarine
1 Tbsp onion powder

Directions

1. Peel green plantains and boil in a large pot for 1 ½-2 hours. Plantains are done when soft.
2. Remove from the pot where plantains were boiled in with 32 oz of water.
3. Mash plantains with the remaining water, margarine and milk in mixer.
4. In a pot heat vegetable oil.
5. Add onions, distilled vinegar, onion powder, garlic powder and cook for 10 minutes.
6. Portion ½ cup plantain mixture and pour some onion mixture on top.

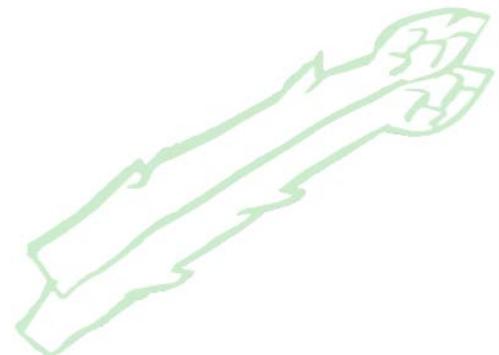
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	193	Calories from Fat	101
		% Daily Value	
Total Fat	11 g		18%
Saturated Fat	2 g		7%
Trans Fat	0 g		
Cholesterol	1 mg		0%
Sodium	41 mg		3%
Total Carbohydrate	26 g		20%
Dietary Fiber	2 g		7%
Sugars	12 g		
Protein	1 g		
Vitamin A	77%	Calcium	1%
Vitamin C	10%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and a good source of fiber.



Steamed Broccoli (#152)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.5 lbs broccoli, fresh OR 4.75 lb broccoli, frozen

Directions

1. Cut the broccoli into bite size pieces.
2. Fill a large pot with water and place steaming basket with broccoli on top.
3. Cover and bring to a boil for 5-12 minutes.
4. Remove broccoli and serve immediately.

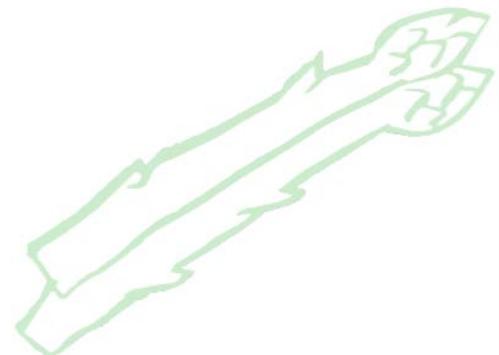
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	27	Calories from Fat	3
		% Daily Value	
Total Fat	1 g		1%
Saturated Fat	1 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	32 mg		2%
Total Carbohydrate	6 g		4%
Dietary Fiber	3 g		9%
Sugars	1 g		
Protein	2 g		
Vitamin A	134%	Calcium	3%
Vitamin C	56%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Mashed Sweet Potatoes (#153)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

9 lbs sweet potato with skin, fresh
4 cups milk, low fat, 1%
4 oz trans fat free margarine

Directions

1. Wash potatoes thoroughly. Pat dry with a paper towel.
2. Cut into uniform-size pieces.
3. Boil potatoes for 8-10 minutes until tender.
4. When done, drain and place in a mixer bowl.
5. Mash, using a wire whip or potato masher until there are no lumps.
6. Heat milk.
7. Add in milk & margarine and mix thoroughly.
8. Add 1 Tbsp nutmeg or cinnamon, if desired.

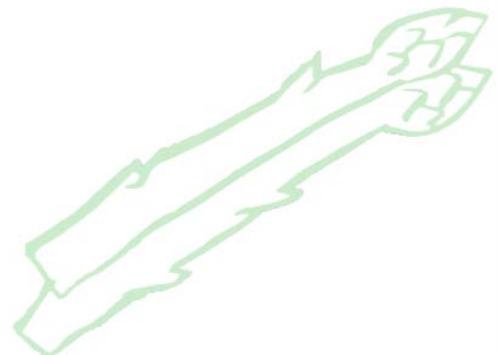
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	159	Calories from Fat	26
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	2 mg		1%
Sodium	93 mg		6%
Total Carbohydrate	31 g		24%
Dietary Fiber	4 g		15%
Sugars	11 g		
Protein	4 g		
Vitamin A	2877%	Calcium	8%
Vitamin C	23%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Steamed Cauliflower (#154)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.75 lbs cauliflower, fresh OR 5 lb cauliflower, frozen

Directions

1. Cut the cauliflower into bite size pieces.
2. Fill a large pot with water and place steaming basket with cauliflower on top.
3. Cover and bring to a boil for 5-12 minutes.
4. Remove cauliflower and serve immediately.

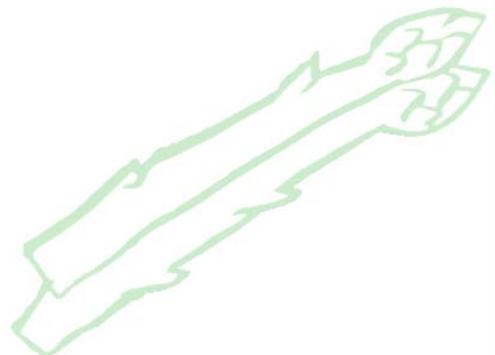
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	14	Calories from Fat	3
			% Daily Value
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	9 mg		1%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		5%
Sugars	1 g		
Protein	1 g		
Vitamin A	0%	Calcium	1%
Vitamin C	31%	Iron	2%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Yucca (#155)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.25 lbs yucca, peeled
Lemon juice to taste
Nonstick cooking spray
4 garlic cloves, minced

Directions

1. Wash and peel yucca.
2. Boil yucca in a large pot for 8-10 minutes until tender.
3. Coat small pan with nonstick cooking spray and toast garlic over low heat.
4. When done, drain yucca and season with lemon juice and cooked garlic.

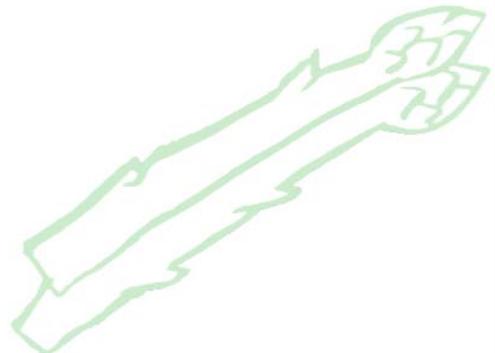
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	121	Calories from Fat	2
		% Daily Value	
Total Fat	1 g		0%
Saturated Fat	1 g		0%
Trans Fat	0 g		
Cholesterol	1 mg		0%
Sodium	9 mg		0%
Total Carbohydrate	29 g		23%
Dietary Fiber	1 g		0%
Sugars	0 g		
Protein	1 g		
Vitamin A	0%	Calcium	2%
Vitamin C	2%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Steamed Spinach (#156)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.5 lbs spinach leaves, fresh **OR** 7.5 lb spinach, frozen

Directions

1. Fill a large pot with water and place steaming basket with spinach on top.
2. Cover and bring to a boil for 5-12 minutes.
3. Remove spinach and serve immediately.

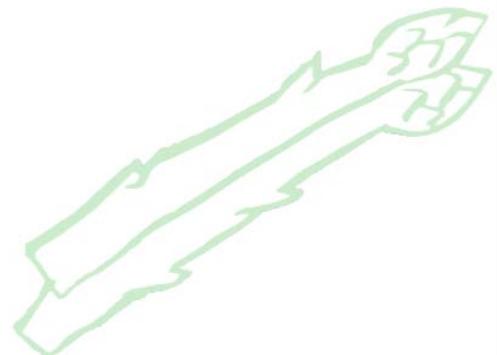
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	21	Calories from Fat	2
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	63 mg		4%
Total Carbohydrate	3 g		3%
Dietary Fiber	2 g		8%
Sugars	0 g		
Protein	3 g		
Vitamin A	1048%	Calcium	10%
Vitamin C	10%	Iron	40%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Baked Onions (#157)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.25 lbs onion- raw
2 cups chicken broth- low sodium
Nonstick cooking spray

Directions

1. Preheat oven to 400°F.
2. Peel and slice onions.
3. Steam onions until tender and place in baking pans sprayed with nonstick cooking spray.
4. Pour broth around onions and bake for 20-30 minutes.

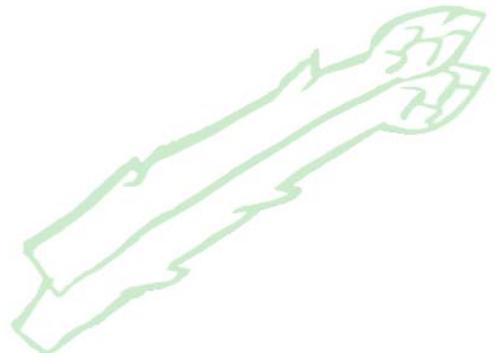
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	39	Calories from Fat	2
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	15 mg		1%
Total Carbohydrate	9 g		7%
Dietary Fiber	1 g		4%
Sugars	6 g		
Protein	1 g		
Vitamin A	0%	Calcium	2%
Vitamin C	6%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Steamed Kale (#158)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4.25 lbs kale, fresh

Directions

1. Fill a large pot with water and place steaming basket with kale on top.
2. Cover and bring to a boil for 5-12 minutes.
3. Remove kale and serve immediately.

