Iowa Gold Star Cycle Recipes

Bureau of Nutrition, Health, and Transportation, Iowa Department of Education - 2011

Iowa Gold Star Recipes

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Baked Potato with Chili

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Baking potato	3-4 oz (25 lbs total)	100 each (half of 100 ct potato)			1. Wash potatoes and pierce. Place on sheet tray. 2. Bake to minimum internal temp of 165°F until fork tender. (Convection oven: 350° F for 45 minutes). CCP: Hold potatoes at or above 135° F before and during service.
Beef crumbles, (USDA Foods) *	12 lb 11 oz				3. Combine beef crumbles, water, and chili mix. CCP: Heat to internal temperature of 165° F.
Water		1 qt 1 cup			
Chili seasoning mix, low sodium		1/3 cup			CCP: Hold at or above 135° F before and during service. 4. Portion 1 baked potato (or half of 100 ct. potato, cut horizontally) with ½ cup chili (No. 8 scoop) Notes: • Baking potatoes – 100 ct smaller potatoes or one 50 lb case of 100 ct.

*Iowa Processed USDA Foods

Serving Size	1 Serving Provides	Yield
1 baked potato (or half of 100 ct. potato, cut horizontally), ½ cup chili	2 oz equivalent meat/meat alternate and ½ c of vegetables.	100 servings

Nutrients Per Serving

Calories	240	Vitamin A	14 IU	Iron	2.9 mg
Protein	15.5 g	Vitamin C	13 mg	Calcium	40 mg
Carbohydrate	29 g	Dietary Fiber	3 g	Cholesterol	20 mg
Fat	6 g	% Fat	23 %	Sodium	285 mg
Saturated Fat	2.6 g	% Saturated Fat	10 %		

BBQ Pulled Pork on Whole Grain Bun

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Pork, seasoned, Cuban brand, cooked (USDA Foods)*	24 lb	3 bags (each 8 lb)			Heat seasoned pork according to directions. 1. Drain pork. 2. Add barbeque sauce to drained pork, stirring gently. CCP: Cook pork and hold above 135° F. CCP: Hold at or above 135° before and during service. 3. Serve 3.85 oz of pork and sauce on bun. Notes: • Each 8 lb bag of seasoned pork provides approximately 35 portions.
Barbeque sauce	4 lb 6 oz				
Whole grain hamburger buns (43 g)		100 count			

*Iowa Processed USDA Foods

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate, 1 ¾ serving grains/breads.	100 servings

Nutrients Per Serving

Calories	375	Vitamin A	0 IU	Iron	2.24 mg
Protein	37 g	Vitamin C	0 mg	Calcium	100 mg
Carbohydrate	30 g	Dietary Fiber	1.00 g	Cholesterol	100 mg
Fat	11 g	% Fat	27%	Sodium	870 mg
Saturated Fat	3 g	% Saturated Fat	7.7%		

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Beef and Bean Nachos

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Beef crumbles (USDA Foods)*	10 lb 12 oz				1. Mix all filling ingredients (beef crumbles, beans, taco seasoning and water) together, distribute evenly among pans, 25 portions per pan.
Refried beans	6 lb 6 oz	1 No.10 can			2. Bake at 350° F for approximately 30 minutes.
Taco seasoning, low sodium		1½ cup			CCP: Heat to internal temperature of 160° F. CCP: Hold at or above 135° before and during service.
Water		2 qt 2½ cups			
Cheese sauce, creditable (USDA Foods)*	11 lb 4 oz	2¼ - 5 lb bag			3. Heat cheese sauce over medium heat stirring frequently. CCP: Heat to internal temperature of 160° F. CCP: Hold at or above 135° before and during service.
Whole grain corn tortilla chips	9 lbs 6 oz				4. Portion ¼ cup filling and No. 20 scoop cheese sauce over 1 ½ oz chips.

*Iowa Processed USDA Foods

Serving Size	1 Serving Provides	Yield
¼ cup filling and No. 20 scoop cheese sauce over 1 ½ oz chips	2 oz equivalent meat/meat alternate, 1 ½ serving grains/breads.	100 servings

Nutrients Per Serving

Calories	463	Vitamin A	385 IU	Iron	2.28 mg
Protein	21.5 g	Vitamin C	3.7 mg	Calcium	260 mg
Carbohydrate	35 g	Dietary Fiber	4.7 g	Cholesterol	47 mg
Fat	24 g	% Fat	47 %	Sodium	1090 mg
Saturated Fat	8.3 g	% Saturated Fat	16 %		

Beef or Pork Burrito (D-12) on Whole Grain Tortilla

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat) *Or* Raw ground pork (no more than 15% fat)	10 lb 4 oz *Or* 10 lb 4 oz				1. Brown ground beef or pork. Drain.
Fresh onions, chopped *Or* Dehydrated onions	10 oz *Or* 2 oz	1 ¾ cups *Or* 1 cup			2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
Granulated garlic		2 Tbsp			CCP: Heat to 155°F for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.
Ground black or white pepper		1 Tbsp 1 tsp			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2 ¼ cups (1/2 No.10 can)			
Water		3 qt			
Seasonings:					
Chili powder		¼ cup 2 Tbsp			
Ground cumin		¼ cup			
Paprika		2 Tbsp			
Onion powder		2 Tbsp			
Cheddar cheese, reduced fat, shredded	5 lb	1 gal 1 qt			3. Combine shredded cheese with meat mixture.

Tortillas, whole grain 8” Cheddar cheese, reduced fat, shredded (optional)	 1 lb 10 oz	100 each 1 qt 2 ½ cups			4. Steam tortillas for 3 minutes until warm or place in warmer to prevent torn tortillas when folding. 5. Portion meat mixture with heaping No. 12 scoop (1/3 cup plus 1 Tbsp) onto each tortilla. Fold around meat envelope style. 6. Place folded burritos seam side down on sheet pans (18” x 26” x 1”) which have been lightly coated with pan release spray, 33-35 burritos per pan. For 100 servings, use 3 pans. 7. Bake: Conventional oven: 375°F for 15 minutes Convection oven: 325°F for 15 minutes CCP: Heat to 165°F or higher for at least 15 seconds. 8. Sprinkle shredded cheese (optional) evenly over burritos before serving. Notes: • Mature onions – 12 oz food as purchased • Mexican seasoning mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace seasoning ingredients. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning mix.

Serving Size	1 Serving Provides	Yield
1 burrito	2 oz equivalent meat/meat alternate, ¼ c of vegetables and 1 serving of grains/breads.	About 20 lb 10 oz (filling) 100 burritos; about 2 gallons 2 quarts (filling)

Nutrients Per Serving

Calories	250	Vitamin A	800 IU	Iron	2.08 mg
Protein	19 g	Vitamin C	9.7 mg	Calcium	300 mg
Carbohydrate	18 g	Fiber	3.5 g	Cholesterol	45 mg
Fat	11 g	% Fat	40 %	Sodium	400 mg
Saturated Fat	5 g	% Saturated Fat	20 %		

Beef Taco on Whole Grain Tortilla

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	12 lb 12 oz				1. Brown ground beef. Drain. Continue immediately.
Fresh onions, chopped *Or* Dehydrated onions	10 oz *Or* 2 oz	1 ¾ cup *Or* 1 cup			2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			CCP: Heat to 155°F for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.
Canned tomato paste, low sodium	1 lb 12 oz	3 cup 2 Tbsp (1/4 No.10 can)			
Water		2 qt			
Seasonings:					
Chili powder		¼ cup			
Ground cumin		3 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Cheddar cheese, reduced fat, shredded	3 lb 4 oz	3 qt 1 cup			3. For topping: set cheese aside for step 4. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 4.
Fresh lettuce, shredded	4 lb 14 oz	2 gal 1 qt			
Tomatoes, fresh, chopped	2 lb 10 oz	1 qt 1 ¾ cup			

