

Fruit and Veggie Quantity Cookbook

Revised Edition



NH Obesity Prevention Program
Department of Health and Human Services
Division of Public Health Services
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Foreword

The *Fruit and Veggie Quantity Cookbook* is a revision of the 2003 *5 A Day Quantity Recipe Cookbook* and the 2009 *Fruit and Veggie Quantity Recipe Cookbook*. See the **Recipe Criteria** on the next page.

Partners

The NH Obesity Prevention Program in the Department of Health and Human Services, Division of Public Health Services, led the cookbook project with assistance from the following partners who generously contributed their time and talent:

- **New Hampshire Hospital Food and Nutrition Services, Concord, New Hampshire**
- **Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, Atlanta, Georgia**
- **University of Hawaii, College of Tropical Agriculture and Human Resources, Cooperative Extension Service, Nutrition Education for Wellness Program, Honolulu, Hawaii**
- **Kearsarge Regional School District Food Service, New London, New Hampshire**

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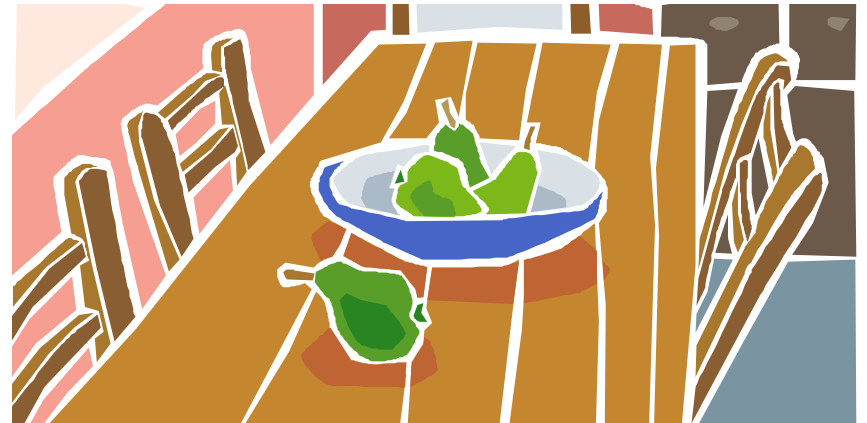
Appendices

In addition to the quantity recipes, be sure to review and use the appendices. They include:

- **Ready to Copy Family-Size Fruit and Vegetable Recipes** can be used shared with your customers.
- **Resources** provide links to information about fruits and vegetables, Fruits & Veggies—More Matters®, the School Lunch and Breakfast Programs, and more.
- **Taste-Test Surveys for Students and Adults** are an easy way to receive feedback when introducing new foods.

Comments, Questions, and Suggestions

Please send your comments, questions, and suggestions regarding this cookbook to the NH Obesity Prevention Program at OPP@dhhs.state.nh.us or 603-271-4551.



Recipe Criteria

The recipes in this cookbook meet the following criteria.

- Each portion provides **at least ½ cup of fruit or vegetable per 250 calories**.
- **Added sugars** do not exceed 15% of total calories. Concentrated fruit juice sweeteners, jams and jellies count as added sugars.
- Fat content is limited.
 - **Total fat** is less than 35% of total calories.
 - **Saturated fat** is less than 10% of total calories.
 - **Trans fat** is less than 0.5 gram per serving.
 - The fat found naturally in fruits and vegetable is not counted in the limits described above.
 - When **nuts** are part of the recipe, ¼ ounce of nuts is allowed per portion without counting toward the fat. Nuts are in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).
- **Sodium** content is limited to no more than 600 milligrams per serving.
- **Fiber** content is at least 0.014 grams per calorie of naturally occurring fiber (28g of fiber/2000 calories).

Abbreviations

g	gram or grams
lb	pound or pounds
mg	milligram or milligrams
oz	ounce or ounces
Tb	tablespoon or tablespoons
tsp	teaspoon or teaspoons
#	number
#10 can	number 10 can = 12 cups = 3 quarts = 96 ounces
▲	Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.
▣	USDA commodity fruits, vegetables and beans listed in the <i>Food Buying Guide for Child Nutrition Programs (2008 edition)</i> Note: Available items are subject to change.
🌶️	Recipe can be served with crushed red pepper on the side.
① ②	Recipe comments, optional instructions, and/or optional ingredients
🕒	Serving size
★	In the Recipe Index, this symbol indicates recipes that fit into more than one menu category .

Soups



Bean and Barley Soup

Recipe H-8

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/3 cup		2/3 cup	3¼ Tb	<ol style="list-style-type: none"> 1. In a large stockpot or steam kettle heat oil over medium heat. 2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown. 3. Add garlic. Cook 2 minutes. 4. Add stock, soy sauce, hot sauce, basil, and thyme. Bring to a boil. 5. Add barley and return to boil. Reduce heat and simmer 45 minutes until barley is tender. 6. Add the beans and return to simmer. 7. Hold until ready to serve. <p>🔴 Serve 1 cup (8 ounces).</p>
Onions, peeled, diced 🟥	4 lb		8 lb		2 lb	
Celery, diced 🟥	2 lb		4 lb		1 lb	
Carrots, diced, fresh or frozen 🟥	4 lb		8 lb		2 lb	
Garlic, minced		3 Tb		4 Tb	2 Tb	
Vegetable stock, low sodium		3½ gallons		7 gallons	7 quarts	
Soy sauce, reduced sodium		2 Tb		¼ cup	3 tsp	
Hot pepper sauce		2 tsp		1 Tb +1 tsp	1 tsp	
Basil, dried		1 Tb +1 tsp		2 Tb +2 tsp	2 tsp	
Thyme, dried		1 Tb +1 tsp		2 Tb +2 tsp	2 tsp	
Barley, dry		4½ cups		9 cups	2¼ cups	
Canned white beans, rinsed and drained 🟥	7½ lb		15 lb		3¾ lb	

🟥 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Bean and Macaroni Soup

Recipe H-9

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		¼ cup		½ cup	2 Tb	<ol style="list-style-type: none"> 1. Heat oil in steam kettle or large stockpot. 2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown. 3. Add mushroom, garlic, tomatoes and bay leaves and bring to simmer. 4. Add vegetable broth, and drained beans. Return to simmer. 5. Add macaroni and cook for 10-15 minutes, or just until macaroni is tender. 6. Add sage, thyme, oregano and black pepper and serve. <p>🕒 Serve 1 cup (8 ounces).</p>
Onion, fresh or frozen, small diced 🟥	2 lb		4 lb		1 lb	
Carrots, diced, fresh or frozen 🟥	2 lb		4 lb		1 lb	
Celery, small diced 🟥	2 lb		4 lb		1 lb	
Mushrooms, sliced, canned 🟥	24 oz		48 oz		12 oz	
Garlic, minced		3 Tb		1/3 cup	1 ½ Tb	
Tomatoes, diced, canned, reserve juice 🟥		1 #10 can		2 #10 cans	6 cups	
Vegetable stock, low sodium		1 gallon		2 gallons	2 quarts	
Bay leaves		3		6	2	
Beans (white, red, or brown), canned, drained, and rinsed 🟥	6½ lb		13 lb		3¼ lb	
Enriched macaroni/pasta or whole-wheat macaroni/pasta	4 lb		8 lb		2 lb	
Sage, ground		2 tsp		1 Tb +1 tsp	1 tsp	
Thyme, dry		2 tsp		1 Tb +1 tsp	1 tsp	
Oregano, dry		1 tsp		2 tsp	½ tsp	
Black pepper, ground		1 tsp		2 tsp	½ tsp	

🟥 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Corn Chowder

Recipe H-10

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter	4 oz		8 oz		2 oz	<ol style="list-style-type: none"> 1. Melt butter in large stockpot or tilt steam kettle. Add oil. 2. Cook onions in butter-oil mixture 5 minutes over medium heat or until vegetables are soft. Do not brown. 3. Add celery to onions and cook over medium heat for 10 minutes or until vegetables are soft. Do not brown. 4. Add flour to vegetables, coating evenly. 5. Over medium heat cook flour 5 minutes, using caution to not burn flour. 6. Slowly add water. Stir well. Be sure to loosen any flour from bottom of pan. 7. Add bay leaves, poultry seasoning (optional), and potatoes. 8. Gently simmer until potatoes are tender. 9. Add corn and milk. Heat through, but do not boil after milk is added. 10. Remove bay leaves. Add salt and white pepper. 11. Finish with chopped parsley. <p>🔴 Serve 1 cup (8 ounces).</p>
Canola oil	4 oz		8 oz		2 oz	
Onions, Spanish, diced 🟩	3 lb		6 lb		1½ lb	
Celery, diced 🟩	2 lb		4 lb		1 lb	
Flour, all purpose		¾ lb		1½ lb	6 oz	
Water		3 quarts		1½ gallons	1½ quarts	
Bay leaves, dry		4		8	2	
Poultry seasoning (optional)		1½ tsp		1 Tb	¾ tsp	
Potatoes, diced 🟩	8 lb		16 lb		4 lb	
Corn kernels, frozen 🟩	4 lb		8 lb		2 lb	
Lowfat milk, (1%)		2 quarts		1 gallon	1 quart	
Salt		1½ Tb		3 T	2 tsp	
White pepper, ground		1 tsp		2 tsp	½ tsp	
Parsley, dried		2 Tb		¼ cup	1 Tb	

🟩 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Pesto Minestrone

Recipe H-13

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		2 Tb		¼ cup	1 Tb	<ol style="list-style-type: none"> 1. In large stockpot or steam kettle lightly cook onion in olive oil 5 minutes over medium heat until soft. Do not brown. 2. Add carrots and broccoli. 3. Cook stirring occasionally 5 minutes. 4. Add tomatoes (with juice), water and chicken broth. Bring to boil. 5. Add beans and pasta. Cook 10 minutes or until pasta is al dente. 6. While pasta is cooking prepare Pesto in blender or food processor. 7. Add the fresh basil, parsley, garlic, Parmesan cheese and olive oil. 8. Puree until smooth and uniformly blended. If too thick, add a few drops of water. 9. Just before serving, remove soup from heat and stir in pesto. <p>🍷 Serve 1 cup (8 ounces).</p> <p>🌶️ Can be served with crushed red pepper on the side</p>
Onion, Spanish, diced 🍷	2 lb		4 lb		1 lb	
Carrots, diced, fresh or frozen 🍷	2 lb		4 lb		1 lb	
Broccoli, fresh or frozen, chopped 🍷	2 lb		4 lb		1 lb	
Tomatoes, canned, no salt, chopped, reserve juice for soup		1 #10 can		2 #10 cans	½ of a #10 can	
Water		1 gallon		2 gallons	2 quarts	
Chicken broth, low sodium		1 gallon		2 gallons	2 quarts	
Kidney beans, canned, drained and rinsed 🍷	6 lb		12 lb		3 lb	
Enriched macaroni/pasta or whole-wheat macaroni/pasta	2 lb		4 lb		1 lb	
Pesto		1 quart		2 quarts	2 cup	
Basil, fresh leaves, washed		1 quart		2 quarts	2 cup	
Italian parsley or curly parsley, fresh leaves, washed		¼ cup		½ cup	1/8 cup	
Garlic cloves, peeled		3 Tb		1/3 cup	1½ Tb	
Parmesan cheese, finely grated		2 Tb		¼ cup	1 Tb	