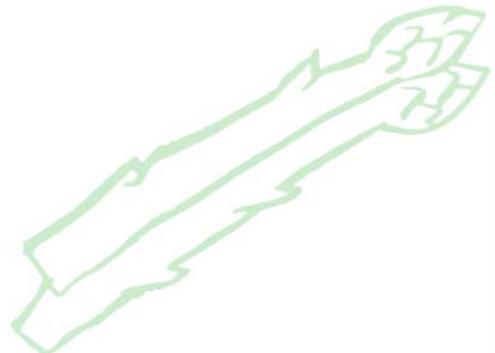
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	18	Calories from Fat	2
			% Daily Value
Total Fat	0 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	15 mg		1%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		5%
Sugars	1 g		
Protein	2 g		
Vitamin A	984%	Calcium	4%
Vitamin C	30%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Steamed Green Beans (#159)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4.75 lbs green beans

Directions

1. Wash and trim green beans.
2. Cut into 1 inch pieces.
3. Fill a large pot with water and place steaming basket with green bean pieces on top.
4. Cover and bring to a boil for 5-12 minutes.
5. Remove green beans and serve immediately.

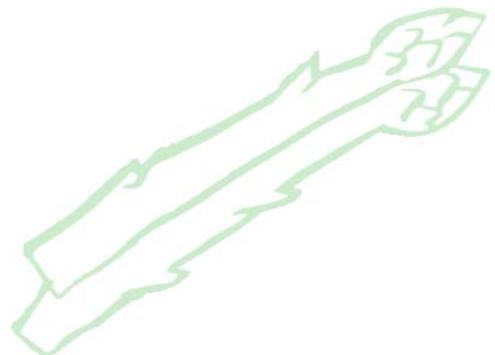
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		25	
		Calories from Fat 2	
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	6 g		4%
Dietary Fiber	2 g		8%
Sugars	1 g		
Protein	1 g		
Vitamin A	56%	Calcium	3%
Vitamin C	8%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Baked Zucchini (#160)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.75 lbs zucchini, sliced or cubed
1/3 cup vegetable oil
1 Tbsp garlic powder
Ground black pepper to taste

Directions

1. Preheat oven to 350°F.
2. Cut zucchinis and place on a cooking sheet.
3. Drizzle vegetable oil on top and sprinkle with garlic powder.
4. Bake for 20-25 minutes until tender.

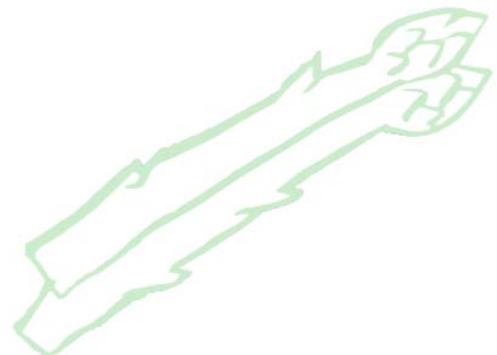
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	40	Calories from Fat	29
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	3 mg		1%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		3%
Sugars	3 g		
Protein	1 g		
Vitamin A	112%	Calcium	1%
Vitamin C	13%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Steamed Carrots (#162)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.25 lbs carrots, sliced

Directions

1. Wash and cut carrots.
2. Fill a large pot with water and place steaming basket with carrots on top.
3. Cover and bring to a boil for 5-12 minutes.
4. Remove carrots and serve immediately.

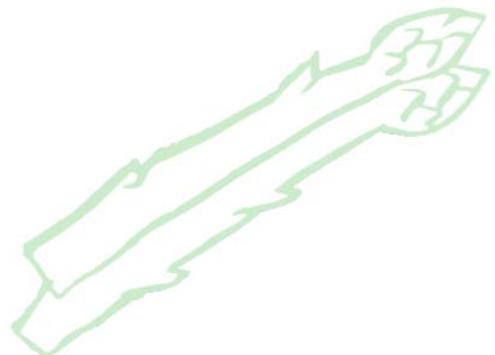
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	27	Calories from Fat	1
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	45 mg		3%
Total Carbohydrate	6 g		5%
Dietary Fiber	2 g		8%
Sugars	3 g		
Protein	1 g		
Vitamin A	1476%	Calcium	2%
Vitamin C	3%	Iron	3%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Sautéed Asparagus (#164)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

10.5 lbs asparagus
1/3 cup vegetable oil
5 garlic cloves, minced

Directions

1. Put the vegetable in the pan with asparagus bunches and garlic in for 5-12 minutes until tender.
2. Remove and serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	46	Calories from Fat	28
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	0 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	13 mg		1%
Total Carbohydrate	4 g		3%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	2 g		
Vitamin A	101%	Calcium	2%
Vitamin C	8%	Iron	10%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Baked Potatoes (#166)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

7.5 lbs potatoes with skin, fresh
Ground black pepper to taste

Directions

1. Preheat oven to 425°F.
2. Wash potatoes thoroughly. Pat dry with a paper towel.
3. Cut into halves or fourths.
4. Bake for 40-50 minutes, or until tender.
5. Season with ground black pepper to taste.

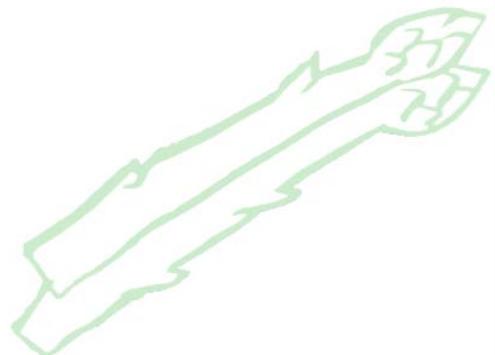
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	103	Calories from Fat	1
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	11 mg		1%
Total Carbohydrate	24 g		18%
Dietary Fiber	2 g		9%
Sugars	1 g		
Protein	3 g		
Vitamin A	1%	Calcium	1%
Vitamin C	12%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Roasted Brussels Sprouts (#172)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6 lbs brussels sprouts
1/3 cup vegetable oil
3 Tbsp balsamic vinegar
Ground black pepper to taste

Directions

1. Preheat the oven to 400°F.
2. Place brussels sprouts on a cooking sheet and drizzle with vegetable oil, balsamic vinegar and ground black pepper.
3. Roast for 20-25 minutes or until brown on the top.

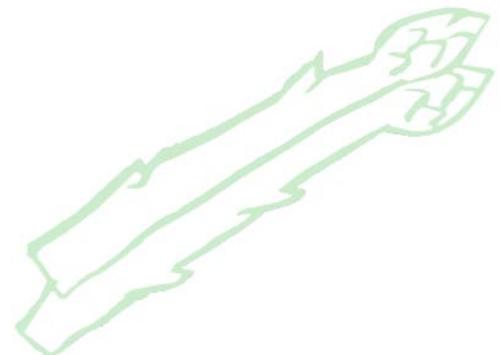
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	55	Calories from Fat	29
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	16 mg		1%
Total Carbohydrate	6 g		5%
Dietary Fiber	2 g		7%
Sugars	2 g		
Protein	2 g		
Vitamin A	67%	Calcium	2%
Vitamin C	54%	Iron	12%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Steamed Corn on the Cob (#174)

Yield: 25 servings

Serving size: Approximately ½ ear of corn

Ingredients

10.5 corn on the cob, fresh or frozen

Directions

1. Bring water to a boil and place steaming basket on top with corn in it. Cook for 20-25 minutes until tender.

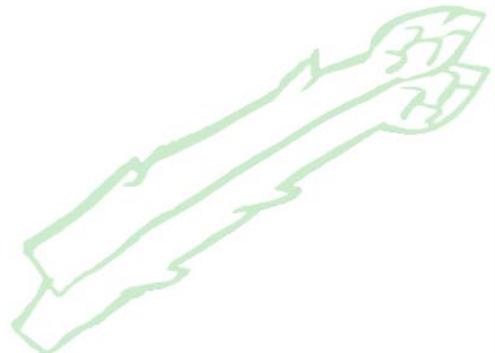
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	79	Calories from Fat	11
			% Daily Value
Total Fat	1 g		2%
Saturated Fat	0 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	17 g		13%
Dietary Fiber	2 g		7%
Sugars	4 g		
Protein	3 g		
Vitamin A	24%	Calcium	0%
Vitamin C	5%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Yellow Plantains (#175)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.75 lbs plantains, cooked
20 oz water

Directions

1. Add water to a large pot and bring to a boil.
2. Add plantains and boil for 1 hour 15 minutes.
3. Remove from water.
4. Place on steam table until serving time.