Tortilla, whole grain 8”		100 each			4. Serving suggestions: 1 taco per serving a. Steam tortillas for 3 minutes until warm or place in warmer. b. Before serving or on serving line, fill each tortilla with 2 No. 30 scoops (1/4 cup plus ½ tsp) meat mixture. On each student tray serve 1 tortilla, No.10 scoop (3/8 cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese. Or c. Pre-portion No.10 scoop (3/8 cup) lettuce and tomato mixture and ½ oz shredded cheese into individual soufflé cups. Refrigerate until service. d. Transfer meat mixture and tortillas to steam table pans. On each student tray, serve 1 tortilla, 2 No. 30 scoops (1/4 cup ½ tsp) meat mixture and pre-portioned cheese and tomato mixture and pre-portioned cheese. Instruct students to “build” their own tacos. Notes: • Mature onions – 12 oz food as purchased. • Head lettuce – 6 lb 8 oz food as purchased. • Tomatoes – 3 lb 2 oz food as purchased. • Mexican seasoning mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

Serving Size	1 Serving Provides	Yield
1 taco	2 oz equivalent meat/meat alternate, ½ c of vegetable and 1 serving of grains/breads.	About 14 lb 8 oz (filling); about 31 lb 4 oz 1 ½ gallons 2 2/3 cups (filling) 100 tacos

Nutrients Per Serving

Calories	290	Vitamin A	560 IU	Iron	2.8 mg
Protein	19 g	Vitamin C	7.2 mg	Calcium	180 mg
Carbohydrate	24 g	Fiber	4.0 g	Cholesterol	42 mg
Fat	12 g	% Fat	37 %	Sodium	480 mg
Saturated Fat	4.5 g	% Saturated Fat	14 %		

Beef Taco Salad

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	12 lb 12 oz				1. Brown ground beef. Drain. Continue immediately.
Fresh onion, chopped *Or* Dehydrated onions	10 oz *Or* 2 oz	1 ¾ cups *Or* 1 cup			2. Add onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer 25-30 minutes. CCP: Heat to 155°F for 15 seconds. CCP: Hold for hot service at 135°F or higher.
Salt		2 Tbsp			
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			
Canned tomato paste, low-sodium	1 lb 12 oz	3 cups 2 Tbsp (1/4 No.10 can)			
Water		2 qt 2 cup			
Chili powder		¼ cup			
Ground cumin		3 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Fresh lettuce, shredded, chilled	8 lb	4 gal			3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
Tomatoes, fresh, diced, chilled	3 lb 10 oz	2 qt			

Whole grain tortilla chips Cheddar cheese, reduced fat, shredded	5 lb 10 oz 3 lb 4 oz	 3 qt 1 cup			Serving suggestions: a. Assemble each salad as follows, or in preferred order: 1st layer – about 0.9 oz (approx ½ cup) tortilla chips 2nd layer – 1 ¾ oz (approx ¾ cup) lettuce and tomato mixture 3rd layer – No. 12 scoop (1/3 cup) meat mixture 4th layer – ½ oz (approx 2 Tbsp 1 tsp) shredded cheese or b. (1) Pre-portion 1 ¾ oz (approx ¾ cup) lettuce and tomato mixture and ½ oz (approx 2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service. (2) Transfer meat mixture and tortilla chips into steam table pans. On each student tray, serve 0.9 oz (approx ½ cup) tortilla chips. Top with No. 12 scoop (1/3 cup) meat mixture. Add 1 pre-portioned soufflé cup of lettuce and tomato mixture and 1 pre-portioned soufflé cup of shredded cheese. Instruct students to "build" their own taco salad. Notes: • Mature onions – 12 oz food as purchased. • Head lettuce – 10 lb 10 oz food as purchased. • Tomatoes – 4 lb 4 oz food as purchased. • Special tip – serve with taco sauce

Serving Size	1 Serving Provides	Yield
1 salad	2 oz equivalent meat/meat alternate, ¾ c of vegetable, and 1 serving of grains/breads.	About 35 lb 10 oz; 2 gallons 1 cup (meat filling); 100 salads

Nutrients Per Serving

Calories	270	Vitamin A	580 IU	Iron	2 mg
Protein	16 g	Vitamin C	4.8 mg	Calcium	100 mg
Carbohydrate	20 g	Fiber	3 g	Cholesterol	37 mg
Fat	13 g	% Fat	43 %	Sodium	370 mg
Saturated Fat	4 g	% Saturated Fat	13 %		

Cheesy Broccoli Omelet

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, frozen, pasteurized	12 lb				1. Thaw frozen eggs in refrigerator overnight. Reserve for step 6.
Broccoli florets, chopped, fresh or frozen	11 lb	2 gal 3 qt			2. If using fresh broccoli, blanch and drain well. If using frozen broccoli, thaw in refrigerator overnight and drain well.
Oil, vegetable		2 Tbsp			3. Heat oil and sauté onions until soft.
Onion, small, diced	1.5 oz	1 cup			
Dill, dried		¼ cup			4. Add broccoli and dill to sautéed onions, cook until broccoli is heated.
Cottage cheese, nonfat, drained	1 lb 4 oz	3 cup			5. Drain liquid from cottage cheese in a sieve. Discard liquid.
Cheddar cheese, shredded	14 oz	3 ¾ cup			6. Combine eggs, cheeses, and broccoli/onion mixture. Stir in salt and pepper.
Mozzarella cheese, shredded	14 oz	3 cup			
Salt		2 tsp			
Ground black or white pepper		1 ½ tsp			
					7. Spray 12” x 20” x 2 ½” pans with pan release spray; use 4 pans for 100 portions.
					8. Pour 6 lb 12 oz egg mixture into each pan.
					9. Bake until an internal temperature of 155°F is reached, stirring halfway through cooking time. Conventional: 350°F for 25 minutes Convection: 300°F for 20 minutes

					CCP: Heat to 155°F for 3 minutes. CCP: Hold at 135°F or above before and during service. 10. Cut pans 5 x 5 for 25 servings per pan.

Serving Size	1 Serving Provides	Yield
1 piece	2 ½ oz equivalent meat/meat alternate and ¾ c of vegetables.	100 servings

Nutrients Per Serving

Calories	125	Vitamin A	640 IU	Iron	1.45 mg
Protein	11 g	Vitamin C	45 mg	Calcium	134 mg
Carbohydrate	4.5 g	Dietary Fiber	1.5 g	Cholesterol	240 mg
Fat	7 g	% Fat	50 %	Sodium	213 mg
Saturated Fat	2.6 g	% Saturated Fat	19 %		

Cheesy Mascot Bread

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat 12" sub buns (85g)		50			1. Split sub buns in half lengthwise. Set on sheet pan open side up, 6 pieces per pan.
Garlic spray		As needed			2. Spray lightly with garlic spray.
Mozzarella cheese, part-skim, shredded	12 lb				3. Combine Mozzarella and Cheddar cheeses. 4. Portion 2 ½ oz cheese onto each split sub bun.
Cheddar cheese, reduced-fat , shredded	4 lb				
Garlic bread sprinkle		½ cup			5. Sprinkle each cheese bun half with approximately ½ tsp garlic bread sprinkle. 6. Bake at 375°F for 5-8 minutes or until cheese begins to brown and internal temperature reaches 165°F degrees. CCP: Hold at or above 135°F before and during service.