🍷 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Tomato Vegetable Soup

Recipe H-12

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen vegetables (mixture of carrots, potatoes, peas, corn, green beans) ■	6 lb		12 lb		3 lb	<ol style="list-style-type: none"> 1. Combine all ingredients in large tilt skillet, stockpot or Dutch oven. 2. Bring to a boil. 3. Cover and reduce heat to simmer for 30-45 minutes. 4. Remove bay leaves before serving. <p>● Serve ¾ cup (6 ounces).</p>
Onion, diced, ready to use ■	2 lb		4 lb		1 lb	
Green peppers, diced ■	1 lb		2 lb		½ lb	
Tomato juice, low sodium, canned		4 48-oz cans		8 48-oz cans	2 48-oz cans	
Water		1 quart		2 quarts	2 cups	
Mushrooms, canned, sliced ■	24 oz		48 oz		12 oz	
Bay leaves		5		8	3	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Touchdown Tomato Basil Soup

Recipe H-14

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Oil, olive or canola		¼ cup		½ cup	2 Tb	<ol style="list-style-type: none"> 1. Heat oil in large stockpot. 2. Skin and dice onion. Cook for 5 minutes over medium heat or until soft. Do not brown. 3. Add diced celery and diced carrots and cook 10 minutes or until vegetables are soft. Do not brown. 4. Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes. 5. Drain and rinse chickpeas. 6. Add chickpeas and diced tomatoes and return to simmer. 7. Add tomato sauce and vegetable broth and heat thoroughly. 8. Finish soup with dry basil and Parmesan cheese. For optimal flavor, add basil right before serving. 9. Adjust seasoning with salt and pepper. <p>🔴 For adults, basil amounts can be doubled.</p> <p>🟠 Serve ¾ cup (6 ounces).</p> <p>🔪 Can be served with crushed red pepper on the side.</p>
Onion, diced 🟡	2 lb		4 lb		1 lb	
Celery, diced 🟡	1 lb		2 lb		½ lb	
Carrot, diced 🟡	1¾ lb		3½ lb		¾ lb	
Garlic cloves, minced		2 Tb		¼ cup	1 Tb	
Spinach, stems removed, washed, roughly chopped 🟡	2 lb		4 lb		1 lb	
Tomatoes, canned, diced 🟡		1 #10 can		2 #10 cans	½ #10 can	
Canned chickpeas, rinsed and drained 🟡	4 lb		8 lb		2 lb	
Tomato sauce, low sodium		2 48-oz cans		4 48-oz cans	1 48-oz can	
Vegetable broth, low sodium		2 quarts		1 gallon	1 quart	
Parmesan cheese		1½ cups		3 cups	¾ cup	
Basil, dry 🔴		4 tsp		2½ Tb	2 tsp	

🟡 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Salads



Chicken Caesar-Style Salad

Recipe E-24

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Diced cooked chicken	6¼ lb		12½ lb		3¼ lb	<ol style="list-style-type: none"> 1. If frozen, defrost the diced cooked chicken in a refrigerator. 2. Separate chicken into 2-ounce portions. 3. Preheat oven to 375° F. 4. Spray non-stick cooking spray evenly to coat baking sheet. 5. Spread whole wheat bread for croutons onto sprayed baking sheet and bake for 10-15 minutes until golden color and crispy. Let cool. 6. Make the dressing. In a mixing bowl, combine lemon juice, Dijon mustard, garlic and black pepper. Whisk in oil, slowly at first and continue whisking until all of oil has been added. 7. Place toasted (cooled) croutons into large bowl and drizzle with a slight amount of dressing just to coat. 8. Add lettuce and other vegetables to croutons. Add remaining dressing, and Parmesan cheese. Toss lightly to evenly coat. 9. Serve immediately. <p>🔴 Serve 2 ounces cooked chicken and 1 cup (8 ounces) salad.</p>
Non-stick cooking spray						
Whole wheat bread, cut into 1-inch cubes	2 lb		4 lb		1 lb	
Dressing		1 cup		2 cup	½ cup	
Lemon juice						
Dijon mustard		4 Tb		½ cup	2 Tb	
Garlic, minced		4 Tb		½ cup	2 Tb	
Black pepper, ground		1 Tb		2 Tb	1 ½ tsp	
Olive oil		1 cup		2 cups	½ cup	
Iceberg lettuce, washed and spun, cut into bite size pieces 🟤		10 heads		20 heads	5 heads	
Romaine lettuce, washed and spun, cut into bite size pieces 🟤		10 heads		20 heads	5 heads	
Celery, chopped 🟤		3 quarts		1½ gallons	6 cups	
Cucumbers with skin, chopped 🟤		3 quarts		1½ gallons	6 cups	
Parmesan cheese, grated		1½ cup		3 cup	¾ cup	

🟤 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Orange Couscous Salad

Recipe E-25

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Water		3 quarts		1½ gallon	6 cups	<ol style="list-style-type: none"> In large saucepan heat water to a boil. Add dry couscous, turmeric and black pepper and cover. Turn off heat and let sit covered for 5 minutes. Fluff with fork and let sit. In a large bowl combine chickpeas, oranges, onion and raisins. Make dressing. In a separate bowl whisk together orange zest, lemon juice, olive oil and chives. Pour dressing over chickpea mixture. Mix well. Fold in the cooled couscous. Cover and refrigerate at least 1 hour. <p>🍷 Serve 1 cup (8 ounces).</p>
Couscous, whole wheat, dry		2½ quarts		5 quarts	5 cups	
Turmeric, ground		2 Tb		¼ cup	1 Tb	
Black pepper, ground		2 tsp		1 Tb+1 tsp	1 tsp	
Chickpeas, canned, drained 🍷	6½ lb		13 lb		3¼ lb	
Mandarin oranges, canned, drained 🍷	3 lb		6 lb		1½ lb	
Onion, red, small diced		3½ cups		7 cups	1¾ cups	
Raisins, seedless 🍷		1 quart		2 quarts	2 cups	
Dressing						
Orange zest, minced		1/3 cup		2/3 cup	3 Tb	
Lemon juice		1½ cups		3 cup	¾ cup	
Olive oil		2/3 cup		1-1/3 cup	1/3 cup	
Chives, dry		2 Tb		4 Tb	1 Tb	

🍷 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Pineapple Poppy Seed Salad

Recipe E-26

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Pineapple, fresh, peeled and cored, or canned, chunk ■	4 lb	4	8 lb	8	2 lb or 2	<ol style="list-style-type: none"> 1. Place pineapple chunks in large bowl. 2. Add sliced kiwi, bananas, melon and strawberries to bowl. 3. Combine lemon juice and honey in medium bowl. 4. Add poppy seeds and lime zest to dressing bowl. Whisk together to blend. 5. Pour dressing over fruit and toss lightly to evenly coat fruit. 6. Cover with food film and refrigerate at least 15 minutes for best flavor. <p>● Serve ½ cup (4 ounces).</p>
Kiwi fruit, peeled and cut in half and then into sliced ■		13		25	6	
Bananas, peeled and sliced ■		10		20	5	
Strawberries, hulled and sliced ■		1½ quarts		3 quarts	3 cups	
Melon, honeydew or cantaloupe, peeled and medium dice or balls ■		1½ quarts		3 quarts	3 cups	
Dressing						
100% pineapple juice, unsweetened ■		2 cups		1 quart	1 cup	
Honey		½ cup		1 cup	¼ cup	
Lime zest, grated		4 tsp		2½ Tb	2 tsp	
Poppy seeds		2 Tb		4 Tb	1 Tb	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Rainbow Fruit Salad

Recipe E-27

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Orange Honey Dressing						<ol style="list-style-type: none"> To make dressing, combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk well to completely mix dressing. Prepare all of the fruit as listed. To minimize browning of fruit, place in bowl with dressing as soon as it is prepared. Toss lightly to coat evenly. Cover bowl with wrap and refrigerate until served. <p>🔴 Serve ½ cup (4 ounces).</p>
Orange juice, unsweetened 🔴		1½ cups		3 cups	¾ cup	
Lemon juice		1 cup		2 cups	½ cup	
Honey		1/3 cup		2/3 cup	3 Tb	
Ginger, ground		½ tsp		1 tsp	¼ tsp	
Nutmeg, ground		½ tsp		1 tsp	¼ tsp	
Mango, peeled and diced 🔴		4		8	2	
Blueberries, washed 🔴		1 quart		2 quarts	2 cups	
Nectarines, unpeeled and sliced 🔴		8		16	4	
Strawberries, hulled, sliced in half 🔴		2 quarts		4 quarts	1 quart	
Grapes ▲ 🔴, red or green seedless, washed		1 quart		2 quarts	2 cups	
Kiwi fruit, peeled and sliced 🔴		16		32	8	
Banana, peeled and sliced 🔴		8		16	4	

🔴 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

Raspberry Grape Salad

Recipe E-28

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Yogurt, vanilla, low-fat		1 quart		2 quarts	2 cups	<ol style="list-style-type: none"> 1. Combine yogurt and raspberries in large bowl. 2. Add mint to yogurt mixture and mix well. 3. Add green and red grapes to the yogurt mixture and toss lightly to coat. 4. Chill well before serving. <p>🍷 Serve ¾ cup (6 ounces).</p>
Raspberries, frozen (block or IQF) 🍷, or fresh		2 quarts		1 gallon	1 quart	
Mint, dried		2 Tb		4 Tb	1 Tb	
Red grapes ▲ 🍷, seedless, washed		3 quarts		6 quarts	6 cups	
Green grapes ▲ 🍷, seedless, washed		3 quarts		6 quarts	6 cups	

🍷 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

Treasure Salad

Recipe E-30

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apple, any variety, with peel, diced (local, if available) ■		13		25	6	<ol style="list-style-type: none"> 1. Wash apples thoroughly. Slice into quarters lengthwise. Core quarters. Cut into medium dice and place in large bowl. 2. Drizzle with lemon juice and toss to coat evenly. 3. Wash grapes and remove from the stem. Add to apple and lemon juice mixture. 4. Fold yogurt into apples and grapes. Mix to evenly coat. Cover with food film and refrigerate. 5. Garnish with slivered almonds individually (1 tsp per portion), or entire salad. <p>● Serve $\frac{3}{4}$ cup (6 ounces).</p>
Lemon juice		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	2 Tb	
Grapes ▲ ■ , seedless, washed		3 quarts		6 quarts	6 cups	
Yogurt, low fat, vanilla		1 quart		2 quarts	2 cups	
Almonds, slivered, lightly toasted		$1\frac{1}{2}$ cups		3 cups	$\frac{3}{4}$ cup	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