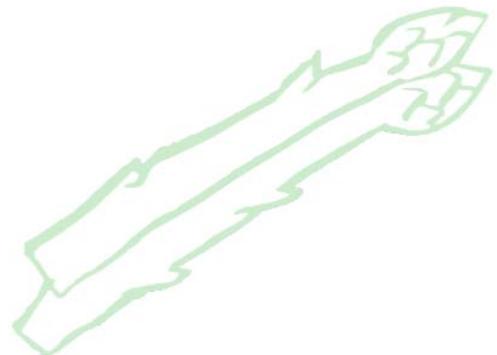
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	89	Calories from Fat	1
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	5 mg		0%
Total Carbohydrate	24 g		19%
Dietary Fiber	2 g		6%
Sugars	11 g		
Protein	1 g		
Vitamin A	78%	Calcium	0%
Vitamin C	9%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and a good source of fiber.



Sautéed Spinach (#176)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.5 lbs spinach, fresh **OR** 7.5 lb spinach, frozen
1/3 cup vegetable oil
Ground black pepper to taste
5 garlic clove, minced

Directions

1. Put vegetable oil, spinach and garlic in a pan.
2. Cook for 5-12 minutes or until spinach is tender.
3. Cover and bring to a boil for 5-12 minutes. Season with ground black pepper to taste.

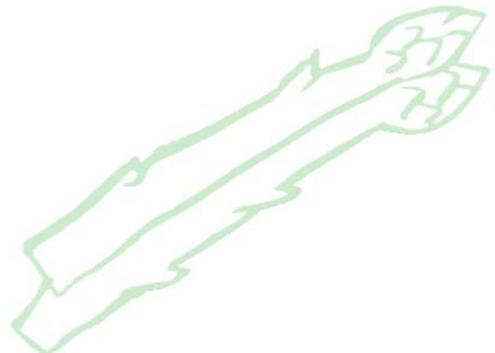
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	47	Calories from Fat	28
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	63 mg		4%
Total Carbohydrate	4 g		3%
Dietary Fiber	2 g		8%
Sugars	0 g		
Protein	3 g		
Vitamin A	1048%	Calcium	10%
Vitamin C	10%	Iron	40%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Kale and Watercress Salad (#178)

Yield: 25 servings
Serving size: Approximately 1 cup

Ingredients

1.25 lbs kale, chopped
1lbs watercress, chopped
½ cup cider vinegar
½ cup vegetable oil
Ground black pepper to taste

Directions

1. Wash and cut the kale and watercress.
2. Combine the cider vinegar and vegetable oil in another bowl and whisk together.
3. Add dressing to salad and toss to coat.
4. Massage leaves to ensure even coating of dressing.

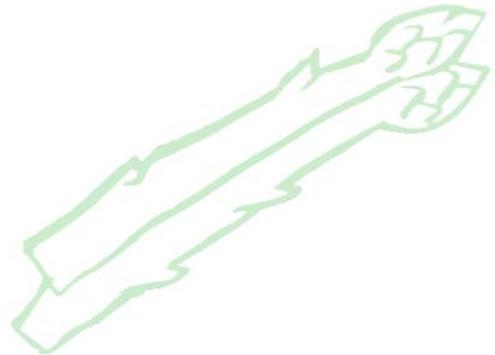
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	53	Calories from Fat	41
		% Daily Value	
Total Fat	5 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	17 mg		1%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		2%
Sugars	1 g		
Protein	1 g		
Vitamin A	452%	Calcium	4%
Vitamin C	39%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Sautéed String Beans (#182)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4.75 lbs string beans
1/3 cup vegetable oil
5 garlic cloves, minced

Directions

1. Wash string beans.
2. In a saucepan add the garlic and vegetable oil and cook over medium heat.
3. Add the string beans and cook until tender.

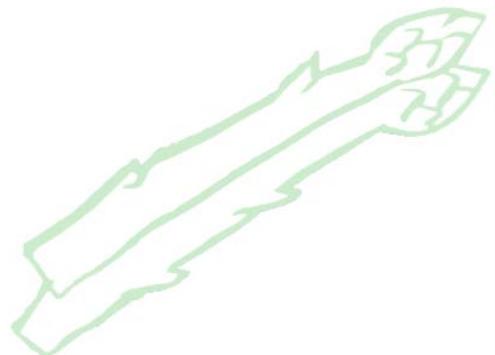
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	48	Calories from Fat	27
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	0 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	5 g		4%
Dietary Fiber	2 g		7%
Sugars	1 g		
Protein	1 g		
Vitamin A	49%	Calcium	2%
Vitamin C	7%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Cabbage with Shredded Carrots (#201)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

9 ¾ cups cabbage, shredded
6 cups carrots, shredded
2 oz trans fat free margarine
15 quarts water

Directions

1. In a large pot add water and bring to a boil.
2. Wash and cut cabbage.
3. Add to boiling water.
4. Boil for 2 hours.
5. Add Shredded carrots.
6. Reduce heat until serving time (about 30 minutes).
7. Drain water and serve.

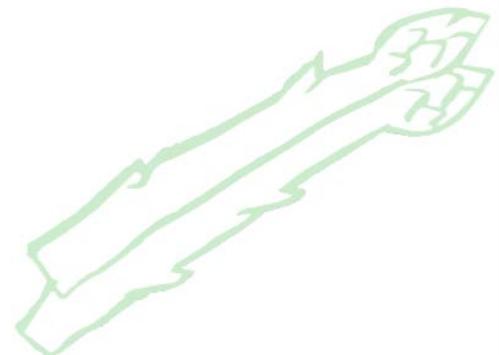
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	32	Calories from Fat	13
% Daily Value			
Total Fat	1 g		2%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	169 mg		11%
Total Carbohydrate	5 g		4%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	1 g		
Vitamin A	536%	Calcium	4%
Vitamin C	21%	Iron	2%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Stewed Okra and Tomatoes (#202)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.25 lbs okra, fresh **OR** 5.5 lbs okra, frozen
¼ cup olives, chopped
¼ cup onion, chopped
¼ cup green pepper, chopped
¼ cup red pepper, chopped
2 oz trans fat free margarine
1 Tbsp sofrito (DFTA #40)
3 cups canned stewed tomatoes, low sodium
1 ½ cups canned tomato sauce, low sodium

Directions

1. Cook okra and all ingredients in a pot for 2 hours over low heat.

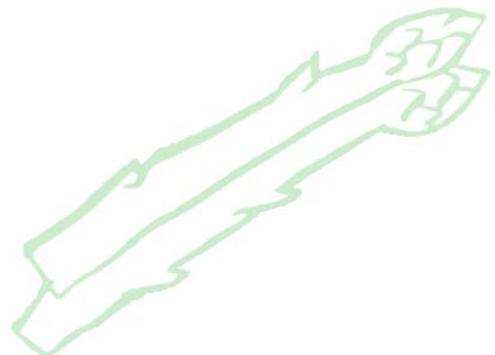
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	52	Calories from Fat	20
		% Daily Value	
Total Fat	2 g		3%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	48 mg		3%
Total Carbohydrate	7 g		6%
Dietary Fiber	3 g		11%
Sugars	4 g		
Protein	2 g		
Vitamin A	60%	Calcium	6%
Vitamin C	24%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Cabbage and Apple Slaw (#208)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 granny smith apples
1 lb red cabbage, shredded
½ cup onion, chopped
¾ cup sour cream, light
1 ½ cups yogurt, non-fat, plain
2 Tbsp honey
¾ cup parsley, chopped
Ground black pepper to taste

Directions

1. In a salad bowl, combine and whisk together the yogurt, sour cream and honey.
2. Refrigerate until chilled.
3. Add the cabbage, apples, onions, parsley and ground black pepper to taste.
4. Mix well and serve when chilled.

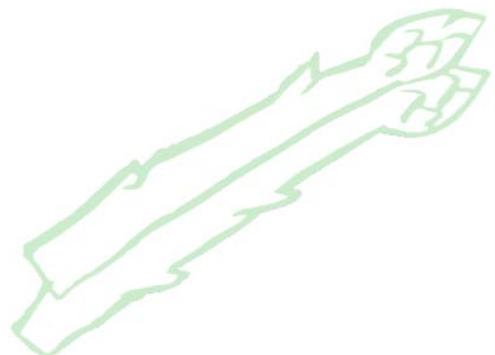
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	40	Calories from Fat	6
		% Daily Value	
Total Fat	1 g		1%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	2 mg		1%
Sodium	22 mg		1%
Total Carbohydrate	8 g		6%
Dietary Fiber	1 g		4%
Sugars	6 g		
Protein	2 g		
Vitamin A	43%	Calcium	4%
Vitamin C	16%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Mixed Green Salad (#209)

Yield: 25 servings
Serving size: Approximately 1 cup

Ingredients

- 2 lbs mixed baby greens
- 2 Tbsp lemon juice
- 1 cup vegetable oil
- 1 Tbsp ground black pepper
- 1 ½ cups parsley, chopped

Directions

1. Toss chopped parsley with mixed baby greens.
2. Mix together vegetable oil and lemon juice.
3. Toss dressing with salad. Mix well.