Serving Size	1 Serving Provides	Yield
1 piece	2.5 oz of equivalent meat/meat alternate and 1 ½ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	296	Vitamin A	120 IU	Iron	1.6 mg
Protein	24.5 g	Vitamin C	0 mg	Calcium	675 mg
Carbohydrate	25 g	Dietary Fiber	4 g	Cholesterol	28 mg
Fat	10.5 g	% Fat	32 %	Sodium	685 mg
Saturated Fat	7 g	% Saturated Fat	21 %		

Chef BJ's Pork Roast with Apples

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Pork roast, uncooked, boneless	21.5 lb				1. Preheat oven to 350° F 2. Season pork roast with ground pepper and kosher salt, place in roasting pans.
Ground pepper		1 Tbsp 1 tsp			
Kosher salt		1 Tbsp			
Vegetable oil		2 Tbsp			3. Heat oil over high heat. Add margarine, onion, carrot, celery, garlic, and herbs. Stir until browned, about 15-20 minutes.
Margarine	2 oz	4 Tbsp			
Onions, thickly sliced	2 lb	1 qt 2 cups			
Carrots, thickly sliced	3 lb 8 oz	2 qt 3 cups			
Celery, thickly sliced	1 lb 8 oz	1 qt ½ cup			
Garlic, whole cloves, smashed	6 oz				
Thyme, dry		1 Tbsp 2 tsp			
Rosemary, dry		1 Tbsp 2 tsp			
Tart cooking apples, cored and wedged		20 large count (1 gal ½ qt)			4. Wash and core apples. Slice each into 8 wedges. 5. Stir into sautéed vegetables. 6. Portion sautéed ingredients evenly among roasting pans containing pork. 7. Cover pans with foil. 8. Roast in oven approximately 1 hour (time may vary based on roast thickness). CCP: Cook until instant-read thermometer inserted into the center of the roast registers 145° F.
Apple cider vinegar		1½ cups 1 Tbsp			9. Add vinegar to saucepan and cook while stirring until volume is reduced by half, approximately 10-15

Apple cider Mustard, whole grain Margarine	 2 oz	3 qt ½ cup 1 ½ cup 4 Tbsp			minutes. 10. Add apple cider to reduce vinegar and continue cooking until volume is reduced by half, approximately 30-40 minutes. 11. Remove from heat and whisk in the mustard and margarine. 12. Slice pork into 1 oz slices and place 2 slices together in 12x20x2 ½ pans (25 servings per pan). 13. Serve pork slices with approximately 1 ½ oz apple mixture, drizzle mustard sauce using ½ oz or 1 oz ladle at service. CCP: Hold above 135° F until and during service. Notes: • For pre-production, do the following steps the day before service: season the pork and refrigerate overnight; cut the vegetables for the roasting pan and refrigerate overnight; and slice the apple wedges and store in acidulated water overnight (water with lemon juice or some other acid added). • Apples - 6 lb 10 oz or 20 large food as purchased. • 37 fresh sprigs of each herb can be substituted • Suggested apples: Cortland, Rome, Braeburn, Gala

Serving Size	1 Serving Provides	Yield
2 – 1 oz slices	2 oz equivalent meat/meat alternate and 1/3 c of vegetables.	100 servings

Nutrients Per Serving

Calories	191	Vitamin A	2323 IU	Iron	.88 mg
Protein	17.11 g	Vitamin C	2.5 mg	Calcium	23.45 mg
Carbohydrate	8.56 g	Dietary Fiber	1 g	Cholesterol	54 mg
Fat	9 g	% Fat	42 %	Sodium	190 mg
Saturated Fat	3 g	% Saturated Fat	14 %		

Chef Salad

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Lettuce, fresh romaine or salad blend	25 lb	12 gal 2 qt			1. Wash and chop lettuce, if needed. 2. Wash and prep vegetables as needed.
Baby carrots *Or* Broccoli florets	12 lb 8 oz *Or* 16 lb				3. Serve 2 cups lettuce with 2 oz carrots or broccoli, 2 cherry tomatoes, 1.5 oz turkey, 1.5 oz cheese, and ½ oz croutons arranged on top.
Cherry tomatoes		200 each			CCP: Hold at or below 41°F before and during service.
Turkey, cooked, chopped	9 lb 6 oz				
Cheddar cheese, reduced-fat, shredded	9 lb 6 oz				
Croutons	3 lb 2 oz				
Italian salad dressing		3 qt ½ cup			4. Serve with 2 tbsp dressing on the side. Notes: • Lettuce, romaine, 40 lb as purchased • Cherry tomatoes, 4 pts

Serving Size	1 Serving Provides	Yield
1 salad	3 oz equivalent meat/meat alternate, 2 c of vegetables and ¾ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	357	Vitamin A	55180 IU	Iron	2.26 mg
Protein	25 g	Vitamin C	52 mg	Calcium	440 mg
Carbohydrate	26 g	Dietary Fiber	4 g	Cholesterol	48mg
Fat	19.6 g	% Fat	49 %	Sodium	811 mg
Saturated Fat	7.4 g	% Saturated Fat	19 %		

Chef Salad with Grilled Fajita Chicken Strips

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Iceberg lettuce – cut or torn into bite-size pieces	37 lb 8 oz	25 gal			1. For each serving, arrange 6 oz (4 cups) lettuce on plate.
Fajita grilled chicken strips, cooked	11 lb 4 oz				2. Arrange 1.8 oz chicken over lettuce.
Reduced fat cheese – Mozzarella, Cheddar, or combination, shredded	6 lb 4 oz	6 ½ qt			3. Top with 1 oz cheese, 3 oz asparagus, and 2 oz (1/3 cup) tomato wedges. Sprinkle 1 tsp bacon bits over entire salad followed by 2 oz carrots or broccoli and 1 oz croutons.
Asparagus, cuts and tips, frozen, thawed, and blotted with towel	18 lb 12 oz	2 gal			4. Serve cold with 2 tbsp salad dressing of choice. (Serving size is 5 cups or 15 oz).
Tomatoes, fresh, cored and diced (1/4")	12 lb 8 oz	1 gal 3 qt			CCP: Hold at or below 41°F before and during service.
Bacon bits	8 oz	2 1/8 cup			Notes: • Lettuce – 51 lb food as purchased. • Tomatoes – 12 lb 10 oz food as purchased. • Carrots – 16 lb 4 oz food as purchased. • Broccoli – 14 lb 10 oz food as purchased. • Alternates to asparagus: broccoli, bell peppers, mushrooms
Carrots, shredded *Or* Broccoli florets	12 lb 8 oz *Or* 12 lb 8 oz	3 gal 2 cup *Or* 3 gal 2 cup			
Whole grain croutons	6 lb 4 oz				
Italian salad dressing or other USDA salad dressing is recommended		3 qt ½ c			

Serving Size	1 Serving Provides	Yield
5 cups	2 oz equivalent meat/meat alternate and 5 c of vegetables and ¾ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	380	Vitamin A	6970 IU	Iron	3.68 mg
Protein	27 g	Vitamin C	54 mg	Calcium	313 mg
Carbohydrate	37 g	Dietary Fiber	8.3 g	Cholesterol	54 mg
Fat	14.8 g	% Fat	35 %	Sodium	850 mg
Saturated Fat	4.6 g	% Saturated Fat	11 %		

Chicken a la King

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	14 oz	1 ½ cups 2 Tbsp			1. Melt margarine or butter. Add flour and stir until smooth.
All-purpose flour, enriched	1 lb 4 oz	1 qt 1 cup			
Chicken *or* turkey stock, low sodium, non-MSG		2 gal			2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.
Milk, 2%		3 qt 1 ½ cup			3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
Poultry seasoning		1 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			
Onion powder		½ cup			
Cooked chicken, chopped	12 lb 12 oz	2 gal 2 qt			4. Add chicken, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through.
Green peas, canned, drained	12 lb 12 oz	1 ½ gal 3 ½ cups (3 No.10 cans)			CCP: Heat to 165°F or higher for at least 15 seconds.
Or Green peas, frozen	*Or* 11 lb 8 oz	*Or* 1 gal 3 qt			
Pimientos, chopped, drained	8 oz	¾ cup			5. Pour into medium half-steam table pans (10” x 12” x 4”). For 100 servings, use 4 pans.
					CCP: Hold for hot service at 135°F or higher.
					6. Portion with 6 oz ladle (3/4 cup).