▲ **Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.**

Tropical Fruit Salad

Recipe E-31

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Peaches, canned, packed in juice, diced ■		1 #10 can		2 #10 cans	½ of a #10 can	<ol style="list-style-type: none"> 1. Drain peaches. 2. Prepare ingredients as listed. 3. In a large bowl combine all ingredients. 4. Toss well to mix evenly and chill. <p>● Serve ½ cup (4 ounces).</p>
Strawberries, fresh, hulled and halved or frozen, IQF or block frozen ■	4 lb		8 lb		2 lb	
Kiwis, peeled and sliced ■		10		20	5	
100% pineapple juice, unsweetened ■		1 48 fl oz can		2 48 fl oz cans	3 cups	
Mint, dried	2 oz		4 oz		3 Tb	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Breakfast Items



Fruit on a Raft (Waffles with Apples)

Recipe J-5

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen waffles, whole-grain, Child Nutrition Program approved		50		100	25	<ol style="list-style-type: none"> 1. Toast waffles until golden brown on both sides in 375° F oven for 15 minutes. 2. Wrap waffles with foil. Keep warm until ready to serve. 3. Heat apples in large tilt skillet, pot or steam kettle. 4. Add water and raisins to the heating apple mixture. Add dry spices to apple mixture and bring to a boil. 5. Whisk cornstarch into cold water to make a slurry. 6. Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat. 7. To serve, unwrap waffles and re-crisp in 350° F oven for 5 minutes. <p>🕒 Serve ¾ cup (6 ounces) warm apple mixture over each toasted waffle.</p>
Unsweetened apples, canned, peeled and diced 🟥		2 #10 cans		4 #10 cans	1 #10 can	
Water		2 quarts		1 gallon	1 quart	
Raisins, seedless 🟥	2 lb		4 lb		1 lb	
Cinnamon, ground		1 Tb		2 Tb	1½ tsp	
Allspice, ground (optional)		3 tsp		2 Tb	1½ tsp	
Cornstarch		2/3 cup		1-1/3 cup	1/3 cup	
Water, cold		2/3 cup		1-1/3 cup	1/3 cup	

🟥 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Fruity Breakfast Parfait

Recipe J-6

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Bananas, peeled and sliced ■ ❶ ❷		13		25	6½	<ol style="list-style-type: none"> 1. In glasses or see-through cups put a base layer of 1/8 cup or approximately 3 banana slices. 2. On top of the bananas place an even layer of ¼ cup sliced strawberries. 3. In each parfait, add an even layer of ¼ cup yogurt. 4. In each parfait, add an even layer of ½ cup chopped pineapple. 5. In each parfait, add a second layer of ¼ cup yogurt. 6. In each parfait, top the yogurt with 1 tablespoon chopped dates. 7. Finish parfait with a sprinkle of toasted almond slices. 8. Refrigerate until ready to serve. <p>⦿ Serve 1 parfait per person.</p>
Strawberries, hulled and sliced ■ ❶		3 quarts + ½ cup		6 quarts + 1 cup	1½ quarts + ¼ cup	
Yogurt, vanilla, low fat		12 quarts + 2 cups		25 quarts	6 quarts + 1 cup	
Pineapple, chopped ■ ❶		6 quarts + 1 cup		12 quarts + 2 cups	3 quarts + ½ cup	
Dates, chopped ■ ❶		4 cups		8 cups	2 cups	
Almonds, sliced, toasted		3 cups		6 cups	1½ cups	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

❶ Other fruits can be substituted for those shown including apples, blueberries, grapes ▲, kiwi, mango, nectarines, oranges, peaches, pears, plums, and raspberries.

❷ If the parfait needs to be held for a while before serving, the banana may brown. It may be best to add the banana right before serving.

▲ **Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.**

Golden Apple Oatmeal

Recipe J-7

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apples, fresh or canned, diced ■		1½ gallons		3 gallon	3 quarts	<ol style="list-style-type: none"> 1. Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil. 2. Add salt, cinnamon and nutmeg. 3. Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy. 4. Turn heat to low, cover oats and hold until ready to serve, or place into sprayed hotel pan for steam table. <p>⦿ Serve 1 cup (8 ounces).</p>
100% apple juice, unsweetened ■		1 gallon		2 gallons	2 quarts	
Water		1 gallon		2 gallons	2 quarts	
Salt		2 Tb		4 Tb	1 Tb	
Cinnamon, ground		¼ - ½ cup		½ - 1 cup	2 - 4 Tb	
Nutmeg, ground		2 tsp		4 tsp	1 tsp	
Rolled oats, uncooked		1 gallon		2 gallons	2 quarts	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Spanish Broccoli Frittata

Recipe J-8

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Onion, small, diced ■		2 cups		1 quart	1 cup	<ol style="list-style-type: none"> 1. In a large non-stick skillet, or skillet sprayed with non-stick spray, heat onions and broccoli over medium high heat 10 minutes. 2. Add minced garlic and diced green chilies (optional). 3. Simmer until excess liquid is removed from vegetables. 4. In a separate container whisk egg substitute with milk and spices. Mix well. Mixture should be slightly frothy. 5. Coat 2-inch hotel pans with cooking spray. Pour mixture into pans. Cover with plastic wrap. Steam 30-40 minutes. 6. Heat oven to 350° F. Uncover pans. Bake 10 minutes. 7. Sprinkle top with shredded cheese. Bake 5 minutes or until browned. 8. Hold in 200° F oven until ready to serve. <p>● Cut 5x5 to make 25 servings per pan. Serve with salsa (optional).</p>
Broccoli, fresh, chopped ■	8 lb		16 lb		4 lb	
Garlic, minced		¼ cup		½ cup	2 Tb	
Green chiles, canned, diced (optional)	16 oz		32 oz		8 oz	
Egg substitute		12½ cups		25 cups	6¼ cups	
Milk, non-fat (0%) (can use reconstituted)		3 cups		1½ quarts	1½ cup	
Cumin, ground (optional)						
Black pepper, ground		3 tsp		2 Tb	1½ tsp	
Chili powder, ground		2 Tb		¼ cup	1 Tb	
Cheddar cheese, shredded		2½ cups		5 cups	1¼ cup	
Salsa (optional)						

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Strawberry Yogurt Breakfast Split

Recipe J-9

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Petite bananas ■		50		100	25	<ol style="list-style-type: none"> 1. Peel bananas and slice lengthwise. Place onto individual plates. 2. Top banana with 1 cup sliced strawberries. 3. Top berries with ½ cup (4 ounces) yogurt. 4. Top yogurt with 1 tablespoon chopped almonds. <p>● Serve 1 split per person.</p>
Strawberries, hulled, sliced, fresh or frozen ■ ❗		3 gallons + 2 cups		6 gallons + 1 quart	1½ gallons + 1 cup	
Low-fat vanilla yogurt		6 quarts		3 gallons	3 quarts	
Almonds, toasted, chopped		3 cups		1½ quarts	1½ cups	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

❗ Other fruits can be substituted for those shown including apples, blueberries, grapes ▲, kiwi, mango, nectarines, oranges, peaches, pears, plums, and raspberries.

▲ **Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.**

Side Dishes



Apple Glazed Sweet Potatoes

Recipe I-20

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Sweet potatoes, fresh, whole ■	18 lb		36 lb		9 lb	<ol style="list-style-type: none"> 1. Preheat oven to 375° F. 2. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. 3. Peel potatoes (optional). 4. Slice potatoes lengthwise into wedges. 5. Place apple juice in steam kettle, tilt skillet or sauté pan and reduce to ¼ over medium high heat. 6. Add nutmeg, cinnamon and salt to apple glaze and stir in pats of butter. Reduce heat. 7. Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through. 8. Keep warm in a 200° F oven until ready to serve. <p>⦿ Serve 4 wedges.</p>
100% apple juice, unsweetened ■	2 quarts		1 gallon		1 quart	
Nutmeg, ground		2 tsp		1 Tb	1 tsp	
Cinnamon, ground		2 Tb		¼ cup	1 Tb	
Salt		2 Tb		1/8 cup	1 Tb	
Butter, unsalted, cut into 1-inch pats	¼ lb	½ cup	½ lb	1 cup	¼ cup or 2 oz	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Orange-Sauced Vegetables

Recipe I-22

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Broccoli, fresh or frozen, cuts ■	4 lb		8 lb		2 lb	<ol style="list-style-type: none"> 1. Steam broccoli and carrots until bright and slightly tender. 2. Heat water chestnuts thoroughly in saucepan until heated through. 3. In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil. 4. Combine soy sauce and cornstarch to make slurry. 5. While whisking, pour soy sauce and cornstarch slurry into boiling orange juice and honey mixture to thicken. 6. Pour sauce over hot vegetables and toss lightly to coat. <p>● Serve ½ cup (4 ounces).</p>
Baby carrots, fresh or frozen ■	2 lb		4 lb		1 lb	
Water chestnuts, canned ■ or frozen	2 lb		4 lb		1 lb	
Orange zest, minced		2 Tb		4 Tb	3 tsp	
100% orange juice, unsweetened ■		3 cups		1½ quarts	1½ cup	
Soy sauce, reduced sodium		¼ cup		½ cup	2 Tb	
Cornstarch		¼ cup		½ cup	2 Tb	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Red Potatoes with Herbs

Recipe I-23

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Baby red potatoes, unpeeled ■	14 lb		28 lb		7 lb	<ol style="list-style-type: none"> 1. In a large stockpot or steam kettle boil potatoes until just fork-tender – approximately 20 minutes. 2. While potatoes are cooking combine basil, chives, lemon juice, pepper, and oil in a saucepan and heat to simmer. 3. Drain potatoes once tender, and let the steam evaporate. 4. Allow potatoes to air dry slightly before coating with oil mixture. 5. Pour hot herb and oil mixture over the cooked potatoes and toss lightly to evenly coat. 6. Serve immediately or hold in 200° F oven until ready to serve. <p>● Serve ½ cup (4 ounces).</p>
Basil, dry		½ cup		¾ cup	6 Tb	
Chives, dry		½ cup		¾ cup	6 Tb	
Lemon juice		½ cup		¾ cup	6 Tb	
Black pepper, ground		1 ½ tsp		1 Tb	¾ tsp	
Vegetable oil		2/3 cup		1-1/3 cups	1/3 cup	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Roasted Butternut Squash

Recipe I-24

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butternut squash ■ , average size (use local produce, if available) or Fresh winter squash peeled, seeded, and cut into large cubes or Frozen winter squash peeled, seeded, and cubed	20 lb		40 lb		10 lb	<ol style="list-style-type: none"> 1. Preheat oven to 350° F. 2. If not already prepared, remove seeds from squash and cut into lengthwise quarters or into large cubes. 3. Place squash onto baking sheet that has been lightly coated with non-stick cooking spray. 4. In a small bowl mix together cinnamon or allspice, salt and pepper. Mist squash with water or cooking spray and dust each with mixed spices. 5. Bake squash 30-40 minutes until tender. <p>● Serve one wedge or ½ cup (4 ounces) cubed squash.</p>
Cinnamon or Allspice		2 tsp		1 Tb + 1 tsp	1 tsp	
Salt		2 Tb		4 Tb	1 Tb	
Black pepper, ground		2 tsp		1 Tb +1 tsp	1 tsp	
Spray oil, or water spray as needed						