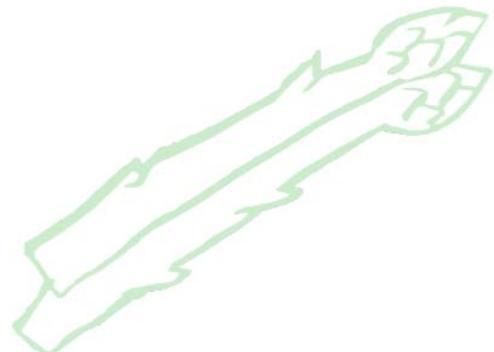
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	86	Calories from Fat	80
			% Daily Value
Total Fat	9 g		14%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	9 mg		1%
Total Carbohydrate	2 g		1%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	1 g		
Vitamin A	91%	Calcium	2%
Vitamin C	10%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Warm Potato Salad (#210)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.25 lbs potatoes, quartered
3 Tbsp shallots
¼ cup dijon mustard
¼ cup vegetable oil
½ cup rice vinegar
3 Tbsp red wine vinegar
1 tsp ground black pepper
3 Tbsp parsley, chopped

Directions

1. Put the potatoes in a saucepan, add water to cover and bring to a boil over high heat.
2. Reduce the heat to medium and cook, uncovered, until the potatoes are tender (about 15-20 minutes).
3. Drain and let stand until just cool enough to handle.
4. Cut each potato in quarters and place in a warmed serving dish.
5. In a small bowl whisk together the Dijon mustard, vinegars and shallots until well blended.
6. While whisking, slowly drizzle in the vegetable oil to make a thick dressing.
7. Stir in the parsley and ground black pepper.
8. Pour the dressing over the warm potatoes, mix gently and serve immediately.

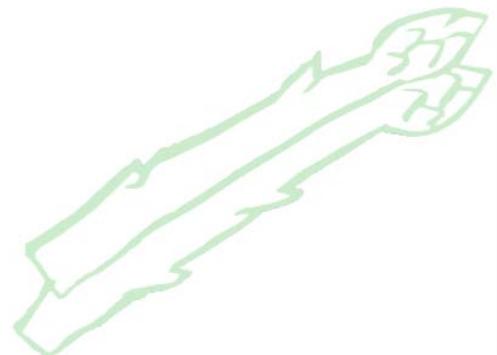
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	93	Calories from Fat	20
		% Daily Value	
Total Fat	2 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	62 mg		4%
Total Carbohydrate	16 g		12%
Dietary Fiber	1 g		5%
Sugars	1 g		
Protein	1 g		
Vitamin A	6%	Calcium	1%
Vitamin C	7%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Kale and Lemon (#211)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

- 4.25 lbs kale
- ¼ cup lemon juice
- 1 tsp ground black pepper
- 2 garlic cloves, minced

Directions

1. Wash and trim kale leaves.
2. Mix together all ingredients well.

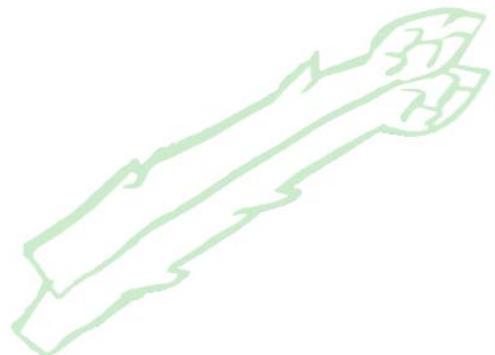
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	19	Calories from Fat	2
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	15 mg		1%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		5%
Sugars	1 g		
Protein	1 g		
Vitamin A	984%	Calcium	4%
Vitamin C	31%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Baby Beets and Carrots with Dill (#212)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

- 4 lbs beets, quartered
- 2 lbs baby carrots
- 2 Tbsp lemon juice
- 3 Tbsp trans fat free margarine
- ¼ cup vegetable oil
- 3 Tbsp dill, chopped

Directions

1. Cut off beet greens. In a large pot fitted with a steamer basket, bring 1 inch water to a boil.
2. Add the unpeeled beets, cover and steam until tender (about 20-25 minutes).
3. Remove from the pot and let stand until cool enough to handle, then peel and cut into quarters. Set aside and keep warm.
4. Check the pot, add water to a depth of 1 inch if necessary and return to a boil. Add the baby carrots, cover and steam until tender (about 5-7 minutes).
5. In a large bowl, toss the carrots with margarine, vegetable oil, lemon juice and chopped dill.
6. Add the beets, toss gently to combine and transfer to a serving dish.
7. Serve immediately with dill sprigs on top.

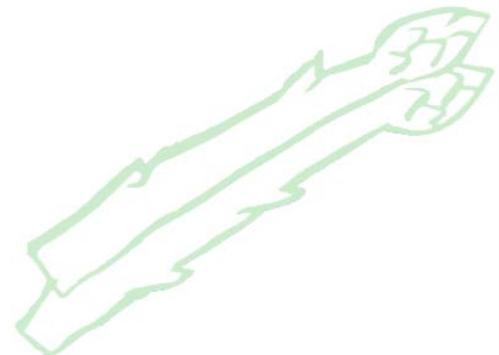
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	56	Calories from Fat	24
% Daily Value			
Total Fat	3 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	62 mg		4%
Total Carbohydrate	8 g		6%
Dietary Fiber	2 g		7%
Sugars	5 g		
Protein	1 g		
Vitamin A	505%	Calcium	1%
Vitamin C	4%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Spiced Salad (#213)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 ¼ cups cucumbers, diced
4 cups green onions (scallions), diced
6 ¾ cups tomatoes, diced
1/3 cup lemon juice
2 oz lemon peel or zest
1/3 cup balsamic vinegar
1 cup vegetable oil
5 cups parsley, chopped
½ cup thyme

Directions

1. Wash and dice tomatoes and scallions.
2. Peel and dice cucumbers.
3. Mix together balsamic vinegar, lemon juice, vegetable oil, lemon peel, parsley and thyme.
4. Toss tomatoes, cucumbers and scallions with dressing mixture.
5. Mix well and serve cold.

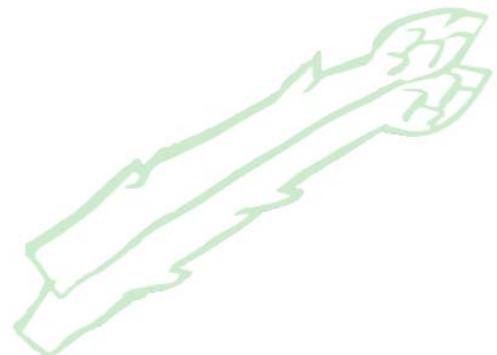
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	100	Calories from Fat 80	
		% Daily Value	
Total Fat	9 g		14%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	12 mg		1%
Total Carbohydrate	5 g		4%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	1 g		
Vitamin A	169%	Calcium	3%
Vitamin C	33%	Iron	16%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Red Cabbage Salad (#214)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

1 lb red cabbage, shredded
1 head of cauliflower, chopped
¼ cup onion, chopped
½ cup white wine vinegar
1 tsp ground black pepper

Directions

1. In a mixing bowl, combine cabbage and white wine vinegar.
2. Toss and refrigerate overnight.
3. Before serving, toss together chilled cabbage and dressing with cauliflower, onions and ground black pepper.

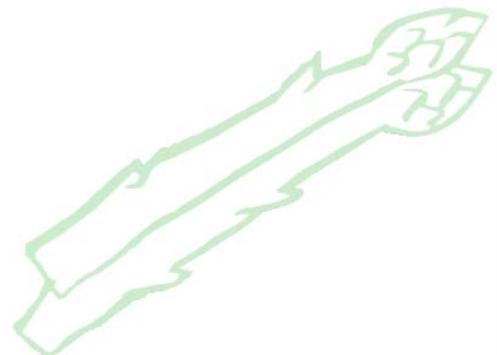
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories 13		Calories from Fat 1	
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	11 mg		1%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	1 g		
Vitamin A	23%	Calcium	1%
Vitamin C	22%	Iron	3%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Carrot Salad (#215)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2 ¼ cup apples, chopped
12 ¾ cups carrots, diced
¾ cup raisins
½ cup light mayonnaise

Directions

1. Peel carrots.
2. Wash apples well.
3. Chop into bite sized pieces.
4. Combine all ingredients together and mix well.

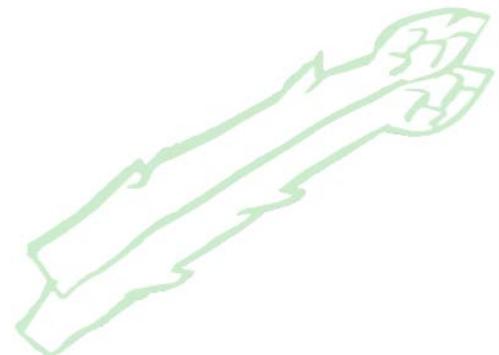
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	54	Calories from Fat	16
		% Daily Value	
Total Fat	2 g		3%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	2 mg		1%
Sodium	68 mg		4%
Total Carbohydrate	10 g		8%
Dietary Fiber	2 g		6%
Sugars	6 g		
Protein	1 g		
Vitamin A	953%	Calcium	2%
Vitamin C	4%	Iron	3%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Chickpea Salad with Tomatoes and Parsley (#216)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

- 1 # 10 canned chickpeas, low sodium
- 4 cucumbers, sliced
- 3 red onions, sliced
- 6 tomatoes, chopped
- 1 ½ bunches parsley, chopped
- 1 ½ cups balsamic vinegar
- 1 ½ cups red wine vinegar

Directions

1. Mix all ingredients and serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	122	Calories from Fat	16
			% Daily Value
Total Fat	2 g		3%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	201 mg		13%
Total Carbohydrate	24 g		18%
Dietary Fiber	5 g		18%
Sugars	4 g		
Protein	6 g		
Vitamin A	34%	Calcium	4%
Vitamin C	7%	Iron	24%

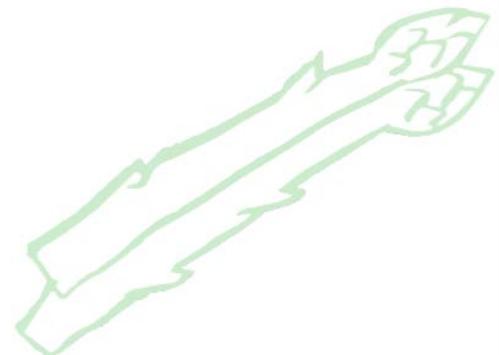
Recommendations & Requirements*Recommendations*

- 🍏 This recipe uses canned chickpeas that contain 230 mg of sodium per serving. Using canned chickpeas that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned chickpeas should contain ≤290 mg of sodium per serving.