					7. Serve over cooked rice, noodles, or a biscuit. Notes: • Chicken, whole without neck and giblets – 35 lb 8 oz food AP.

Serving Size	1 Serving Provides	Yield
¾ cup (6 oz ladle)	2 oz equivalent meat/meat alternate and ¼ c of vegetables.	About 42 lb 10 oz for 100 servings; 4 gallons 2 ¾ qt.

Nutrients Per Serving

Calories	218	Vitamin A	680 IU	Iron	1.63 mg
Protein	22g	Vitamin C	7.7 mg	Calcium	70 mg
Carbohydrate	15 g	Fiber	2.6 g	Cholesterol	50 mg
Fat	8 g	% Fat	33 %	Sodium	280 mg
Saturated Fat	2 g	% Saturated Fat	8 %		

Chicken and Spinach Alfredo Pasta

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	1 lb 4 oz				1. Melt margarine or butter over medium heat in large saucepan or kettle. Add garlic and sauté approximately 4 minutes.
Garlic, cloves, chopped fine	2 oz	2 Tbsp 2 tsp			
Flour	1 lb 1 ½ oz				2. Add flour, nutmeg, pepper, and garlic powder to melted margarine or butter and whisk over medium heat, making a roux, approximately 9 minutes.
Nutmeg, ground		½ tsp			3. Simmer 3-4 minutes.
White pepper		2 Tbsp 2 tsp			
Garlic powder		¼ cup			
Bay leaf		4 each			4. Add bay leaf to milk and heat to scalding (185°F) in kettle or tilt skillet at 375°F, approximately 15 minutes.
2% milk		2 gal 3 qt			5. Add roux to hot milks while stirring.
					6. Bring sauce to a simmer and reduce heat to 300°F.
					7. Remove bay leaves.
Parmesan cheese, grated	2 lb	1 ½ qt			8. Stir cheese into sauce until just melted.
Chicken, cooked, diced	11 lb 8 oz	3 gal			9. Stir cooked chicken and thawed, drained spinach into white sauce.
Spinach, thawed and drained	8 lb	3 qt 3 cups			CCP: Hold above 135°F until service.
Whole wheat pasta (bowtie or macaroni), uncooked	5 lb 2 oz				10. Cook pasta until al dente.

					11. Serve Chicken Alfredo sauce with No. 6 scoop over ½ c pasta. Notes: • Frozen spinach – 16 lbs food as purchased.

Serving Size	1 Serving Provides	Yield
½ c pasta with No. 6 scoop Alfredo sauce	2 oz equivalent meat/meat alternate, 1/8 c of vegetables, and ½ serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	328	Vitamin A	3029 IU	Iron	3.64 mg
Protein	28 g	Vitamin C	0.9 mg	Calcium	286 mg
Carbohydrate	28 g	Dietary Fiber	3 g	Cholesterol	66 mg
Fat	13 g	% Fat	36 %	Sodium	323 mg
Saturated Fat	5 g	% Saturated Fat	14 %		

Chicken Brown Rice Bowl with Vegetables

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 1 ¾ qt			1. Boil water. Add salt (optional).
Salt (optional)		1 Tbsp 1 tsp			
Brown rice, long-grain	7 lb 1 oz				2. Place 1 lb 9 oz brown long grain regular rice per 12" x 20" x 2 ½" steam table pan and pour 2 qt 1 ¾ cups boiling water per steam table pan. Cover pans tightly. Bake in conventional oven at 350°F for 50 minutes or steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer and serve. CCP: Hold hot rice at 135°F or above.
Cornstarch	9 oz	2 cups			3. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		1 cup			
Soy sauce, low-sodium		1 cup			
Ground ginger		1 tsp			
Granulated garlic		¼ cup 2 Tbsp			
Ground black or white pepper		1 Tbsp 2 tsp			
Chicken stock, low sodium, non-MSG		1 gal			4. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to simmer. 5. Cook for 3-5 minutes until thickened. Remove from heat.

Fresh carrots, peeled, ¼" chopped *Or* Carrots, frozen, sliced Vegetable oil Fresh onions, diced Fresh broccoli chopped *Or* Frozen mixed oriental vegetables Salt Chicken breast, skinless, boneless, raw, cut into ½" cubes *Or* Chicken, cooked, diced Vegetable oil	11 lb 4 oz *Or* 13 lb 8 oz 2 lb 12 oz 8 lb 2 oz *Or* 9 lb 14 oz 17 lb 14 oz *Or* 12 lb 8 oz	2 gal 3 qt *Or* 3 gal 1 cup 1 qt 3 ½ cup 3 gal 2 ½ qt *Or* 1 gal 1 Tbsp 1 tsp 2 cups			6. Sauté carrots in oil for 4 minutes. 7. Add onions and cook for 1 minute. 8. Add broccoli and cook for 2 more minutes. Remove to steam table pan (12" x 20" x 2 ½"). For 100 servings, use 4 pans. Add salt. Keep warm. 9. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold above 135°F until service. 10. Portion with 2 rounded No.10 scoops (3/4 cup 1 Tbsp). Notes: • Can substitute ¼ cup sesame oil for ¼ cup vegetable oil to sauté chicken for each 50 servings. • Fresh vegetable mixes can be varied. • Reduce salt if using regular soy sauce. • If using frozen oriental vegetables, add to sautéed chicken in step 9.

Serving Size	**1 Serving Provides**	**Yield**
2 rounded No.10 scoops (3/4 cup 1 Tbsp)	1 oz equivalent meat/meat alternate, ½ c of vegetables and 2¼ serving of grains/breads.	100 servings

Chicken Brown Rice Bowl with Vegetables, cont.

Nutrients Per Serving

Calories	318	Vitamin A	10366 IU	Iron	3.06 mg
Protein	21 g	Vitamin C	8.91 mg	Calcium	46.21 mg
Carbohydrate	37 g	Fiber	4 g	Cholesterol	52 mg
Fat	11 g	% Fat	31 %	Sodium	274 mg
Saturated Fat	2 g	% Saturated Fat	5.7 %		

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Chicken Caesar Wrap

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, diced, cooked	11 lb 4 oz				1. Sprinkle chicken evenly with seasoning mixture. 2. Reserve for step 5.
Italian seasoning		¼ cup ½ tsp			
Romaine lettuce, chopped	6 lb 4 oz				3. Wash lettuce. Cut lettuce into strips. 4. Wash and core tomatoes. Dice tomatoes into small pieces (1/2”).
Tomatoes, fresh, diced	6 lb 4 oz				
Caesar dressing	6 lb 4 oz				5. Assemble Wraps: a. Spread approximately 1 oz Caesar dressing onto tortilla. b. Layer 2 oz chicken, 1 oz romaine, 1 oz tomatoes, and 1 tsp cheese on wrap. c. Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla until all contents cannot be seen. d. Cut in half diagonally. CCP: Hold product at 41°F or lower. Notes: • Tomatoes – 6 lb 14 oz food as purchased. • Romaine lettuce – 7 lb 14 oz food as purchased.
Tortillas, whole grain, 8”		100 each			
Parmesan cheese, shredded	1 lb 4 oz	1 qt 3 Tbsp			
Or	*Or*	*Or*			
Mozzarella cheese, part-skim, shredded	1 lb 4 oz	1 qt 3 Tbsp			

Serving Size	1 Serving Provides	Yield
1 wrap	2 oz equivalent meat/meat alternate, ½ c of vegetable, and 1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	373	Vitamin A	2750 IU	Iron	3.6 mg
Protein	22 g	Vitamin C	10.7 mg	Calcium	166 mg
Carbohydrate	23 g	Dietary Fiber	4.35 g	Cholesterol	60 mg
Fat	22 g	% Fat	53 %	Sodium	711 mg
Saturated Fat	4 g	% Saturated Fat	10 %		