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Spiced Butternut Squash

Recipe I-24-B

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butternut squash, ■ (use local produce, if available) or Fresh winter squash peeled, seeded, and cubed or Frozen winter squash peeled, seeded, and cubed	20 lb		40 lb		10 lb	<ol style="list-style-type: none"> 1. Place squash in 2-inch hotel pans. 2. Steam squash for 30-40 minutes, or until tender. 3. <i>If unpeeled, removed the skins.</i> 4. In a small bowl, mix cinnamon, salt, and pepper. 5. Place steamed squash and spices in a mixing bowl. Use a wire whip attachment to mash the squash. <p>● Serve ½ cup (4 ounces).</p>
Cinnamon		2 tsp		1 Tb + 1 tsp	1 tsp	
Salt		2 Tb		4 Tb	1 Tb	
Pepper, black ground		2 tsp		1 Tb +1 tsp	1 tsp	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Vegetable Sage Stuffing

Recipe I-25

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter, unsalted	¼ lb	½ cup	½ lb	1 cup	¼ cup	<ol style="list-style-type: none"> 1. Preheat oven to 375° F. 2. In a large saucepan or steam kettle melt butter. 3. Add onions, celery and carrots to melted butter and cook over medium heat for 10 minutes. 4. Add mushrooms, dry sage, poultry seasoning, pepper and peas. 5. Add broth and simmer until volume of broth has reduced by ½. 6. Add cubed bread and stir until evenly moistened and vegetables are uniformly spread throughout stuffing. 7. Place stuffing into 4-inch hotel pans that have been sprayed with non-stick cooking spray. [For the 100-serving recipe, use 4 pans; for the 50-serving recipe, use 2 pans; for the 25-serving recipe, use 1 pan.] 8. Bake uncovered for 30-45 minutes until top is slightly crispy and golden brown. <p>🕒 Cut 5x5 to make 25 servings per pan.</p>
Onion, skinned, diced	2 lb		4 lb		1 lb	
Celery, diced 🟥	2 lb		4 lb		1 lb	
Carrots, diced, fresh or frozen 🟥	4 lb		8 lb		2 lb	
Mushrooms, button, sliced 🟥	2 lb		4 lb		1 lb	
Gene peas, frozen 🟥		8 cups		16 cups	4 cups	
Sage, dry, ground		2 Tb		4 Tb	1 Tb	
Poultry seasoning		2 Tb		4 Tb	1 Tb	
Black pepper, ground		2 Tsp		1 Tb	1 Tsp	
Chicken broth, low sodium		3 quarts		6 quarts	1½ quarts	
Whole wheat bread, day-old, sliced into 1-inch cubes		4 lb		8 lb	2 lb	

🟥 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Main Dishes



Chicken Ratatouille

Recipe D-52

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		1 cup		2 cups	½ cup	<ol style="list-style-type: none"> 1. Heat oil in large tilt skillet. 2. Sauté chicken 3 minutes on each side in hot oil. 3. Add onion, eggplant, zucchini, green peppers, and mushrooms. 4. Continue to stir occasionally about 10 minutes. 5. Add garlic and cook 1 minute. 6. Add tomatoes, including the juice from the tomatoes to the chicken and vegetables. 7. Add the dried basil, parsley and black pepper. 8. Simmer chicken until thermometer reads 165° F internal temperature. <p>🍷 Serve 1 chicken breast with ¾ cup (6 ounces) vegetables on top.</p> <p>🍚 Nice to serve with rice.</p> <p>🌶️ Can be served with crushed red pepper on the side.</p>
Chicken breast, boneless, skinless, 2-ounce portion when cooked		50		100	25	
Onion, Spanish, diced 🍅	2 lb		4 lb		1 lb	
Eggplant, diced 🍅	2 lb		4 lb		1 lb	
Zucchini, diced 🍅	2 lb		4 lb		1 lb	
Green peppers, diced 🍅	2 lb		4 lb		1 lb	
Mushrooms, fresh or canned 🍅, sliced	2 lb		4 lb		1 lb	
Garlic, minced	2 oz		4 oz		6 cloves	
Tomatoes, canned, chopped 🍅		2 #10 cans		4 #10 cans	1 #10 can	
Dried parsley		4 Tb		½ cup	2 Tb	
Black pepper, ground		2 Tb		¼ cup	1 Tb	
Dried basil leaves		4 Tb		½ cup	2 Tb	

🍅 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Tomato and Bean Burritos

Recipe D-53

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1 cup		2 cups	½ cup	<ol style="list-style-type: none"> 1. Heat oil in large stockpot, tilt skillet or steam kettle. 2. Add the tomatoes and onions to the pan. Sauté for 15 minutes over medium high heat, stirring occasionally. 3. Add garlic and spices. Stir well. 4. Add kidney beans and return to simmer. Add dried parsley to mixture. Remove from heat. 5. Preheat tortillas in microwave, 1-2 minutes until warm or wrap tortillas tightly with aluminum foil and heat in 350° F oven 15 minutes. 6. Once tortillas are warm place ¾ cup of the filling in the center of tortilla. 7. Sprinkle each tortilla with 2 tablespoons shredded cheese and fold one side over the mixture towards the center. 8. Fold the two opposite sides toward the center and then fold onto remaining side to make a burrito. 9. Line up burritos closely on a sheet pans lined with parchment paper. Wrap tightly with plastic wrap and then top with foil. To keep burritos soft until served, the pan must be covered tightly. 10. Hold in 200° F oven. <p>🔴 Serve one burrito per person.</p>
Tomatoes, fresh, medium diced ■	25 lb		50 lb		12½ lb	
Onion, diced ■		6 cups		12 cups	3 cups	
Garlic, minced		2 Tb		1/8 cup	1 Tb	
Chili powder, ground		2 Tb		¼ cup	1 Tb	
Cumin, ground		2 tsp		1 Tb+1 tsp	1 tsp	
Red kidney beans, canned, drained and rinsed ■		1 gallon		2 gallons	2 quarts	
Parsley, dried		2 Tb		1/4 cup	1 Tb	
Enriched 10-inch flour tortillas, or 10-inch whole-wheat tortillas		50		100	25	
Mozzarella or cheddar cheese, shredded		2½ cups		5 cups	1¼ cups	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Tomatoes with Garbanzos and Rosemary over Rotini Pasta

Recipe D-54

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		½ cup		1 cup	¼ cup	<ol style="list-style-type: none"> 1. Heat water to cook pasta. The amount of water should be in a 4:1 ratio (water to pasta). Add pasta and cook to al dente. Place cooked pasta in sprayed hotel pans, cover tightly with wrap and hold in 200° F oven until ready to serve. 2. In a large skillet, heat olive oil over medium heat. 3. Add minced garlic and dried rosemary to oil to infuse the flavor into the oil. Cook approximately 2 minutes; do not brown garlic. 4. Add crushed red pepper flakes and chopped tomatoes w/ juice. 5. Increase heat to medium high and simmer sauce until it begins to thicken. Approximately 8-10 minutes. 6. Add garbanzo beans and heat thoroughly. 7. Add green beans to sauce. Heat thoroughly. The beans should be firm. 8. Add dried parsley to sauce. 9. Place sauce in hotel pans and hold in 200° F oven until ready to serve. <p>🕒 Serve 1 cup cooked pasta topped with 1 cup (8 ounces) sauce and ½ teaspoon Parmesan cheese.</p>
Garlic, minced		1/3 cup		2/3 cup	3 Tb	
Rosemary, dried		1 Tb + 1 tsp		3 Tb	2 tsp	
Red pepper flakes, crushed		1 tsp		2 tsp	½ tsp	
Tomatoes, canned, diced, undrained 🟥		2 #10 cans		4 #10 cans	1 #10 can	
Garbanzo beans, canned, rinsed and drained 🟥	7½ lb		15 lb		3¾ lb	
Green beans, frozen, thawed, drained 🟥		12½ cups		25 cups	6¼ cups	
Parsley, dried leaves		¼ cup		½ cup	2 Tb	
Enriched rotini (or other) pasta or whole-wheat pasta	9 lb		18 lb		4½ lb	
Parmesan cheese, grated		1¾ cups		3 cups	¾ cup	

🟥 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Miscellaneous



Cool Clementines

Recipe M-1

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Clementines ■		50		100	25	<ol style="list-style-type: none"> 1. Peel each clementine and divide into sections. 2. Arrange individual clementine sections on a parchment-covered sheet pan. 3. Place sheet pan into freezer for at least ½ hour to freeze solid. 4. Once frozen, sections can be placed in individual ½ cup portions and held in the freezer until ready to serve. <p>● Serve ½ cup (4 ounces).</p>

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

Go Bananas Orange Dip

Recipe M-2

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Bananas, peeled ■		25		50	12	<ol style="list-style-type: none"> Place bananas in large blender or food processor. Add yogurt to bananas and blend on low speed until thoroughly mixed. Place dip in serving bowl or into individual ½ cup portions. Arrange oranges onto serving platter or onto individual plates. This recipe can be presented with the dip in the center of the tray and colorful “dippers” arranged around the edge. <p>❶ If age-appropriate, fruit can be skewered and stuck into a piece of dense fruit as a base, such as melon or pineapple for a dramatic presentation.</p> <p>❷ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</p>
Yogurt, lowfat or non-fat, vanilla or plain ❶		3½ quarts		6 quarts	1¾ quarts	
Oranges, peeled, sectioned ■ Or try other “dippers.” Many fruits and vegetables make good dippers. For example: <ul style="list-style-type: none"> ▪ Apples ■ ▪ Cantaloupe ■ ▪ Grapes ▲ ■ ▪ Kiwi slices ■ ▪ Strawberries ■ ▪ Orange sections ■ ▪ Pineapple ■ ▪ Watermelon ■ ▪ Honeydew or other melons ■ ▪ Bell Peppers ■ ▪ Broccoli ■ ▪ Carrots ■ ▪ Cauliflower ■ ▪ Celery ■ ▪ Cucumbers ■ 		50		100	25	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

❶ If using plain yogurt, add 2 Tb honey per quart.