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and a high source of fiber.



Coleslaw (#217)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 cup carrots, shredded
8 cups coleslaw
1 ½ cups onion, chopped
½ tsp lemon juice
½ cup mayonnaise, light
½ cup milk, low fat, 1%
1/3 cup white wine vinegar
1 tsp ground black pepper
2 tsp sugar

Directions

1. Combine the coleslaw mix and onions in a large bowl.
2. In a separate bowl, combine the sugar, ground black pepper, milk, mayonnaise, white wine vinegar and lemon juice.
3. Mix until smooth.
4. Pour mixture over the coleslaw and onion.

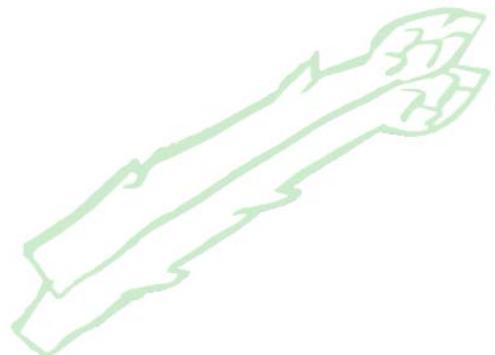
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	60	Calories from Fat	24
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	5 mg		2%
Sodium	54 mg		3%
Total Carbohydrate	8 g		6%
Dietary Fiber	1 g		4%
Sugars	2 g		
Protein	1 g		
Vitamin A	290%	Calcium	3%
Vitamin C	16%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Cucumber Dill Salad (#218)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4.5 lbs cucumbers, sliced
2 onions, chopped
¼ cup lemon juice
¾ cup yogurt, non-fat, plain
½ cup dill
3 garlic cloves, minced
2 tsp ground black pepper

Directions

1. Cut cucumber into thick slices; cut each slice in thin strips.
2. Place cucumber strips into a large bowl, crush garlic.
3. In a bowl, beat together yogurt, lemon juice and garlic. Grate onion into yogurt mixture. Chop fresh dill, reserving 1 sprig.
4. Stir dill into yogurt mixture.
5. Pour yogurt mixture over cucumber.
6. Garnish with sprig of dill.

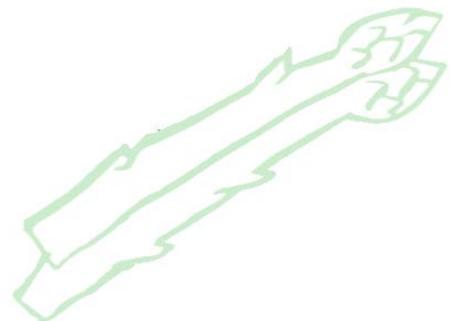
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories 18		Calories from Fat 2	
			% Daily Value
Total Fat	1 g		0%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	7 mg		0%
Total Carbohydrate	4 g		1%
Dietary Fiber	1 g		2%
Sugars	2 g		
Protein	1 g		
Vitamin A	1%	Calcium	3%
Vitamin C	6%	Iron	1%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Sweet Potatoes with Marshmallows (#224)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

9 lb sweet potatoes
2 cups orange juice
8 oz trans fat free margarine
4 cups marshmallows
1/3 cup granulated sugar

Directions

1. Bring a large pot of water to a boil. Add potatoes and cook until tender but still firm (about 15 minutes). Drain, cool and mash.
2. Preheat oven broiler.
3. Mix mashed potatoes with orange juice, margarine and sugar until smooth. Spread in a 9x13 inch baking dish. Cover with marshmallows.
4. Place dish under preheated broiler until marshmallows melt and turn brown.

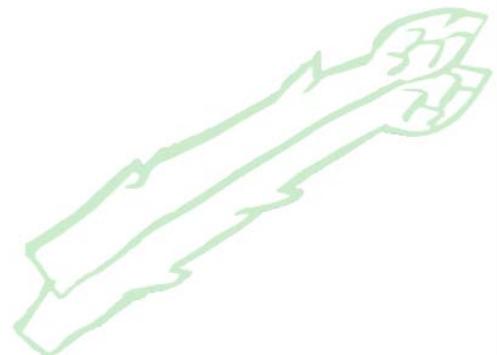
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	215	Calories from Fat	52
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	105 mg		7%
Total Carbohydrate	40 g		31%
Dietary Fiber	4 g		15%
Sugars	18 g		
Protein	2 g		
Vitamin A	2873%	Calcium	4%
Vitamin C	34%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and a good source of fiber.



Roasted Potatoes (#226)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5 lbs red potatoes, quartered
Nonstick cooking spray
1/3 cup vegetable oil
Ground black pepper to taste
½ tsp garlic powder
1/3 cup rosemary
1/3 cup thyme

Directions

1. Preheat oven to 450°F.
2. Choose small red potatoes. Scrub potatoes under cold water. Cut into halves, then again into quarters.
3. In a mixing bowl, combine with seasoning and vegetable oil, tossing to coat evenly.
4. Place potatoes on a baking sheet that is lined with foil and sprayed with nonstick cooking spray. Spread potatoes out evenly.
5. Roast the potatoes for 1 hour, until fork can pierce through easily, turn them every 15 minutes to cook evenly.
6. Taste and adjust seasonings as desired. Before serving sprinkle with parsley and paprika if desired.

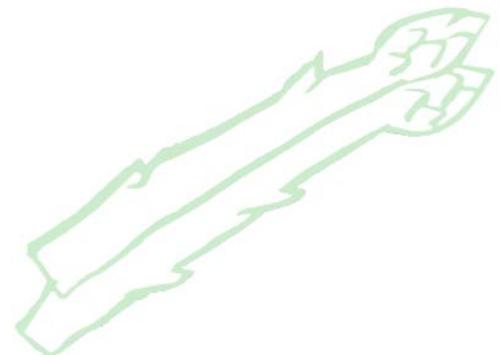
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	105	Calories from Fat	26
		% Daily Value	
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	12 mg		1%
Total Carbohydrate	18 g		14%
Dietary Fiber	2 g		7%
Sugars	1 g		
Protein	2 g		
Vitamin A	6%	Calcium	2%
Vitamin C	13%	Iron	22%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and a good source of fiber.



Corn & Black Bean Salad (#243)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 ½ cup canned black beans, drained, low sodium
8 cups canned corn, drained, low sodium
¾ cup vegetable oil
¾ cup balsamic vinegar
1 Tbsp ground black pepper
½ cup cilantro, chopped
1 Tbsp ground cumin
1 Tbsp white sugar

Directions

1. In a bowl, combine balsamic vinegar, vegetable oil, sugar, ground black pepper, and cumin.
2. Rinse and drain black beans.
3. In another bowl, stir together black beans and corn.
4. Toss with vinegar and oil dressing, and garnish with cilantro.
5. Cover, and serve or refrigerate overnight.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		
Calories	158	Calories from Fat 65
		% Daily Value
Total Fat	7 g	11%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	99 g	6%
Total Carbohydrate	23 g	18%
Dietary Fiber	3 g	10%
Sugars	4 g	
Protein	4 g	
Vitamin A	3%	Calcium 3%
Vitamin C	5%	Iron 19%

Recommendations & Requirements

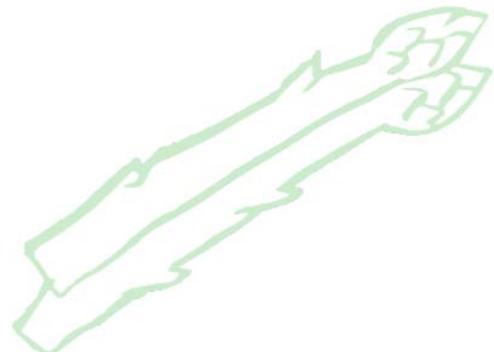
Recommendations

- 🍏 This recipe uses canned black beans that contain 240 mg of sodium per serving. Using canned black beans that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned black beans should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and high source of fiber.