Chicken Panini

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Cooked, 2.8 oz. unbreaded chicken patty	17 lb 8 oz	100 each			1. Slice cooked chicken patties into strips, approximately 4 strips per patty. Reserve for step 5.
Tomatoes, fresh	16 lb oz	200 slices			2. Wash and core tomatoes. Do not peel. Slice into thin slices, approximately 7-9 slices/tomato.
Margarine, melted	12 oz	1 ½ cups			3. Brush approximately ½ oz (1Tbsp) margarine on each sheet pan (use 5 pans). Reserve remaining margarine for step 5.
Whole grain bread (0.9 oz per slice)	11 lb 4 oz	200 slices			4. Place one slice of bread on buttered sheet pan.
Mozzarella cheese, part skim, sliced	6 lb 4 oz	100 slices (1 oz ea)			5. Layer onto one slice of bread: 1 oz mozzarella cheese 2.8 oz chicken (Approximately 4 strips) 2 tomato slices 1 tsp dressing drizzled
Italian or Greek salad dressing		2 cups 1 Tbsp 1 tsp			6. Cover with the remaining bread slices. Brush tops of sandwiches with remaining margarine, approximately 1 ½ oz (3 Tbsp) per pan. 7. Bake until lightly browned. Conventional at 400° F for 15-20 min Convection at 350° F for 10-15 min CCP: Heat to internal temperature of 135° F or higher CCP: Hold for before and during service at 135° F or higher. Notes: • Tomatoes - 16 lb 12 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 panini	3 oz equivalent meat/meat alternate, ¼ c of vegetables and 2 servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	375	Vitamin A	455 IU	Iron	2.76 mg
Protein	30 g	Vitamin C	5.1 mg	Calcium	318 mg
Carbohydrate	31 g	Dietary Fiber	4.5 g	Cholesterol	60 mg
Fat	15 g	% Fat	36 %	Sodium	890 mg
Saturated Fat	5 g	% Saturated Fat	12 %		

Chicken Quesadilla

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain flour tortilla, 8”		100 each			1. Line sheet pans (18” x 26” x 1”) with parchment paper. Place half of tortillas side by side on each pan, 10 tortillas per pan. Reserve for step 5.
Fresh green peppers, chopped	1 lb 10 oz	1 qt 1 cup			2. Combine peppers, onions, black beans, corn and chicken. Heat on medium for 5 minutes.
Fresh onions, chopped	1 lb 2 oz	3 cups			
Black beans, canned, drained	3 lb 14 oz	3 qt 2 cups (1 No.10 can)			CCP: Heat chicken mixture to internal temperature of 135°F or higher for 15 seconds. CCP: Hold for hot service at 135°F or higher.
Corn, canned, low-sodium, liquid packed whole kernel, drained	4 lb 2 oz	1 gal 1 ½ qt (1 No.10 can)			
Chicken, cooked, diced	9 lb				
Tomatoes, fresh, diced		3 cups			3. Add tomatoes to vegetable and chicken mixture and drain excess liquid.
Chili powder		¼ cup			4. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
Ground cumin		1 Tbsp 2 tsp			5. Spoon ¾ cup vegetable/chicken mixture onto each tortilla.
Onion powder		1 Tbsp 2 tsp			
Paprika		1 Tbsp			
Monterey Jack cheese, reduced fat, shredded	2 lb 4 oz				6. Combine Monterey Jack and Cheddar cheeses. Sprinkle each tortilla with 2/3 oz of cheese mixture.

Cheddar cheese, reduced fat shredded	2 lb 4 oz				7. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning. 8. Bake until tops are golden brown: Conventional oven: 400°F for 10 minutes Convection oven: 375°F for 7 minutes 9. Allow quesadilla to stand for 5 minutes. 10. Cut each quesadilla in half and serve both halves. Notes: • Green peppers – 2 lb 15 oz food as purchased. • Onions, mature – 2 lb 2 oz food as purchased. • Tomatoes – 1 lb 3 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 quesadilla	2 oz equivalent meat/meat alternate, ¼ c of vegetables, 1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	304	Vitamin A	252.5 IU	Iron	3.27 mg
Protein	24.12 g	Vitamin C	8.6 mg	Calcium	276.8 mg
Carbohydrate	27.77 g	Dietary Fiber	4.53g	Cholesterol	50 mg
Fat	9 g	% Fat	27 %	Sodium	593 mg
Saturated Fat	3.6 g	% Saturated Fat	11 %		

Chili with Beans

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	14 lb				1. Brown ground beef. Drain. Continue immediately.
Fresh onions, chopped *Or* Dehydrated onions	1 lb 12 oz *Or* 5 oz	1 qt 2/3 cup *Or* 2 ½ cups			2. Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.
Granulated garlic		3 Tbsp			
Fresh green pepper, chopped (optional)	1 lb	3 ¼ cups			
Ground black or white pepper		1 Tbsp 1 tsp			
Chili powder		¼ cup 2 Tbsp			
Paprika		2 Tbsp			
Onion powder		2 Tbsp			
Ground cumin	2 oz	½ cup			
Canned diced tomatoes, low sodium, with juice	6 lb 6 oz	3 qt ½ cup (1 No.10 can)			3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		1 gal 2 cups			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2 ¼ cups (1/2 No.10 can)			

Canned pinto or kidney beans, drained *Or* Dry pinto or kidney beans, cooked	6 lb 12 oz *Or* 4 lb 8 oz	3 qt 3 cups (1 No.10 can) *Or* 3 qt			4. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155°F or higher for 15 seconds. Or if using previously cooked and chilled beans: CCP: Heat to 165°F or higher for at least 15 seconds. 5. Pour into serving pans. CCP: Hold for hot service at 135°F or higher.
Cheddar cheese, reduced fat, shredded (optional)	3 lb	3 qt			6. Portion with 4 oz ladle (1/2 cup). 7. Garnish with cheese (optional). Notes: • Mature onions – 2 lb food as purchased. • Green peppers – 1 lb 6 oz food as purchased. • Dry pinto beans or dry kidney beans – 2 lb food as purchased.

Serving Size	1 Serving Provides	Yield
½ cup (4 oz ladle)	2 oz equivalent meat/meat alternate and 3/8 c of vegetable.	About 32 lb 8 oz; About 3 gallons 2 cups; 100 servings

Nutrients Per Serving

Calories	180	Vitamin A	813 IU	Iron	2.71 mg
Protein	15.44 g	Vitamin C	14.5 mg	Calcium	46 mg
Carbohydrate	10.68 g	Fiber	2.5 g	Cholesterol	42 mg
Fat	8.58 g	% Fat	43 %	Sodium	204 mg
Saturated Fat	3.57 g	% Saturated Fat	18 %		

Chipotle Chicken Burrito

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 ¼ cup			1. Boil water. Place 1 lb 9 oz rice in each 12" x 20" x 2 ½" steam table pan (50 portions per pan). Pour 2 qt 1 ¾ cups boiling water per steam table pan. Cover pans tightly. 2. Bake in conventional oven at 350°F for 50 minutes; or steamer at 5 lb pressure for 50 minutes. 3. Mixed cooked brown rice, mashed black beans and diced cooked chicken together.
Brown rice, uncooked	3 lb 2 oz				
Black beans, drained and slightly mashed		12 ½ cups (2 No.10 cans)			
Cooked chicken, diced	4 lb 12 oz	3 qt 3 cups			
Canned chipotle peppers in adobo sauce	6 oz				4. Add canned chipotle peppers and sauce to food processor with tomato paste. Process until smooth.
Canned tomato paste, low-sodium	5 lb 4 oz	2 qt 1 ¼ cups (approximately ¾ No.10 can)			
Fresh onions, chopped	10 oz	1 ¾ cup			5. Add tomato/chipotle sauce, onions, garlic powder, pepper, water, and seasonings to saucepan or steam jacketed kettle. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 165°F for 15 seconds.
Garlic powder		2 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			
Water		2 qt 1 cup			
Seasonings:					
Chili powder		1 Tbsp			
Ground cumin		3 Tbsp			