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

Polar Berries

Recipe M-3

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Grapes ▲ ■ seedless, red, purple, and/or green		6 quarts + 1 cup		3 gallons + 2 cups	3 quarts + ½ cup	<ol style="list-style-type: none"> 1. Wash grapes well and remove stems. 2. Arrange individual grapes on a parchment-covered sheet pan. 3. Place sheet pan into freezer for at least 30 minutes to freeze solid. 4. Once frozen, polar berries can be placed in individual ½-cup portion cups and held in the freezer until ready to serve. <p>🕒 Serve ½ cup (4 ounces).</p>

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

Strawberry Shake

Recipe M-4

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
100% pineapple juice, unsweetened, canned ■		3 quarts		1½ gallons	1½ quarts	<ol style="list-style-type: none"> 1. Add pineapple juice, strawberries and yogurt in a gallon container. 2. Use immersion blender to puree until smooth. [If immersion blender is not available mixture can be divided into smaller batches and blended in upright blender or food processor. 3. Add honey, milk and lemon juice to fruit puree and blend until completely incorporated. 4. Chill until ready to serve. <p>❶ To make a thicker shake, use unthawed frozen berries.</p> <p>❷ Serve ¾ cup (6 ounces).</p>
Strawberries, fresh or frozen ■ ❶	8 lb		16 lb		4 lb	
Vanilla yogurt, nonfat or lowfat		2 quarts		4 quarts	1 quart	
Honey		2/3 cup		1 1/3 cup	1/3 cup	
Milk, lowfat (1%)		1 gallon		2 gallons	2 quarts	
Lemon juice		¼ cup		½ cup	2 Tb	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

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Raspberry Grape Salad★.....	21	F	
Strawberry Yogurt Split★.....	35	F	M
Treasure Salad★	23	F	
Tropical Fruit Salad★	25	F	

Miscellaneous

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★ = Recipe listed in more than one category

Child Nutrition Program Food Components

See recipes for amounts.

F = Provides CNP **FRUIT** Component

G = Provides CNP **GRAIN/BREAD** Component

M = Provides CNP **MEAT/MEAT ALTERNATE** Component

V = Provides CNP **VEGETABLE** Component

Appendix A

Family-Size Recipes



Ready-to-Copy Family-Size Fruit and Veggie Recipes

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Quantity versions of the recipes (25, 50, and 100 servings) are at www.dhhs.nh.gov/dphs/nhp/obesity.htm.

The following recipes are family-size versions of the quantity recipes found in the *Fruit and Veggie Quantity Cookbook*, which is a revision of the 2003 *5 A Day Quantity Recipe Cookbook* and the 2009 *Fruit and Veggie Quantity Recipe Cookbook*.

Partners

The NH Obesity Prevention Program in the Department of Health and Human Services, Division of Public Health Services, led the cookbook project with assistance from the following partners who generously contributed their time and talent:

- **New Hampshire Hospital Food and Nutrition Services, Concord, New Hampshire**
- **Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, Atlanta, Georgia**
- **University of Hawaii, College of Tropical Agriculture and Human Resources, Cooperative Extension Service, Nutrition Education for Wellness Program, Honolulu, Hawaii**
- **Kearsarge Regional School District Food Service, New London, New Hampshire**

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Abbreviations Used in the Family-Size Recipes

g gram or grams

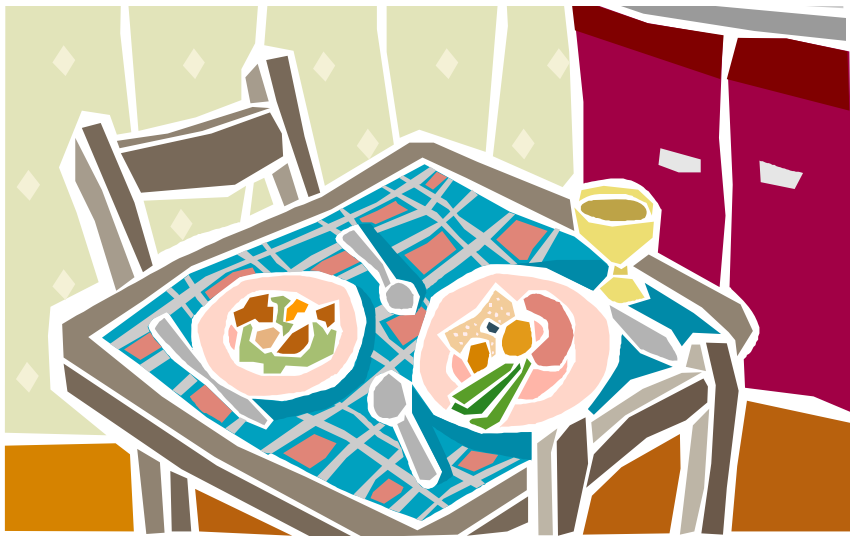
mg milligram or milligrams

▲ **Grapes are a choking hazard for young children.** When serving young children, cut grapes in half or substitute another chopped fruit.

🔪 **Recipe can be served with crushed red pepper on the side.**

① ② Both symbols identify **recipe comments, optional instructions, and/or optional ingredients.**

★ In the Recipe Index, this symbol indicates **recipes that fit into more than one menu category.**



Recipe Criteria

The recipes in this cookbook meet the following criteria.

- Each portion provides **at least ½ cup of fruit or vegetable per 250 calories.**
- **Added sugars** do not exceed 15% of total calories. Concentrated fruit juice sweeteners, jams and jellies count as added sugars.
- Fat content is limited.
 - **Total fat** is less than 35% of total calories.
 - **Saturated fat** is less than 10% of total calories.
 - **Trans fat** is less than 0.5 gram per serving.
 - The fat found naturally in fruits and vegetable is not counted in the limits described above.
 - When **nuts** are part of the recipe, ¼ ounce of nuts is allowed per portion without counting toward the fat. Nuts are in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).
- **Sodium** content is limited to no more than 600 milligrams per serving.
- **Fiber** content is at least 0.014 grams per calorie of naturally occurring fiber (28g of fiber/2000 calories).

Apple Glazed Sweet Potatoes

Serves 6

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 30 minutes

½ cup apple juice

¼ teaspoon cinnamon

½ teaspoon salt

3 large sweet potatoes, cooked

- Cut sweet potatoes in half lengthwise.
- Pour apple juice into a skillet over low heat. Stir in cinnamon and salt.
- Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes.

Nutrients per Serving

90 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 230mg sodium

21g carbohydrate; 3g dietary fiber; 8g sugars; 2g protein

350% vitamin A; 30% vitamin C; 4% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation and the American Cancer Society

Bean and Barley Soup

Serves 8

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 40 minutes

1 tablespoon canola oil

3 celery ribs, diced

3 carrots, diced

1½ cups chopped onions

9 cups low sodium vegetable stock

¾ cup pearly barley, medium

3 garlic cloves, minced

1 tablespoon low sodium soy sauce

¼ teaspoon hot-pepper sauce

¼ teaspoon dried basil

¼ teaspoon dried thyme

1 (19 ounce) can cannelloni (or other white) beans, rinsed and drained

- In a 4-quart saucepan over medium heat, warm the oil.
- Add the celery, carrots, onions and garlic. Cook, stirring frequently, for 6 to 7 minutes, or until tender.
- Add the stock, barley, garlic, soy sauce, hot-pepper sauce, basil, and thyme; bring to a boil. Reduce the heat to low; cover and simmer for 50 minutes to 1 hour, or until barley is just tender.
- Stir in the beans; simmer for 5 to 10 minutes, or until heated through.

Nutrients per Serving

160 calories

16% calories from fat; 3.0g fat; 3g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 520mg sodium

30g carbohydrate; 6g dietary fiber; 4g sugars; 5g protein

96% vitamin A; 6% vitamin C; 6% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation

Bean and Macaroni Soup

Serves 8

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 35 minutes

16-ounce can white, red, or brown beans
1½ teaspoons olive oil
¼ pound fresh mushrooms, sliced
½ cup coarsely chopped onion
1 cup sliced carrots
½ cup coarsely chopped celery
1 clove garlic, minced
1½ cups peeled, chopped tomatoes
½ teaspoon dried sage
½ teaspoon dried thyme
¼ teaspoon dried oregano
¼ teaspoon freshly ground black pepper
¼ teaspoon salt
1 bay leaf
½ pound uncooked macaroni

- Drain beans – save the liquid. Rinse the beans.
- Heat oil in a 3-quart kettle.
- Add mushrooms, onion, carrots, celery and garlic. Sauté 5 minutes.
- Add tomato, sage, thyme, oregano, pepper, salt and bay leaf.
- Cover and cook over medium heat for 20 minutes.
- Cook macaroni according to package directions – do not overcook. Drain macaroni.
- Measure reserved bean liquid. Add water to make 4 cups. Add this mixture and bean mixture to the cooked macaroni.
- Bring to a boil. Cover and simmer until soup is heated, stirring occasionally.
- Remove bay leaf before serving.

Nutrients per Serving

170 calories

11% calories from fat; 2.0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 340mg sodium

34g carbohydrate; 5g dietary fiber; 4g sugars; 8g protein

50% vitamin A; 10% vitamin C; 4% calcium; 20% iron

Original Recipe Source: Produce for Better Health Foundation and the National Heart, Lung, and Blood Institute

Chicken Caesar-Style Salad

Serves 4

Each serving provides 1 cup fruits/vegetables

Approximate preparation time: 25 minutes

Cooking spray
½ pound white chicken meat, cubed
3 slices whole wheat bread (1/2 inch-thick) cubed
¼ cup lemon juice
1 teaspoon olive oil
2 cloves garlic, peeled and finely minced
¼ teaspoon pepper
3 cups iceberg lettuce, torn
3 cups romaine lettuce, torn
1 cup chopped celery
1 cup sliced cucumber with skin
2 tablespoons grated or finely shredded Parmesan cheese

- Spray a medium skillet with cooking spray. Sauté the chicken until cooked through. Put chicken in a bowl and set aside to cool.
- Spray a baking sheet with cooking spray. Sprinkle bread cubes on baking sheet. Bake at 350° F for 10 – 12 minutes or until toasted.
- Meanwhile, in a small bowl, stir together lemon juice, olive oil, garlic, and pepper.
- Remove toasted bread from oven. Place in a shallow bowl. Sprinkle 2 tablespoons of the dressing mixture over the croutons. Toss to coat.
- In a salad bowl, toss lettuce, celery, and cucumber together. Add chicken, croutons, remaining dressing and Parmesan cheese. Toss well.
- Divide evenly onto 4 plates.

Nutrients per Serving

220 calories

25% calories from fat; 6g fat; 1.0g saturated fat; 0g trans fat

54mg cholesterol; 240mg sodium

17g carbohydrate; 5g dietary fiber; 5g sugars; 25g protein

60% vitamin A; 35% vitamin C; 20% calcium; 10% iron

Original Recipe Source: Produce for Better Health Foundation

Chicken Ratatouille

Serves 4

Each serving provides 1½ cups fruits/vegetables

Approximate preparation time: 40 minutes

4 medium chicken breast halves, skinned, fat removed, boned, cut into 1-inch pieces

1 tablespoon olive oil

2 zucchini, about 7" long, unpeeled, thinly sliced

1 small eggplant, peeled, cut into 1-inch cubes

1 medium onion, thinly sliced

1 medium green pepper, cut in 1-inch pieces

½ pound fresh mushrooms, sliced

½ pound frozen or fresh green beans – clean and trim if using fresh

16-ounce can whole tomatoes, cut-up

1 clove garlic, minced

1½ teaspoons dried basil, crushed

1 tablespoon fresh parsley, minced

½ teaspoon freshly ground black pepper

Crushed red pepper (optional) 🍷

- Heat oil in large non-stick skillet.
- Add chicken and sauté about 3 minutes, or until lightly browned.
- Add zucchini, eggplant, onion, green pepper, green beans, and mushrooms. Cook about 15 minutes, stirring occasionally.
- Add tomatoes, garlic, basil, parsley and pepper. Stir and continue cooking about 5 minutes, or until chicken is tender.
- Consider serving with rice.