Raw Broccoli Salad (#245)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.25 lbs broccoli-raw, chopped
1 cup red onion, sliced
½ cup raisins
½ cup roasted sunflower seeds, unsalted
½ cup cider vinegar
½ cup mayonnaise, light

Directions

1. Wash broccoli well.
2. Discard broccoli stems and finely chop florets. Set aside.
3. Place remaining ingredients in a medium mixing bowl. Mix well.
4. Add broccoli and toss until it is well coated.
5. Chill until ready to serve.

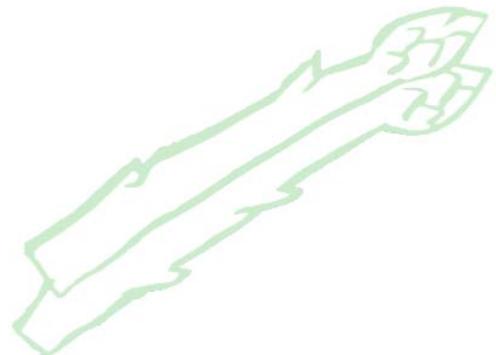
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	52	Calories from Fat	22
			% Daily Value
Total Fat	2 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	1 mg		0%
Sodium	57 g		4%
Total Carbohydrate	7 g		5%
Dietary Fiber	2 g		6%
Sugars	3 g		
Protein	2 g		
Vitamin A	32%	Calcium	2%
Vitamin C	46%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Creamed Spinach (#246)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.5 lbs spinach, fresh **OR** 7.5 lbs spinach, frozen
2 ½ cups heavy cream
6 oz trans fat free margarine
1 ½ cups milk, low fat, 1%
¾ cup all purpose flour
Ground black pepper to taste

Directions

1. Boil and drain spinach.
2. In a saucepan melt margarine.
3. Add all purpose flour and cook over moderate heat, stirring 1 minute.
4. Stir in heavy cream and milk and simmer, stirring constantly for 2 minutes (until mixture is thick)
5. Stir spinach into sauce and season with ground black pepper to taste.

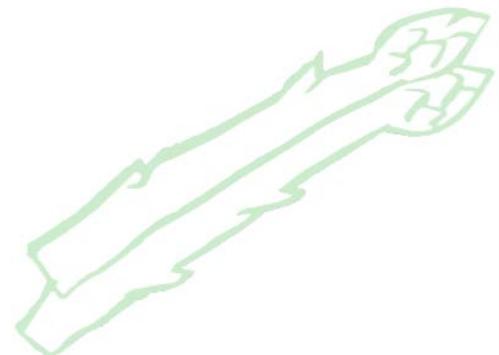
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	156	Calories from Fat	119
			<small>% Daily Value</small>
Total Fat	13 g		21%
Saturated Fat	6 g		30%
Trans Fat	0 g		
Cholesterol	33 mg		11%
Sodium	119 mg		8%
Total Carbohydrate	8 g		6%
Dietary Fiber	2 g		8%
Sugars	1 g		
Protein	4 g		
Vitamin A	1091%	Calcium	13%
Vitamin C	10%	Iron	42%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Green Bean & Apple Salad (#250)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

8 apples, cubed
5.25 lbs green beans, trimmed
½ cup vegetable oil
¼ cup honey
¼ cup red wine vinegar
Ground black pepper to taste
2 cups parsley leaves

Directions

1. Whisk together vegetable oil, red wine vinegar, and honey in a small bowl.
2. Season with ground black pepper to taste.
3. Cook green beans in large saucepan of boiling salted water until crisp-tender, about 3 minutes. Drain, rinse and pat dry.
4. Cut apples in to cubes or slices. Place in a large bowl.
5. Mix in olives, parsley, green beans and dressing.
6. Serve chilled.

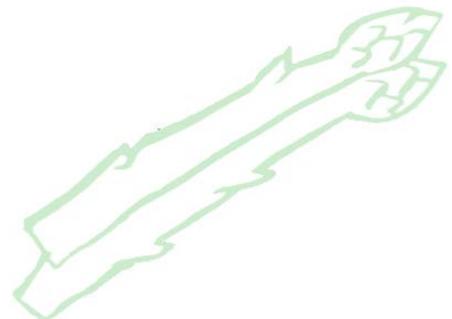
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	98	Calories from Fat	41
% Daily Value			
Total Fat	5 g		7%
Saturated Fat	1 g		3%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	7 g		0%
Total Carbohydrate	15 g		5%
Dietary Fiber	3 g		12%
Sugars	11 g		
Protein	1 g		
Vitamin A	16%	Calcium	3%
Vitamin C	26%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a high source of fiber.



Green Beans Sauté (#251)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4.75 lbs green beans, frozen
2 onions, sliced
1/3 cup vegetable oil
1 tsp ground black pepper
¼ cup parsley, chopped

Directions

1. Thaw green beans as directed on package.
2. Heat vegetable oil in a skillet and sauté onions until golden brown.
3. Stir in green beans and ground black pepper. Heat through. Toss with parsley before serving.

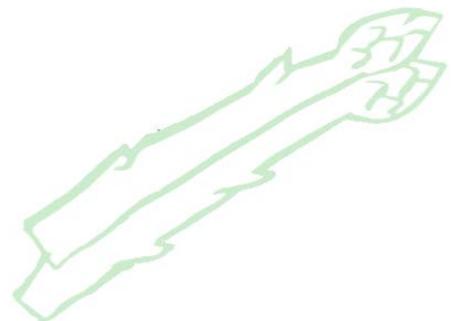
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	48	Calories from Fat	27
		% Daily Value	
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	5 g		4%
Dietary Fiber	2 g		8%
Sugars	1 g		
Protein	1 g		
Vitamin A	48%	Calcium	3%
Vitamin C	5%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Broccoli w/ Teriyaki Sauce (#252)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.5 lbs broccoli, chopped
2 ½ Tbsp honey
2 Tbsp soy sauce, low sodium
1 Tbsp arrowroot
1 tsp ground black pepper
1 garlic clove, minced
1 ½ Tbsp ginger root, minced
1 cup water

Directions

1. Cut the broccoli into bite size floret pieces.
2. Blanch the broccoli and plunge into ice cold water to stop the cooking. Drain and set aside.
3. To prepare the teriyaki sauce, dilute the arrowroot in 3 tablespoons of cold water. Heat the remaining water, soy sauce, garlic, and ginger. Continue stirring to thicken.
4. Toss the broccoli with the sauce and serve.

Nutrition Facts

Serving Size: 1 serving

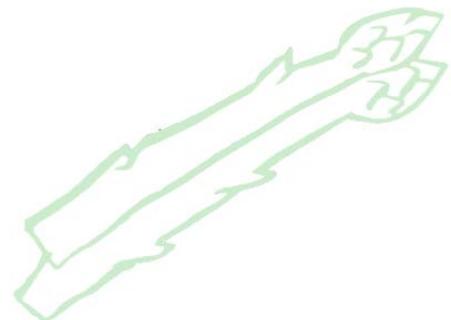
Amount Per Serving			
Calories	36	Calories from Fat	3
		% Daily Value	
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	88 mg		6%
Total Carbohydrate	8 g		6%
Dietary Fiber	3 g		9%
Sugars	3 g		
Protein	2 g		
Vitamin A	134%	Calcium	3%
Vitamin C	56%	Iron	7%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the vegetable (1 serving) component of the menu and is a good source of fiber.



Sweet Potato w/ Ginger & Dried Raisins (#253)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

7.5 lbs sweet potatoes, diced
3 Tbsp raisins
1 Tbsp ginger root, minced
8-10 cups water

Directions

1. If the skin on the sweet potato looks firm and smooth, scrub the sweet potato. Otherwise, peel it.
2. Cut the sweet potato into ½ inch cubes.
3. Combine all the ingredients in a small saucepan, cover with 8-10 cups water, bring to a boil, and then simmer covered for 30 minutes.
4. Check the pan and add more water in small increments if necessary, until the sweet potatoes are completely cooked (around 20 minutes).
5. Remove the sweet potatoes, and set aside into a bowl.
6. Allow whatever liquid is left to boil down until a small amount of sauce is left. Pour over sweet potatoes and serve.

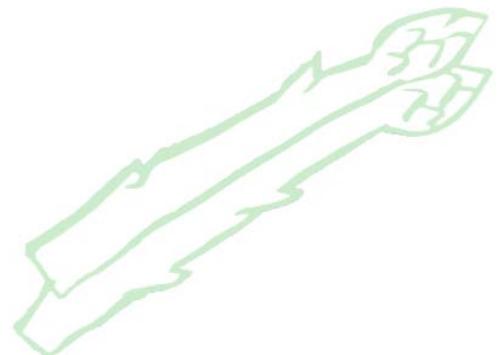
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	84	Calories from Fat	1
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	35 mg		2%
Total Carbohydrate	20 g		15%
Dietary Fiber	3 g		11%
Sugars	7 g		
Protein	2 g		
Vitamin A	0%	Calcium	3%
Vitamin C	20%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable and is a good source of fiber.