Paprika Onion powder Cheddar cheese, reduced fat shredded Flour tortillas, whole wheat, 8”	 5 lb	1 Tbsp 1 Tbsp 1 gal 1 qt 100 each			6. Combine chicken and rice mixture with tomato/chipotle sauce and cheddar cheese. 7. Steam tortillas for 5 minutes until warm or place in warmer to prevent torn tortillas when folding. 8. Portion meat mixture with No. 8 scoop onto each tortilla. Fold around meat envelope style. 9. Place folded burritos seam side down on sheet pans (18” x 26” x 1”) which have been lightly coated with pan release spray, 24 burritos per pan. For 100 servings, use 4 full pans and 1 half pan. 10. Cover pans with foil. 11. Bake: Conventional oven: 375°F for 15 minutes Convection oven: 325°F for 15 minutes CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher. Notes: • Mature onions – 12 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 burrito	2 oz equivalent meat/meat alternate, 3/8 c of vegetables, and 1 ¼ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	323	Vitamin A	580 IU	Iron	3.45 mg
Protein	21 g	Vitamin C	2.1 mg	Calcium	331 mg
Carbohydrate	42 g	Dietary Fiber	7 g	Cholesterol	30 mg
Fat	9 g	% Fat	25 %	Sodium	678 mg
Saturated Fat	3.5 g	% Saturated Fat	9.7 %		

Cuban Pork Sandwich on Whole Grain Bun

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Pork seasoned Caribbean Style, cooked (USDA Foods)*	12 lb	(1 ½ bags)			1. Heat pork according to package instructions. CCP: Heat until internal temperature reaches 160°F.
Whole wheat sandwich bun (43 g)		100 each			2. Spread ¼ oz mustard on bottom half of each bun. 3. Top mustard with 1 oz equivalent meat/meat meat alternate of pork (No. 20 scoop or 1.56 oz).
Mustard	1 lb 9 oz	1 qt 2 ¼ cup			4. Top pork with .6 oz each ham and ½ oz cheese. 5. Replace top half of sandwich bun.
Ham, thinly sliced	3 lb 8 oz				6. Warm in 300°F oven for approximately 5 minutes.
Swiss or Provolone cheese, thinly sliced	3 lb 2 oz				CCP: Hold at or above 135°F before and during service.

*Iowa Processed USDA Foods; 3.15 oz of cooked pork (not including juices) = 2 oz meat/meat alternate

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate and 1 ¾ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	300	Vitamin A	154 IU	Iron	1.9 mg
Protein	26 g	Vitamin C	0 mg	Calcium	219 mg
Carbohydrate	22.6 g	Dietary Fiber	2 g	Cholesterol	68 mg
Fat	10 g	% Fat	30 %	Sodium	890 mg
Saturated Fat	3.8 g	% Saturated Fat	11 %		

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Deli Combo Sub

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Provolone cheese	6 lb 4 oz	100-1 oz slices			1. Slice cheese and turkey into 1 oz slices and ham into ½ oz slices. CCP: Hold at 41°F or below until assembly. 2. Wash and core tomatoes. Slice into ¼" slices (approximately 7-9 slices per tomato). 3. Wash lettuce and separate into leaves for assembly. 4. Sandwich assembly: a. Place 1 lettuce leaf and 2 tomato slices on bottom half of sandwich bun. b. Top with 1 slice each of cheese, turkey, ham, and remaining half of bun. 5. Serve each sandwich with approximately 1 Tbsp of each condiment on the side. CCP: Hold at 41°F or below before and during service. Notes: • Tomatoes – 10.1 lbs food as purchased. • Lettuce – 6 lbs. food as purchased.
Turkey breast, deli	6 lb 4 oz	100-1 oz slices			
Ham, water added, fully cooked	3 lb 2 oz	100-½ oz slices			
Tomatoes, fresh	10 lb	25 each			
Leaf lettuce	4 lb	100 leaves			
Whole wheat sandwich bun (43g)		100 each			
Mustard		3 ¼ cup			
Mayonnaise, low-fat		3 ¼ cup			

Serving Size	1 Serving Provides	Yield
1 sub sandwich	2 oz equivalent meat/meat alternate, 3/8 c of vegetables, 1 ¾ servings of grains/ breads.	100 servings

Nutrients Per Serving

Calories	292	Vitamin A	1260 IU	Iron	1.95 mg
Protein	20 g	Vitamin C	7.3mg	Calcium	333 mg
Carbohydrate	25 g	Dietary Fiber	2.6g	Cholesterol	43 mg
Fat	13 g	% Fat	40 %	Sodium	984 mg
Saturated Fat	6 g	% Saturated Fat	18 %		

Fajita Chicken Wrap

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		½ cup			1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool.
Vegetable stock, non-MSG, low-sodium		1 qt			
Vegetable oil		1 qt			3. Add the oil to the cooled, thickened stock mixture.
White vinegar		1 qt			4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Sugar	1 lb 8 oz	3 cups			
Ground black or white pepper		2 Tbsp 2 tsp			
Granulated garlic		2 Tbsp 2 tsp			
Chili powder		¼ cup			
Ground cumin		2 ½ tsp			
Dried oregano		1 Tbsp 1 tsp			
Chicken breast, raw, boneless, skinless, ½" slices	18 lb				5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator. CCP: Hold at or below 41°F during marinating phase. 6. Drain the chicken. Discard any leftover marinade. Prepare no more than 50 portions (9 pounds) per batch. 7. Preheat grill to 350°F. Add sliced chicken and sauté about 10 minutes. Sauté remaining chicken.

Corn, canned, low sodium, liquid pack whole-kernel, drained *Or* Corn, frozen, whole-kernel Onions, diced Green peppers, diced Canned diced tomatoes, drained, low-sodium Salsa, canned Flour tortillas, whole grain, 8 “	4 lb 4 oz *Or* 4 lb 4 oz 1 lb 8 oz 1 lb 2 lb 2 lb	2 qt 2 cups (1 No.10 can) *Or* 3 qt ½ cup 1 qt 3 ¼ cup 3¾ cup (½ No.10 can) 3 ¾ cup 100 each			CCP: Cook to internal temperature of 165°F or higher for at least 15 seconds. 8. Remove to steam table pan (12” x 20” x 2 ½”). Use 2 pans for 100 servings. 9. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken. CCP: Heat to 165°F or higher for at least 15 seconds. 10. Place No. 8 scoop (1/2 cup) of filling in the middle of each tortilla. Fold bottom-half of tortilla over chicken mixture. Fold in each side of tortilla followed by folding down top half of tortilla. If desired, cut wrap in half diagonally. CCP: Hold for hot service at 135°F or higher. Notes: • Onions – 1 lb 12 oz food as purchased. • Green peppers – 1 lb 6 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 wrap	2 equivalent meat/meat alternate, ¼ c of vegetables, and 1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	340	Vitamin A	286 IU	Iron	2 mg
Protein	19 g	Vitamin C	6.5 mg	Calcium	121 mg
Carbohydrate	34 g	Dietary Fiber	4 g	Cholesterol	40 mg
Fat	14 g	% Fat	37 %	Sodium	440 mg
Saturated Fat	3 g	% Saturated Fat	8 %		