🍷 Can be served with crushed red pepper on the side.

Nutrients per Serving

230 calories

23% calories from fat; 6g fat; 1.0g saturated fat; 0g trans fat

40mg cholesterol; 290mg sodium

25g carbohydrate; 9g dietary fiber; 12g sugars; 21g protein

20% vitamin A; 110% vitamin C; 10% calcium; 15% iron

Original Recipe Source: Produce for Better Health Foundation

Cool Clementines

Serves 4

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 10 minutes plus an hour to freeze

4 clementines

- Peel each clementine and divide into sections.
- Place sections onto a baking pan or jelly roll pan so that the sections are not touching.
- Place pan in freezer.
- When frozen, enjoy as a refreshing treat. Eat as is or toss them into your favorite yogurt or salad.

Nutrients per Serving

35 calories

0% calories from fat; 0g fat; --g saturated fat; --g trans fat

--mg cholesterol; 0mg sodium

9g carbohydrate; 1g dietary fiber; 7g sugars; 1g protein

--% vitamin A; 60% vitamin C; 2% calcium; 0% iron

Original Recipe Source: New Hampshire Department of Education

Corn Chowder

Serves 12

Each serving provides $\frac{3}{4}$ cup fruits/vegetables

Approximate preparation time: 45 minutes

$\frac{1}{2}$ tablespoon butter
 $\frac{1}{2}$ tablespoon canola oil
1 cup finely diced onions
1 cup finely diced celery
 $\frac{3}{4}$ cup flour
3 cups water
1 bay leaf
 $\frac{1}{4}$ teaspoon poultry seasoning (optional)
5 cups diced potatoes
3 cups corn kernels, frozen or fresh
2 cups low-fat (1%) milk
 $\frac{1}{4}$ teaspoon white pepper
1 teaspoon salt
 $1\frac{1}{2}$ teaspoons finely-chopped parsley

- Melt butter in a large soup pot. Add oil.
- Add onions and cook over medium heat for 5 minutes or until soft. Do not brown.
- Add celery to onions and cook over medium heat for 10 minutes or until soft. Do not brown.
- Add flour. Over medium heat, cook 5 minutes. Watch carefully being sure to not burn the flour.
- Slowly add water. Stir well. Be sure to loosen flour from the bottom of pot.
- Add bay leaf, poultry seasoning, and potatoes.
- Simmer until the potatoes are tender.
- Add corn and milk to the chowder. Heat through. Do not boil.
- Remove bay leaf. Add white pepper. Add salt, if needed.
- Add chopped parsley before serving.

Nutrients per Serving

180 calories

23% calories from fat; 4.5g fat; 1.0g saturated fat; 0g trans fat

<5mg cholesterol; 250mg sodium

34g carbohydrate; 3g dietary fiber; 5g sugars; 5g protein

5% vitamin A; 30% vitamin C; 8% calcium; 6% iron

Original Recipe Source: Produce for Better Health Foundation

Fruit on a Raft (Waffles with Apples)

Serves 2

Each serving provides $\frac{1}{2}$ cup fruits/vegetables

Approximate preparation time: 20 minutes (does not include waffle preparation)

4 frozen low fat whole grain waffles (or homemade whole-grain waffles)
15-ounce can unsweetened apples
 $\frac{1}{2}$ cup water
 $\frac{1}{8}$ teaspoon allspice
 $\frac{1}{8}$ teaspoon cinnamon

- Place the apples and water in a small saucepan.
- Add spices. Stir over medium heat until hot.
- Meanwhile, place the waffles in the toaster or prepare your own.
- When waffles are done, divide the apples among the waffles and serve.

Nutrients per Serving

300 calories

20% calories from fat; 7g fat; 1.5g saturated fat; 0g trans fat

0mg cholesterol; 460mg sodium

58g carbohydrate; 7g dietary fiber; 26g sugars; 7g protein

4% vitamin A; 0% vitamin C; 20% calcium; 25% iron

Original Recipe Source: National Cancer Institute

Fruity Parfait

Serves 4

Each serving provides $\frac{3}{4}$ cup fruits/vegetables

Approximate preparation time: 10 minutes

- 1 firm banana, peeled and sliced ❶ ❷
- 1 cup strawberries (fresh or frozen) ❶
- 2 cups low-fat vanilla yogurt
- 2 cups fresh or canned chopped pineapple ❶
- $\frac{1}{4}$ cup chopped dates ❶
- $\frac{1}{4}$ cup sliced, toasted almonds

- In four parfait glasses or see-through cups build up the parfait layers.
 - Start with a base layer of $\frac{1}{8}$ cup or approximately 3 slices of banana in each parfait.
 - Add a layer of $\frac{1}{4}$ cup sliced strawberries to each parfait.
 - Add a layer of $\frac{1}{4}$ cup yogurt to each parfait.
 - Add a layer of $\frac{1}{4}$ cup pineapple to each parfait.
 - Add a second layer of $\frac{1}{4}$ cup yogurt to each parfait.
 - Top the yogurt with 1 tablespoon each of chopped dates and toasted almond slices.
- ❶ Other fruits can be substituted for those shown above including oranges, apples, raspberries, blueberries, pears, peaches, nectarines, plums, kiwi, and mango.
- ❷ If the parfait needs to be held for a while before serving, the banana may brown. It may be best to add the banana right before serving.

Nutrients per Serving

280 calories

19% calories from fat; 6g fat; 1.5g saturated fat; 0g trans fat

10mg cholesterol; 70mg sodium

47g carbohydrate; 5g dietary fiber; 39g sugars; 8g protein

3% vitamin A; 78% vitamin C; 22% calcium; 6% iron

Original Recipe Source: Produce for Better Health Foundation

Go Bananas Orange Dip

Serves 2

Each serving provides $\frac{1}{2}$ cup fruits/vegetables

Approximate preparation time: 25 minutes

- 2 large bananas, peeled, cut into chunks
- $\frac{1}{2}$ cup non-fat plain yogurt
- 2 oranges, peeled and sectioned ❶

- Place banana chunks into blender and add yogurt. Blend on low speed for 30 seconds until thoroughly mixed.
 - Place dip into serving bowl in the center of serving platter. Surround bowl with orange sections.
- ❶ Try other dippers such as strawberries, kiwi, apples, bananas, pineapple, carrots, cucumbers, celery, broccoli, peppers, and cauliflower.

Nutrients per Serving

220 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 40mg sodium

57g carbohydrate; 11g dietary fiber; 34g sugars; 5g protein

8% vitamin A; 150% vitamin C; 15% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation

Golden Apple Oatmeal

Serves 1

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 20 minutes

½ cup diced Golden Delicious apples (or another variety of yellow apples)

1/3 cup each apple juice

1/3 cup water

1/8 teaspoon salt (optional)

dash of cinnamon

dash of nutmeg

1/3 cup uncooked, quick cooking rolled oats

- Combine apples, juice, water and seasonings. Bring to boil.
- Stir in rolled oats. Cook 1 minute.
- Cover and let stand several minutes before serving.

Nutrients per Serving

220 calories

8% calories from fat; 2.0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 310g sodium

47g carbohydrate; 6g dietary fiber; 25g sugars; 4g protein

0% vitamin A; 10% vitamin C; 4% calcium; 10% iron

Original Recipe Source: Produce for Better Health Foundation

Orange Couscous Salad

Serves 8

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 20 minutes

2 cups water

1½ cups couscous, whole wheat

¼ teaspoon turmeric

¼ teaspoon freshly ground black pepper

16-ounce can chickpeas, rinsed and drained

1 cup canned mandarin oranges, drained

½ cup chopped red onions

½ cup golden raisins

red leaf lettuce, 8 medium leaves

Dressing Ingredients

¼ cup lemon juice

2 tablespoons olive oil

1 tablespoon grated orange peel

1 tablespoon minced fresh chives

- In a 1-quart saucepan over high heat, bring the water to a boil.
- Add the couscous, turmeric and pepper. Remove from the heat, cover and let stand for 5 minutes, or until the couscous is soft. Fluff with a fork. Transfer to a large bowl.
- Stir in the chickpeas, oranges, onions, and raisins.
- In a small bowl, whisk together the lemon juice, oil, orange peel and chives. Pour over the salad and toss to mix well. Cover and refrigerate for at least 1 hour.
- Serve on plates lined with lettuce.

Nutrients per Serving

260 calories

17% calories from fat; 5.0g fat; 1.0g saturated fat; 0g trans fat

0mg cholesterol; 40mg sodium

47g carbohydrate; 9g dietary fiber; 12g sugars; 12g protein

25% vitamin A; 25% vitamin C; 6% calcium; 15% iron

Original Recipe Source: Produce for Better Health Foundation

Orange-Sauced Veggies

Serves 4

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 25 minutes

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts
(or other frozen mixed vegetable combination)

½ teaspoon finely shredded orange peel

¼ cup orange juice

1 tablespoon Dijon-style mustard

1 teaspoon soy sauce

- In a 1-quart microwave-safe casserole cook vegetables according to package directions.
- Meanwhile, in a small mixing bowl mix the orange peel, orange juice, mustard, and soy sauce. Stir with a fork or wire whisk until well mixed.
- Remove vegetables from microwave and drain.
- Toss vegetables with the orange juice mixture. Serve immediately.

Nutrients per Serving

30 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 160mg sodium

7g carbohydrate; 2g dietary fiber; 4g sugars; 1g protein

70% vitamin A; 40% vitamin C; 0% calcium; 2% iron

Original Recipe Source: Produce for Better Health Foundation and the Polyp Prevention Trial

Pesto Minestrone

Serves 8

Each serving provides 1 cup fruits/vegetables

Approximate preparation time: 35 minutes

16-ounce can diced tomatoes, drained

2 cups coarsely chopped cauliflower (2 small heads)

1 cup chopped onion (1 medium)

1 cup sliced carrot (1 medium)

1½ cup chopped zucchini (1-2 medium)

3 cups kidney beans or black-eyed peas, drained and rinsed (1 cup dry makes 3 cups cooked) or 2 15-ounce cans

3 14.5-ounce cans reduced-sodium chicken broth

1 cup elbow macaroni or small pasta shells

Crushed red pepper (optional) 🍴

Pesto Ingredients

2 tablespoons olive oil

2 garlic cloves

1 cup basil leaves, fresh, loosely packed OR 1 cup Italian parsley plus 1
teaspoon dried basil leaves

1 tablespoon water

- In a 5-6 quart saucepan bring to boil ½ cup water, tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender.
- Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes.
- Meanwhile put all pesto ingredients (olive oil, garlic cloves, basil/parsley, water) in food processor or blender and process until very finely chopped.
- Just before serving, remove soup from heat and stir in pesto.