Sautéed Zucchini (#256)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5 lb zucchini, sliced
4 Tbsp vegetable oil
4 Tbsp lemon juice
13 garlic gloves, minced
Ground black pepper to taste

Directions

1. In a medium nonstick skillet, heat vegetable oil over medium heat. Add zucchini, lemon juice, and ground black pepper. Sauté for 15 minutes.
2. Add garlic and sauté for 30 seconds or until zucchini is tender.

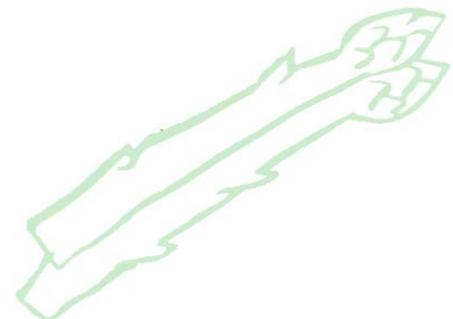
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	36	Calories from Fat	23
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	3 mg		0%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	1 g		
Vitamin A	112%	Calcium	2%
Vitamin C	14%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Steamed Peas & Carrots (#341)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.75 lbs peas & carrots, frozen

Directions

1. Fill a large pot with water and place steaming basket with peas & carrots on top.
2. Cover and bring to a boil for 5-12 minutes.
3. Remove peas & carrots and serve immediately.

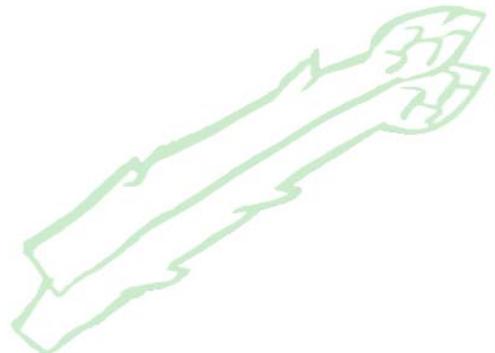
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	38	Calories from Fat	3
			% Daily Value
Total Fat	0 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	54 mg		3%
Total Carbohydrate	8 g		6%
Dietary Fiber	3 g		9%
Sugars	4 g		
Protein	3 g		
Vitamin A	846%	Calcium	2%
Vitamin C	7%	Iron	9%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Steamed Broccoli & Cauliflower (#342)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2.75 lbs broccoli, fresh
2.75 lbs cauliflower, fresh

Directions

1. Cut the cauliflower and broccoli into bite size pieces.
2. Fill a large pot with water and place steaming basket with cauliflower on top.
3. Cover and bring to a boil for 5-12 minutes.
4. Remove vegetables and serve immediately.

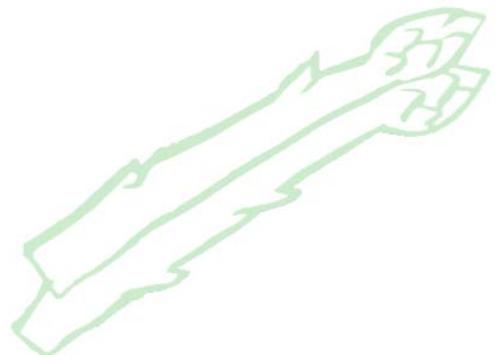
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	21	Calories from Fat	3
		% Daily Value	
Total Fat	0 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	21 mg		1%
Total Carbohydrate	4 g		3%
Dietary Fiber	2 g		7%
Sugars	1 g		
Protein	2 g		
Vitamin A	67%	Calcium	2%
Vitamin C	43%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



California Blend (#344)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 ½ cups carrots, sliced, frozen
4 ½ cups broccoli, spears, frozen
4 ½ cups cauliflower, frozen

Directions

1. Follow package instructions accordingly.

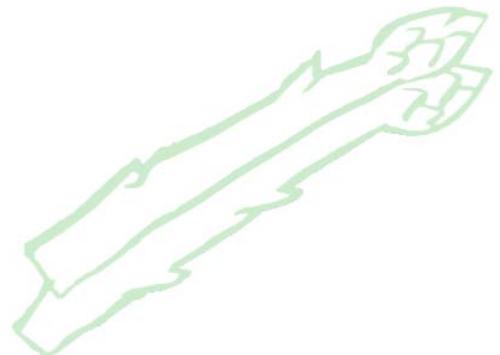
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	24	Calories from Fat 2	
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	1 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	24 mg		1%
Total Carbohydrate	5 g		4%
Dietary Fiber	3 g		9%
Sugars	2 g		
Protein	2 g		
Vitamin A	502%	Calcium	2%
Vitamin C	25%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Winter Blend Vegetables (#345)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2.75 lbs broccoli, fresh
2.75 lbs cauliflower, fresh
6 Tbsp trans-fat free margarine

Directions

1. Steam broccoli and cauliflower
2. Coat with trans-fat free margarine and serve

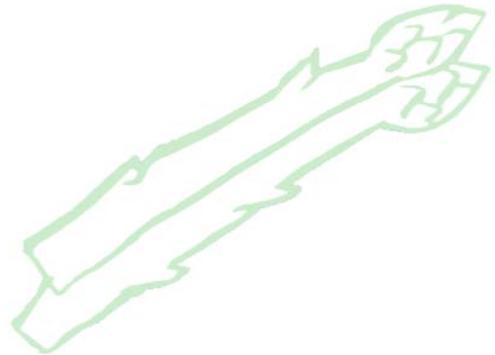
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	38	Calories from Fat	21
			% Daily Value
Total Fat	2 g		4%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	41 mg		3%
Total Carbohydrate	4 g		3%
Dietary Fiber	2 g		7%
Sugars	1 g		
Protein	2 g		
Vitamin A	67%	Calcium	2%
Vitamin C	43%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Italian Blend Vegetables (#346)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4.75 lb Italian Blend Vegetables, frozen
½ cup vegetable oil
Ground black pepper to taste

Directions

1. Steam the frozen vegetables
2. Coat with vegetable oil, and season with ground black pepper.

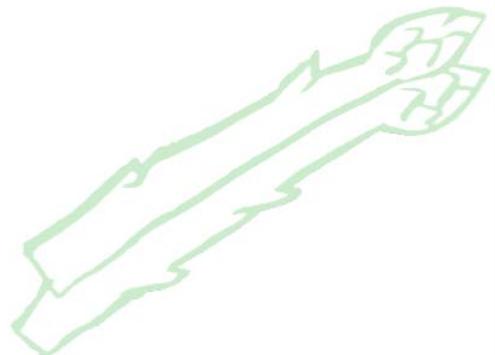
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	56	Calories from Fat	26
		% Daily Value	
Total Fat	3 g		5%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	41 mg		3%
Total Carbohydrate	6 g		5%
Dietary Fiber	2 g		7%
Sugars	1 g		
Protein	1 g		
Vitamin A	86%	Calcium	2%
Vitamin C	10%	Iron	0%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Roasted Peppers (#161)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.25 lbs bell peppers (red, yellow, or green)
Nonstick cooking spray
1/3 cup vegetable oil
4 garlic cloves, minced

Directions

1. Wash and clean peppers. Remove all stems and seeds.
2. Cut into fourths.
3. Mix together peppers, garlic, and oil.
4. Place mixture across baking sheets.
5. Broil (12-15 minutes) or until soft and slightly charred black.
6. Use immediately or refrigerate.

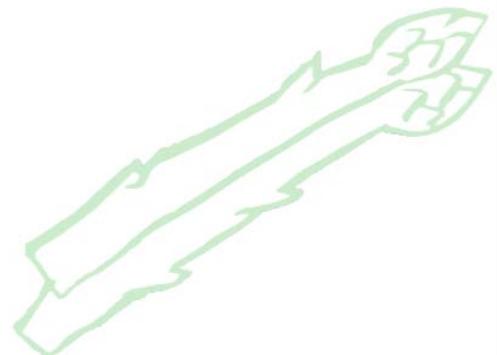
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	45	Calories from Fat	27
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	0 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	2 mg		0%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		3%
Sugars	3 g		
Protein	1 g		
Vitamin A	221%	Calcium	1%
Vitamin C	129%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Roasted Eggplant (#163)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

7.5 lbs eggplant
½ cup vegetable oil
1 Tbsp garlic powder

Directions

1. Preheat oven to 400°F.
2. Peel eggplant and cut into 1 inch thick slices.
3. Spray baking sheets with nonstick cooking spray. Lay eggplant slices across baking sheets.
4. Roast eggplant for approximately 30 minutes or until tender.
5. Serve immediately.