Fish Taco

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Sour cream, nonfat	3 lb	1 qt 2 cup			1. Add sour cream, mayonnaise, lemon juice, cilantro, and taco seasoning to a food processor. Process until well blended.
Mayonnaise, low-fat	2 lb	1 qt			
Lemon juice		½ cup			
Fresh cilantro, roughly chopped	5 oz	1 qt			
Taco seasoning mix, low sodium	11 oz	2 cup			
Red and green cabbage, shredded	10 lb	2 gal 2 cup			2. Add sour cream mixture to cabbage and tomatoes, fold until well mixed.
Tomatoes, fresh, diced		1 gal			CCP: Hold at 41°F or below before and during service.
Pollock, unbreaded	16.25 lbs*	100 each			3. Cut fish portions into ¾ inch pieces.
Olive oil		1 cup 1 ½ tsp			4. Mix olive oil, lemon juice, and taco seasoning. Toss with fish.
Lemon juice		2 cup 1 Tbsp 1 ½ tsp			5. Transfer fish to oiled steam table pan, arrange into single layer. Discard extra marinade.
Taco seasoning mix, low sodium	12 oz	2 ¼ cup			6. Bake: Conventional oven: 350°F for 10-15 minutes Convection oven: 350 for 5-10 minutes Fish should flake easily when tested with a fork.
Corn tortillas, whole grain, .9 oz		100 each			7. Place tortillas in warmer to prevent tearing when folding or steam tortillas for 3 minutes until warm to

					prevent tearing. 8. Fill each corn tortilla with 2.6 oz portion of fish immediately before service. 9. Serve with ½ cup (No. 8 scoop) coleslaw mixture on the side. Notes: • Cilantro – 15 oz food as purchased. • Cabbage – 18 lb food as purchased.

*Weight based on CN label for Pollock wedge, 2.6 oz = 2 oz meat/meat alternate

Serving Size	1 Serving Provides	Yield
1 taco	2 oz equivalent meat/meat alternate, ½ c of vegetables and 1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	213	Vitamin A	407 IU	Iron	1.01 mg
Protein	16 g	Vitamin C	22.33 mg	Calcium	100.6 mg
Carbohydrate	22 g	Dietary Fiber	3 g	Cholesterol	51 mg
Fat	6 g	% Fat	25 %	Sodium	507 mg
Saturated Fat	1 g	% Saturated Fat	4 %		

French Toast Sticks

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
"Texas Toast" enriched white bread, ½ " thick (1 ½ oz slices)	6 lb 9 oz	70 slices			1. Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each steam table pan (12"x20"x2 ½") which has been lightly coated with pan release spray. For 100 servings, use 6 pans.
Eggs, frozen whole, thawed *Or* Eggs, fresh large	5 lb 14 oz	2 qt 3 1/8 cups *Or* 53 each			2. Combine the eggs, milk, sugar, salt and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.
Milk, 2 %		3 qt			3. Pour 1 qt 1 cup of egg mixture over each pan of bread strips.
Sugar	1 lb 4 oz	2 1/2 cups			4. Cover pans with plastic wrap and chill for 4 -24 hours.
Salt		1 Tbsp			
Vanilla		2 Tbsp 2 tsp			
Ground cinnamon		1 Tbsp 1 tsp			5. Before baking, sprinkle cinnamon on top. 6. Bake: Conventional Oven: 425° F for 35 minutes Convection Oven: 375° F for 20 minutes CCP: Heat to 145 F for 3 minutes CCP: Hold for hot service at 135° F or higher. 7. Portion 2 strips per serving. Notes: • For 100 servings, use 1 lb 10½ oz (2 qt 7/8 cup)

					dried whole eggs and 2 qt 7/8 cup water in place of eggs. • Serve with Spiced Apple Topping (G-09), low-fat yogurt, fresh fruit, or maple syrup.

Serving Size	1 Serving Provides	Yield
2 strips	1 oz equivalent meat/meat alternate and 1 serving of grains/breads.	100 Servings: about 18 lb 100 Servings: 6 steam table pans

Nutrients Per Serving

Calories	160	Vitamin A	197 IU	Iron	1.51 mg
Protein	6 g	Vitamin C	0 mg	Calcium	94 mg
Carbohydrate	24 g	Dietary Fiber	0.4 g	Cholesterol	117 mg
Fat	4 g	% Fat	22 %	Sodium	290 mg
Saturated Fat	1 g	% Saturated Fat	6 %		

Grilled Cheese Sandwich

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, melted	12 oz	1 ½ cups			1. Brush approximately ½ oz (1 Tbsp) margarine on each sheet pan (18" x 26" x 1"). For 100 servings, use 5 pans. Reserve the remaining margarine for step 5.
Whole grain bread (0.9 oz per slice)	11 lb 4 oz	200 slices			2. Place 20 slices of bread on each sheet pan, 4 across and 5 down.
Cheese blend of American and skim milk cheeses, sliced	12 lb 8 oz	400 slices (1/2 oz each)			3. Top each slice of bread with 4 slices (2 oz) of cheese. 4. Cover with remaining bread slices. 5. Brush tops of sandwiches with remaining margarine, approximately 1 ½ oz (3 Tbsp) per pan. 6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes Convection oven: 350°F for 10-15 minutes DO NOT OVERBAKE CCP: Hold for hot service at 135°F or higher. 7. If desired, cut each sandwich diagonally in half. Notes: • Bread, sliced – 6 ½ sandwich loaves (2 lb each) food as purchased

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate and 2 servings of grains/breads.	About 23 lb 12 oz; 100 sandwiches

Nutrients Per Serving

Calories	389	Vitamin A	672 IU	Iron	1.5 mg
Protein	19 g	Vitamin C	0.0 mg	Calcium	566 mg
Carbohydrate	29 g	Fiber	3 g	Cholesterol	55 mg
Fat	23 g	% Fat	53 %	Sodium	1130 mg
Saturated Fat	13 g	% Saturated Fat	30 %		

Honey Mustard Deli Wrap

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Mustard	2 lb	1 qt			1. Mix mustard, mayonnaise, and honey together. Chill overnight. Reserve for step 3.
Mayonnaise, low-fat	3 lb	1 qt 2 cups			
Honey	1 lb 4 oz	1¼ cups			
Flour tortilla, whole grain, 8”		100 each			2. Steam tortillas 3 minutes until warm OR place in warmer to prevent tearing when folding. 3. Spread 1 oz (2Tbsp) honey mustard sauce on each tortilla.
Turkey breast, deli, sliced	6 lb 4 oz				4. Arrange 1 oz of turkey and ½ oz ham on each tortilla and sprinkle with 1 oz of cheese.
Ham, thinly sliced	3 lb 2 oz				
White cheese, reduced fat shredded	6 lb 4 oz				
Tomatoes, fresh	6 lb 14 oz	200 slices			5. Wash and core tomatoes. Do not peel. 6. Slice into thin slices, approximately 1/4 “(7-9 slices/tomato).
Leaf lettuce		100 leaves			7. Top meat and cheese with 1 lettuce leaf and 2 tomato slices. 8. Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla, until all contents cannot be seen. 9. Cut diagonally in half. 10. Place each half seam side down in pan. CCP: Hold at 41° F or below before and during service.

					11. Serve both halves. Notes: • Leaf lettuce - 5 heads

Serving Size	1 Serving Provides	Yield
1 wrap	2 oz equivalent meat/meat alternate, 1/4 c of vegetables, and 1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	300	Vitamin A	955 IU	Iron	1.85 mg
Protein	20 g	Vitamin C	6.58 mg	Calcium	332.7 mg
Carbohydrate	30 g	Dietary Fiber	4.5 g	Cholesterol	33 mg
Fat	11 g	% Fat	33 %	Sodium	1150 mg
Saturated Fat	4 g	% Saturated Fat	12 %		

Hot Ham and Cheese on Whole Grain Bagel

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat bagel 3.3 oz bagel or 1.65 oz per half		50 whole or 100 halves			1. Place 20 bagel halves on each sheet pan, 4 across and 5 down. 2. Top each half with 2 slices (1 oz total) of cheese and 1 slice (1 ¾ oz) of turkey ham.
Cheese blend of American and skim milk cheeses, sliced	6 lb 4 oz	200-½ oz slices			
Turkey ham, cooked, sliced (15% water added)	11 lb	100-1 ¾ oz slices			
					3. Bake until internal temperature reaches at least 135°F and cheese is melted: Conventional oven 400°F for 8 minutes Convection oven 350°F for 6 minutes CCP: Cook until minimum internal temperature of ham is 135°F (use a thin probed food temperature measuring device). CCP: Hold for hot service at 135°F or higher. 4. Serve one open-faced half.