🍴 Can be served with crushed red pepper on the side.

Nutrients per Serving

260 calories

17% calories from fat; 5.0g fat; 1.0g saturated fat; 0g trans fat

0mg cholesterol; 470mg sodium

43g carbohydrate; 14g dietary fiber; 14g protein; 6g sugars

70% vitamin A; 120% vitamin C; 8% calcium; 10% iron

Original Recipe Source: Produce for Better Health Foundation

Pineapple Poppy Seed Salad

Serves 4

Each serving provides 1¼ cups fruits/vegetables

Approximate preparation time: 25 minutes

Dressing Ingredients

½ cup pineapple juice

2 tablespoon lime juice

2 tablespoons honey

1 tablespoon poppy seeds

1 teaspoon lime peel, grated

Salad Ingredients

1 fresh pineapple

2 kiwi fruit, peeled and sliced

2 bananas, peeled and sliced

1 cup strawberries

1 cup melon cubes or balls

- Place dressing ingredients in a covered jar and shake. Set aside.
- Cut pineapple in half, lengthwise through crown. Cut pineapple into quarters. Cut fruit from shells, leaving shells intact. Trim off core and slice fruit.
- Combine pineapple with remaining fruit.
- Toss with poppy seed dressing. Marinate at least 15 minutes for the best flavor.
- Spoon into shells to serve.

Nutrients per Serving

230 calories

8% calories from fat; 2.0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 0mg sodium

56g carbohydrate; 6g dietary fiber; 40g sugars; 3g protein

30% vitamin A; 210% vitamin C; 8% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation

Polar Berries

Serves 4

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 10 minutes plus an hour to freeze

2 cups seedless red, purple, or green grapes ▲ – or a combination

- Rinse grapes and drain well.
- Place grapes in a freezable bowl or container and put into the freezer.
- When frozen, eat as is or toss them into your favorite yogurt or salad.

▲ Grapes are a choking hazard for young children.
When serving young children, cut grapes in half or substitute
another chopped fruit.

Nutrients per Serving

60 calories

0% calories from fat; 0g fat; 0g saturated fat; --g trans fat

0mg cholesterol; 0mg sodium

14g carbohydrate; <1g dietary fiber; <1g protein; 12g sugars

2% vitamin A; 15% vitamin C; 0% calcium; 2% iron

Original Recipe Source: California Grape Commission and the
"Kids...Get Cookin'!", California 5 A Day Campaign

Rainbow Fruit Salad

Serves 12

Each serving provides $\frac{3}{4}$ cup fruits/vegetables

Approximate preparation time: 20 minutes

Honey Orange Sauce Ingredients

$\frac{1}{3}$ cup unsweetened orange juice, unsweetened

$\frac{1}{2}$ tablespoon honey

$\frac{1}{4}$ teaspoon ground ginger

dash nutmeg

Salad Ingredients

1 large mango, peeled and diced

2 cups fresh blueberries

2 nectarines, unpeeled and sliced

2 cups fresh halved strawberries

2 cups seedless grapes ▲

2 sliced bananas

1 kiwifruit, peeled and diced

- Mix all sauce ingredients in a bowl or jar.
- Mix the fruit in a serving bowl.
- Just before serving, pour Honey Orange Sauce over fruit.

**▲ Grapes are a choking hazard for young children.
When serving young children, cut grapes in half or substitute
another chopped fruit.**

Nutrients per Serving

100 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 0mg sodium

25g carbohydrate; 3g dietary fiber; 19g sugars; 1g protein

6% vitamin A; 60% vitamin C; 0% calcium; 2% iron

Original Recipe Source: Produce for Better Health Foundation

Raspberry Grape Salad

Serves 6

Each serving provides $\frac{1}{2}$ cup fruits/vegetables

Approximate preparation time: 20 minutes

$\frac{1}{2}$ cup low-fat vanilla yogurt

1 cup raspberries, fresh (or defrosted frozen raspberries)

$\frac{1}{2}$ teaspoon dried mint

$\frac{1}{2}$ cups red seedless grapes ▲, washed

$\frac{1}{2}$ cups green seedless grapes ▲, washed

- Combine yogurt and raspberries in a mixing bowl.
- Add mint and mix well.
- Add green and red grapes. Toss lightly to coat.
- Chill well and serve.

**▲ Grapes are a choking hazard for young children.
When serving young children, cut grapes in half or substitute
another chopped fruit.**

Nutrients per Serving

80 calories

11% calories from fat; 1.0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 15mg sodium

20g carbohydrate; 2g dietary fiber; 16g sugars; 2g protein

1% vitamin A; 25% vitamin C; 4% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation

Red Potatoes with Herbs

Serves 4

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 30 minutes

1½ pound red potatoes (approximately 30)
1 tablespoon chopped fresh basil or thyme
2 tablespoon chopped chives
1 teaspoon lemon juice
1 teaspoon olive oil or vegetable oil
Freshly ground black pepper

- In saucepan, boil unpeeled potatoes until tender, about 15 minutes. Drain potatoes.
- Add basil, chives, lemon juice, oil and pepper to taste.
- Mix lightly and serve.

Nutrients per Serving

150 calories

1% calories from fat; 1.0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 10mg sodium

30g carbohydrate; 3g dietary fiber; 1g sugars; 4g protein

4% vitamin A; 50% vitamin C; 2% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation

Roasted Butternut Squash

Serves 4

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 50 minutes

1 butternut squash, about 1½ - 2 pounds or use peeled, diced squash
olive oil cooking spray
1/8 teaspoon cinnamon or allspice
1/8 teaspoon salt
¼ teaspoon pepper

- Preheat oven to 350° degrees F.
- Peel, seed, and coarsely chop the squash – or simply cut the squash into four wedges and remove the seeds.
- Mist the squash with water or cooking spray and dust with cinnamon (or allspice), salt and pepper.
- Bake for 30-40 minutes until tender.

Nutrients per Serving

60 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 80mg sodium

16g carbohydrate; 4g dietary fiber; 3g sugars; 1g protein

340% vitamin A; 40% vitamin C; 6% calcium; 6% iron

Original Recipe Source: National Cancer Institute

Spanish Broccoli Frittata

Serves 6

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 35 minutes

Non-stick cooking spray

¼ cup diced onion

3 cups chopped broccoli

½ tablespoon chopped garlic

½ can (2 ounces) diced green chilies, drained

1½ cups egg substitute (equal to 6 eggs)

6 tablespoons skim milk (0%)

½ teaspoon pepper

½ teaspoon chili powder

¼ cup shredded low-fat cheddar cheese

salsa (optional)

- Spray a 10-inch skillet with non-stick cooking spray.
- Sauté the onion, broccoli, and garlic until the broccoli is tender. Pour off any liquid.
- Add the diced green chilies.
- Meanwhile, mix egg substitute, milk and seasonings. Add to the broccoli mixture and cook until the eggs begin to set.
- Sprinkle cheese on top. Broil just until top is golden.
- Serve with salsa (optional).

Nutrients per Serving

90 calories

16% calories from fat; 1.5g fat; 1.0g saturated fat; 0g trans fat

<5mg cholesterol; 270mg sodium

5g carbohydrate; 2g dietary fiber; 3g sugars; 11g protein

50% vitamin A; 60% vitamin C; 10% calcium; 20% iron

Original Recipe Source: Produce for Better Health Foundation

Spiced Butternut Squash

Serves 4

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 50 minutes

1 butternut squash, about 1½ - 2 pounds, peeled, seeded and cubed or used frozen peeled, seeded, and cubed squash

1/8 teaspoon cinnamon

1/8 teaspoon salt

¼ teaspoon pepper

- Peel, seed, and coarsely chop the squash – or simply cut the squash into four wedges and remove the seeds.
- Steam 30-40 minutes or until tender.
- If unpeeled, removed the skins.
- Add cinnamon, salt and pepper.
- Mash or whip until smooth.

Nutrients per Serving

60 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 80mg sodium

16g carbohydrate; 4g dietary fiber; 3g sugars; 1g protein

340% vitamin A; 40% vitamin C; 6% calcium; 6% iron

Original Recipe Source: New Hampshire Hospital

Strawberry Shake

Serves 4

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 10 minutes

½ cup 100% pineapple juice
1½ cups unsweetened fresh or frozen strawberries ❶
1/3 cup nonfat or lowfat vanilla yogurt
1/3 cup nonfat milk
1¼ teaspoon honey
½ teaspoon lemon juice (optional)

■ Blend ingredients at medium speed until thick and smooth.

❶ To make a thicker shake, use unthawed frozen berries.

Nutrients per Serving

60 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 25mg sodium

14g carbohydrate; 1g dietary fiber; 10g sugars; 2g protein

2% vitamin A; 45% vitamin C; 8% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation

Strawberry Yogurt Breakfast Split

Serves 1

Each serving provides 1½ cups fruits/vegetables

Approximate preparation time: 10 minutes

1 small banana
1 cup fresh sliced strawberries
½ cup low fat vanilla yogurt
1 tablespoon chopped, toasted almonds

- Peel and split banana. Place banana halves in serving bowl.
- Top with strawberries, yogurt and chopped, toasted almonds.

Nutrients per Serving

270 calories

20% calories from fat; 6g fat; 1.0g saturated fat; 0g trans fat

6mg cholesterol; 70mg sodium

53g carbohydrate; 7g dietary fiber; 35g sugars; 8g protein

4% vitamin A; 180% vitamin C; 20% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation and the California Strawberry Commission

Tomato and Bean Burritos

Serves 4

Each serving provides 1 cup fruits/vegetables

Approximate preparation time: 35 minutes

3 large tomatoes, approximately 2 ½ pounds
1 teaspoon ground cumin
1 tablespoon vegetable oil
½ cup chopped onion
1 teaspoon minced garlic
1-2 tablespoons chili powder
10½-ounce can of red kidney beans, drained and rinsed
2 tablespoons chopped cilantro or parsley
8 6-inch flour tortillas, warmed

- Use fully ripe tomatoes.
- Core and coarsely chop the tomatoes. Makes about 4 cups. Set aside.
- In a medium saucepan, heat oil until hot.
- Add onion and garlic. Cook and stir until softened, about 3 to 4 minutes.
- Add chili powder and cumin. Cook and stir for 1 minute.
- Add kidney beans, ¼ cup water and tomatoes. Bring to a boil; reduce heat and simmer, uncovered, until mixture is thickened, about 20 minutes.
- Stir in cilantro or parsley. Remove from heat.
- To serve: spoon about 1/3 cup bean mixture in the center of each tortilla. Sprinkle with chopped fresh tomatoes and chopped onion. Roll up burrito. Repeat with remaining tortillas.