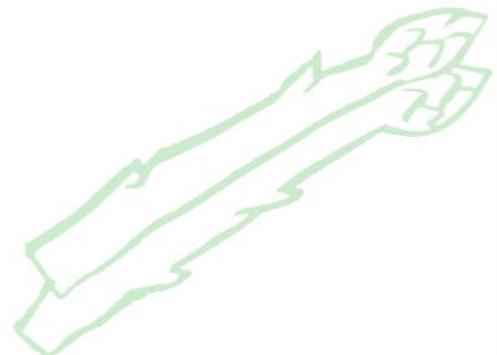
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	57	Calories from Fat	40
			% Daily Value
Total Fat	5 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		5%
Sugars	2 g		
Protein	1 g		
Vitamin A	2%	Calcium	0%
Vitamin C	1%	Iron	2%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Roasted Mushrooms (#165)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6 lbs mushrooms
½ cup vegetable oil
1 Tbsp garlic powder

Directions

1. Preheat oven to 400°F.
2. Wash and clean mushrooms. Dry with a paper towel.
3. Spray baking sheets with nonstick cooking spray. Lay mushrooms (cap-side down) across baking sheets.
4. Roast mushrooms for 12-15 minutes or until tender.
5. Serve immediately.

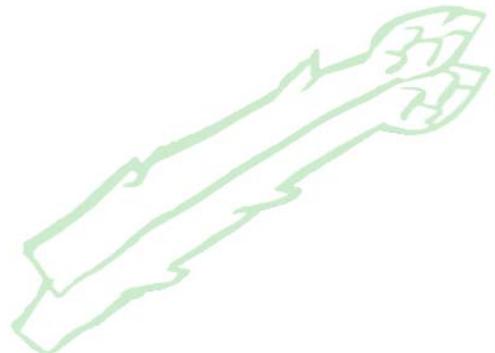
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	61	Calories from Fat	42
			% Daily Value
Total Fat	5 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	2 mg		0%
Total Carbohydrate	4 g		3%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	2 g		
Vitamin A	0%	Calcium	0%
Vitamin C	3%	Iron	17%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Mediterranean Salad (#177)

Yield: 25 servings
Serving size: Approximately 1 cup

Ingredients

2 lbs baby arugula
1.25 lbs cucumbers, sliced
1 lb red onions, sliced
0.75 lb tomatoes, sliced
1 ¼ cup balsamic vinegar
1 cup vegetable oil
Ground black pepper to taste (optional)

Directions

1. Wash and cut vegetables.
2. Toss arugula and vegetables together.
3. In another bowl combine balsamic vinegar and vegetable oil and whisk with a fork.
4. Pour over salad mix and add ground black pepper to taste if desired.

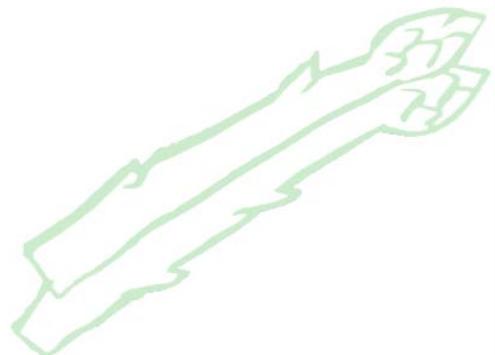
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	104	Calories from Fat	80
		% Daily Value	
Total Fat	9 g		14%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	10 mg		1%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		3%
Sugars	4 g		
Protein	1 g		
Vitamin A	64%	Calcium	4%
Vitamin C	6%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Lemon Garlic Escarole (#179)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5 lbs escarole, chopped
4 garlic cloves
2 lemons, sliced
1/3 cup vegetable oil

Directions

1. Wash and strip escarole leaves from the stems.
2. Place vegetable oil, lemon slices and garlic cloves in a saucepan on medium heat.
3. Add escarole and cook until tender.

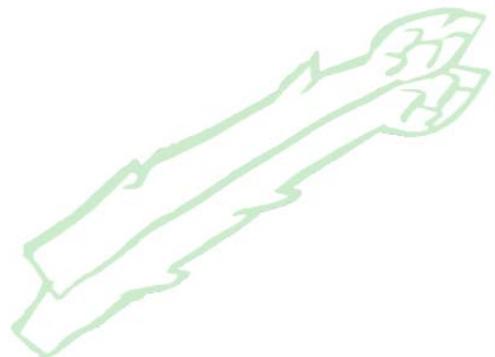
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	40	Calories from Fat	27
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	16 mg		1%
Total Carbohydrate	3 g		3%
Dietary Fiber	3 g		9%
Sugars	0 g		
Protein	1 g		
Vitamin A	170%	Calcium	4%
Vitamin C	13%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Cucumber Tomato Salad (#181)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2.5 lbs cucumbers, chopped
3.5 lbs tomatoes, chopped
1 cup lemon juice
¼ cup parsley, fresh, chopped

Directions

1. Wash and cut vegetables and put into a bowl.
2. Mix lemon juice and chopped parsley and drizzle on top.
Toss salad to coat.

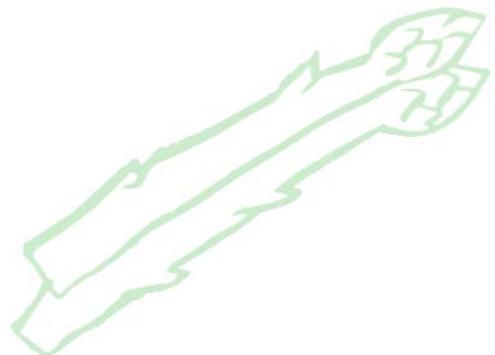
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	14	Calories from Fat	1
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	3 mg		0%
Total Carbohydrate	3 g		3%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	1 g		
Vitamin A	50%	Calcium	1%
Vitamin C	13%	Iron	3%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.



Steamed Peas (#183)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5.25 lbs peas, frozen

Directions

1. Fill a large pot with water and place steaming basket with peas on top.
2. Cover and bring to a boil for 5-12 minutes.
3. Remove peas and serve immediately.

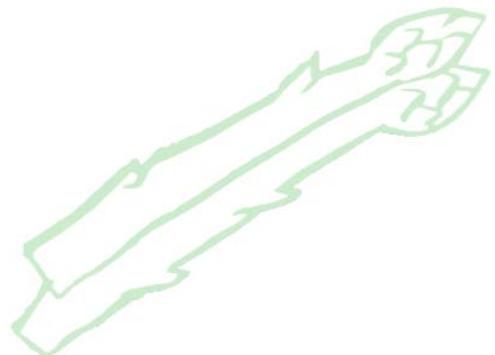
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	62	Calories from Fat	2
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	58 mg		4%
Total Carbohydrate	11 g		9%
Dietary Fiber	4 g		16%
Sugars	4 g		
Protein	4 g		
Vitamin A	187%	Calcium	2%
Vitamin C	9%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu and is a good source of fiber.



Savory Potato Salad (#297)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

5 lbs potatoes, cubed
5 celery stalks, chopped
1 cup arugula leaves, chopped
¼ cup red onion, minced
1 ¾ cup mayonnaise, light
1 Tbsp Dijon mustard
¼ cup red wine vinegar
2 Tbsp lemon zest
Ground black pepper to taste

Directions

1. Cover potatoes with 1 inch of cold water in a large pot or Dutch oven. Bring to a boil, and then reduce heat to medium. Cook until potatoes are fork tender (approximately 25-30 minutes).
2. Drain and let cool slightly. When potatoes are cool enough to handle, chop into 1-inch pieces and place in a large bowl. Toss potatoes with soup mix, vinegar and ground black pepper to taste. Cover bowl with plastic wrap and refrigerate until cool (20 to 25 minutes).
3. Toss potatoes with celery, onion, Dijon mustard, mayonnaise and lemon zest. Fold in arugula and parsley. Taste and adjust seasoning, if necessary. Serve immediately.

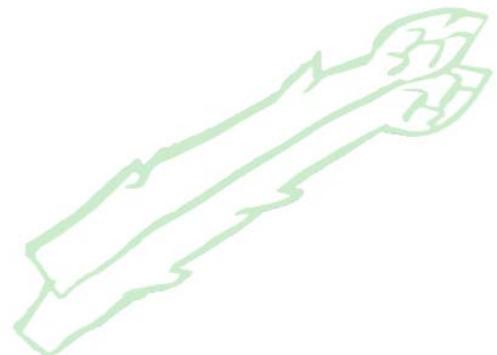
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	122	Calories from Fat	51
			% Daily Value
Total Fat	6 g		9%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	6 mg		2%
Sodium	151 mg		10%
Total Carbohydrate	16 g		13%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	2 g		
Vitamin A	22%	Calcium	2%
Vitamin C	12%	Iron	11%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu. This is considered a starchy vegetable.



Russian Tomato Salad (#298)

Yield: 25 servings
Serving size: Approximately $\frac{3}{4}$ cup

Ingredients

2 lbs onions, chopped
2.25 lbs tomatoes, chopped
3.25 lbs red and green bell peppers, chopped
2 lbs sour cream, low fat
 $\frac{1}{4}$ cup dill

Directions

1. In a medium bowl, toss together onions, tomatoes and bell peppers.
2. Blend sour cream and dill in a small bowl.
3. Lightly toss into the salad mixture and coat. Cover and chill until serving.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories 77		Calories from Fat 24	
		% Daily Value	
Total Fat	3 g		4%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	12 mg		4%
Sodium	37 mg		2%
Total Carbohydrate	12 g		9%
Dietary Fiber	2 g		8%
Sugars	7 g		
Protein	3 g		
Vitamin A	92%	Calcium	8%
Vitamin C	63%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the vegetable component of the menu.