Nutrients per Serving

350 calories

26% calories from fat; 3.0g fat; 10g fat; 1.5g saturated fat; 0g trans fat

0mg cholesterol; 460g sodium

54g carbohydrate; 10g dietary fiber; 6g sugars; 12g protein

30% vitamin A; 30% vitamin C; 10% calcium; 15% iron

Original Recipe Source: Produce for Better Health Foundation and the Florida Tomato Committee

Tomato Vegetable Soup

Serves 8

Each serving provides ¾ cup fruits/vegetables

Approximate preparation time: 45 minutes

16-ounce package frozen mixed vegetables (carrots, potatoes, peas, green beans, etc.)
½ cup chopped onions (fresh or frozen)
¼ cup chopped green pepper (fresh or frozen)
1 cup sliced fresh mushrooms
46-ounce can low-sodium tomato juice
1 bay leaf
1 teaspoon dried basil
½ teaspoon salt
½ teaspoon pepper

- Combine all ingredients in a large Dutch oven.
- Bring to a boil. Reduce heat and cover. Simmer for 30 to 45 minutes.
- Remove bay leaf before serving.

Nutrients per Serving

70 calories

0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 270mg sodium

15g carbohydrate; 2g dietary fiber; 3g protein

8g sugars; 25% vitamin A; 80% vitamin C; 4% calcium; 6% iron

Original Recipe Source: Produce for Better Health Foundation and Pictsweet Frozen Foods

Tomatoes with Garbanzos and Rosemary over Pasta

Serves 6

Each serving provides 1 cup fruits/vegetables

Approximate preparation time: 30 minutes

1 tablespoon olive oil
1 tablespoon fresh minced rosemary or 1 teaspoon dried rosemary
1 28-ounce can diced tomatoes, undrained
2 tablespoons minced parsley
15-ounce can garbanzo beans, drained
4 garlic cloves, minced
1/8 teaspoon crushed red pepper flakes
1½ cups frozen green beans
16 ounces bowtie pasta
¼ cup grated Parmesan cheese (2 teaspoons per serving)

- Heat oil in a large skillet over medium heat. Add garlic and rosemary. Sauté 1 minute.
- Add pepper flakes and tomatoes. Increase heat to medium-high and cook, stirring often, until sauce thickens, about 8 minutes.
- Stir in garbanzos and cook until heated through.
- Cook pasta according to package directions. Drain and transfer to a warm serving bowl.
- Add frozen green bean to the sauce. Cook just until hot but still bright green and firm.
- Divide pasta among six serving plates. Serve sauce over pasta and add parsley.
- Serve with Parmesan cheese – 2 teaspoons per serving.

Nutrients per Serving

430 calories

10% calories from fat; 5.0g fat; 1.0g saturated fat; 0g trans fat

<5mg cholesterol; 430mg sodium

76g carbohydrate; 7g dietary fiber; 8g sugars; 18g protein

15% vitamin A; 35% vitamin C; 15% calcium; 20% iron

Original Recipe Source: Produce for Better Health Foundation

Touchdown Tomato-Basil Soup

Serves 8

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 45 minutes

2 large onions, peeled and sliced lengthwise
4 cloves of garlic, peeled and minced
2 teaspoons olive oil
2 cups drained chickpeas
2 tablespoons chopped fresh basil ❶
1 cup low-sodium tomato sauce
4 cups fat-free vegetable broth
4 fresh tomatoes, diced
2 tablespoons grated Parmesan cheese
Crushed red pepper (optional) 🍴

- In a medium stockpot, sauté onions and garlic in oil over medium heat until tender.
- Add chickpeas and 1 tablespoon of basil. Sauté 1 minute.
- Add tomato sauce, broth and tomatoes. Reduce heat and simmer 15 minutes.
- Stir in the remaining basil a few minutes before serving.
- Top with Parmesan cheese.

🍴 Can be served with crushed red pepper on the side.

❶ For adults, basil can be doubled.

Nutrients per Serving

140 calories

19% calories from fat; 3.0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 410mg sodium

24g carbohydrate; 5g dietary fiber; 6 sugars; 14g protein

30% vitamin A; 40% vitamin C; 10% calcium; 10% iron

Original Recipe Source: Produce for Better Health Foundation

Treasure Salad

Serves 2

Each serving provides 1 cup fruits/vegetables

Approximate preparation time: 25 minutes

1 green-skinned apple
1 cup seedless grapes ▲ – red, purple, green, or mixed
2 tablespoons lemon-flavored non-fat yogurt
2 tablespoons slivered almonds

- Core and chop apple.
- Mix together the apple, grapes, yogurt and almonds.
- Serve in small bowl.

▲ Grapes are a choking hazard for young children.
When serving young children, cut grapes in half or substitute another chopped fruit.

Nutrients per Serving

130 calories
28% calories from fat; 4.0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 10mg sodium
25g carbohydrate; 3g dietary fiber; 21g sugars; 3g protein
4% vitamin A; 20% vitamin C; 6% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation and the California Table Grape Commission

Tropical Fruit Salad

Serves 5

Each serving provides 1 cup fruits/vegetables

Approximate preparation time: 30 minutes

2 cups canned peaches packed in own juice
1½ cups fresh strawberries, stemmed and halved (a little more than a half pint basket)
1½ cups kiwi, pared and sliced (about 3 kiwi)
1 tablespoon finely chopped fresh mint (or 1 teaspoon crumbled dried mint)

- In a large bowl, combine all ingredients. Toss and chill.
- Serve as a salad, or arrange fruit on wooden skewers for fresh fruit kabobs.

Nutrients per Serving

90 calories
0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 5mg sodium
22g carbohydrate; 4g dietary fiber; 17g sugars; 1g protein
10% vitamin A; 120% vitamin C; 4% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation and the California Strawberry Commission

Vegetable Sage Stuffing

Serves 8

Each serving provides ½ cup fruits/vegetables

Approximate preparation time: 45 minutes (does not include baking time)

3 cups sliced mushrooms
3 cups frozen French style green beans, thawed and finely chopped
1 cup diced celery
1 cup finely chopped carrots (optional)
1 cup low sodium chicken broth
1 teaspoon sage
2 teaspoons poultry seasoning
salt to taste
pepper to taste
non-stick cooking spray
10 slices day-old enriched whole wheat bread cut into ½ inch cubes

- Preheat oven to 325° F.
- In large saucepan, combine the mushrooms, green beans, celery, onion, carrots, and broth.
- Cook, uncovered, until vegetables are tender and volume of broth has reduced by half (about 30 – 40 minutes).
- Add sage, poultry seasoning, salt and pepper.
- Gently add bread. Stir until moistened.
- Spray 1½ or 2 quart casserole or baking dish with non-stick cooking spray.
- Spoon mixture into the baking dish. Bake, uncovered, at 325° F for 30 – 40 minutes.

Nutrients per Serving

110 calories

16% calories from fat; 2.0g fat; 0g saturated fat; 0g trans fat

0mg cholesterol; 270mg sodium

19g carbohydrate; 4g dietary fiber; 3g sugars; 5g protein

4% vitamin A; 6% vitamin C; 4% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation and the Polyp Prevention Trial



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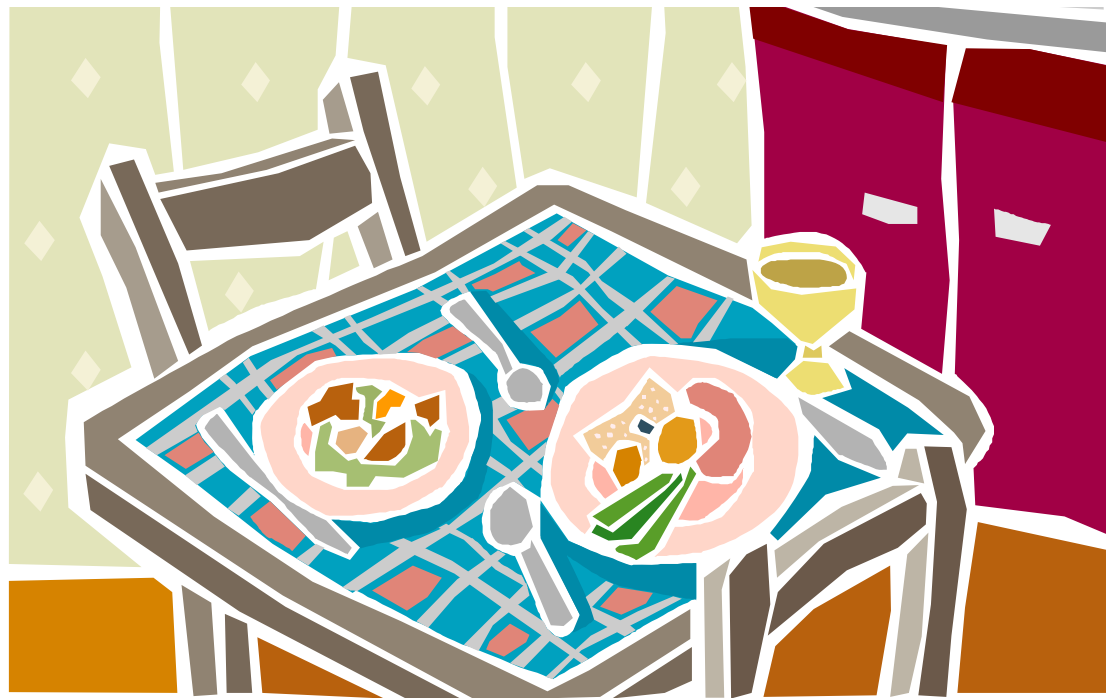
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★ = Recipe listed in more than one category.

Appendix B













Taste-Test Surveys



Taste-Test Survey Elementary School Students

Name of Recipe	What grade are you in?
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Please circle one answer on each row.

1. How did it look?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments
2. How did it smell?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments
3. How did it taste?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments
4. How was the texture (the way it feels in your mouth)?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments

Additional Comments:

Taste-Test Survey
Middle and High School Students and Adults

Name of Recipe	What grade are you in?
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Please circle one answer on each row.

1. How did it look?	I liked it	It was OK.	I did not like it.	Helpful comments
2. How did it smell?	I liked it	It was OK.	I did not like it.	Helpful comments
3. How did it taste?	I liked it	It was OK.	I did not like it.	Helpful comments
4. How was the texture (the way it feels in your mouth)?	I liked it	It was OK.	I did not like it.	Helpful comments

Additional Comments:

Appendix C

Resources

Centers for Disease Control and Prevention

www.fruitsandveggiesmatter.gov

Food Buying Guide for Child Nutrition Programs

www.fns.usda.gov/tn/resources/foodbuyingguide.html

Fruits & Veggies—More Matters®

www.fruitsandveggiesmorematters.org

NH Obesity Prevention Program, Department of Health and Human Services

www.dhhs.nh.gov/dphs/nhp/obesity.htm

School Nutrition Association

www.schoolnutrition.org

USDA National Food Service Management Institute HACCP-Based Standard Operating Procedures

<http://sop.nfsmi.org/HACCPBasedSOPs.php>

USDA National School Lunch Program

www.fns.usda.gov/cnd/Lunch

USDA School Breakfast Program

www.fns.usda.gov/cnd/Breakfast