Serving Size	1 Serving Provides	Yield
1 half bagel	2 oz equivalent meat/meat alternate and 1 ¾ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	240	Vitamin A	777 IU	Iron	1.85 mg
Protein	21 g	Vitamin C	0 mg	Calcium	250 mg
Carbohydrate	27 g	Dietary Fiber	3.00g	Cholesterol	47 mg
Fat	7 g	% Fat	26 %	Sodium	1105 mg
Saturated Fat	4 g	% Saturated Fat	15 %		

Lasagna with Ground Beef

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	6 lb 8 oz				1. Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
Fresh onions, chopped *Or* Dehydrated onions	6 lb *Or* 1 lb 2 oz	1 gal *Or* 2 qt 1 cup			
Granulated garlic		¼ cup			
Ground black or white pepper		2 tsp			2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Dried parsley		½ cup			
Canned diced tomatoes, low sodium, with juice	8 lb 8 oz	1 gal ½ cup (1 1/3 No.10 cans)			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2 ¼ cups (1/2 No.10 can)			
Water		1 gal 2 qt			
Dried basil		¼ cup 2 Tbsp			
Dried oregano		¼ cup 2 Tbsp			
Dried marjoram		2 Tbsp			
Dried thyme		2 tsp			3. Assemble ingredients as follows in steam table pans (12” x 20” x 2 ½”) which have been lightly coated with pan release spray. For 100 servings, use 4 pans.

Enriched lasagna noodles, uncooked (at least 0.78 oz each) Cheese blend of American and skim milk cheeses, shredded Mozzarella cheese, part skim, shredded	5 lb 8 oz 3 lb 2 oz 4 lb 12 oz	112 each 3 qt ½ cup 1 gal 3 cups			For each pan: 1st layer – 1 qt ½ cup sauce 2nd layer – 14 uncooked noodles lengthwise 3rd layer – 1 qt ½ cup sauce 4th layer – 6 ¼ oz (1 ½ cups 1 Tbsp) cheese blend and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese 5th layer – 14 uncooked noodles crosswise 6th layer – 1 qt ¾ cup sauce 7th layer – 6 ¼ oz (1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese. 4. Tightly cover pans. 5. Bake: Conventional oven: 350°F for 1 ¼ - 1 ½ hours Convection oven: 325°F for 45 minutes CCP: Heat to 165°F or higher for at least 15 seconds. 6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving. CCP: Hold for hot service at 135°F or higher. 7. Cut each pan 5 x 5 (25 pieces per pan). Notes: • Mature onions – 6 lb 14 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 piece	2 oz equivalent meat/meat alternate, 3/8 c of vegetable, and ¾ serving of grains/breads.	About 45 lb 8 oz, 4 steam table pans

Nutrients Per Serving

Calories	269	Vitamin A	910 IU	Iron	2.65 mg
Protein	20 g	Vitamin C	16.3 mg	Calcium	304 mg
Carbohydrate	28 g	Fiber	2.3 g	Cholesterol	34 mg
Fat	9 g	% Fat	30 %	Sodium	400 mg
Saturated Fat	5 g	% Saturated Fat	17 %		

Macaroni and Cheese

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		10 gal			1. Add salt to boiling water. 2. Slowing add macaroni until water boils again. Cook uncovered until tender-firm, about 10 minutes. Do not overcook. Drained and rinse in cold water.
Salt	3 ½ oz	1/3 cup			
Whole wheat elbow macaroni	5 lb 4 oz	1 gal 2 ½ c			
Margarine	1 lb 8 oz	3 cups			3. Melt margarine in a stock pot or steam-jacketed kettle.
All-purpose flour, enriched	1 lb 8 oz	1 qt 1 ½ cup			4. Combine flour, salt, dry mustard, pepper and paprika in a bowl. Add to the melted margarine. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Salt		3 Tbsp 1 tsp			
Dry mustard		2 Tbsp			
Ground black or white pepper		2 tsp			
Paprika		2 Tbsp			
Milk, 2%		2 gal 2 qt			5. Heat milk in a stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		1 Tbsp 1 tsp			6. Add Worcestershire sauce, Parmesan cheese, and Cheddar cheese to the white sauce. Stir over low heat until cheese melts.
Parmesan cheese, grated	8 oz	3 cups			
Cheddar cheese, reduced fat, shredded	5 lb	1 gal 1 qt			7. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 14 oz (1 gal 2 ¼ qt) into each steam table pan (12”x20”x 2 ½“). For 100 servings use 4 pans. Cover with a lid or foil.

Enriched soft bread crumbs Cheddar cheese, reduced fat, shredded	12 oz 2 lb	1 qt 2 qt			8. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes CCP: Heat to 140° F or higher. 9. Combine the bread crumbs and Cheddar cheese in a bowl. Sprinkle 11 oz (3 c) over each pan. 10. Bake an additional 5 minutes, uncovered, until lightly browned. 11. Cut each pan 5x5 (25 pieces). CCP: Hold for hot service at 135° F or higher.

Serving Size	1 Serving Provides	Yield
1 portion	1 oz equivalent meat/meat alternate and 1 serving of grains/breads.	100 Servings: about 43 lb 8 oz; about 6 gal 1 qt

Nutrients Per Serving

Calories	320	Vitamin A	721 IU	Iron	1.47 mg
Protein	17 g	Vitamin C	0.3 mg	Calcium	450 mg
Carbohydrate	31 g	Fiber	2.4 g	Cholesterol	30 mg
Fat	14 g	% Fat	39 %	Sodium	630 mg
Saturated Fat	6 g	% Saturated Fat	17 %		

Meatball Sub

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Meatballs		400 count (4 meatballs = 1½ oz*)			1. Place meatballs in steam table pans. Add spaghetti sauce. 2. Cover with foil and heat in 350°F oven for 25 minutes. CCP: Heat until internal temperature of meatballs is 170° F or above. CCP: Hold at or above 135° before and during service.
Spaghetti sauce		2 gal			
Hoagie buns, whole grain (85g)		100 count			3. Place one half of each hoagie bun on tray, spoon 4 meatballs, with sauce, onto each bun half. 4. Top meatballs with ½ oz mozzarella cheese. 5. Place remaining half of each hoagie on meatballs. CCP: Hold at or above 135° F before and during service.
Mozzarella cheese, part skim, shredded	3 lb 2 oz	1 gal 1 qt 1 cup			

* Based on CN label for meatballs, 4 = 1 ½ oz meat/meat alternate

Serving Size	1 Serving Provides	Yield
1 sub sandwich	2 oz equivalent meat/meat alternate, ¼ c of vegetables and 3 ¼ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	376	Vitamin A	3226 IU	Iron	3.2 mg
Protein	21 g	Vitamin C	39 mg	Calcium	150 mg
Carbohydrate	47 g	Dietary Fiber	6 g	Cholesterol	30 mg
Fat	14 g	% Fat	34 %	Sodium	730 mg
Saturated Fat	5.5 g	% Saturated Fat	13 %		

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Mini Lasagna Bites

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh onion, chopped	6 lb	1 gal			1. Cook onions and granulated garlic for 5 minutes. 2. Add beef crumbles, pepper, and remaining ingredients through thyme. Heat to minimum temperature of 160°F or until sauce is boiling. Remove from heat.
Granulated garlic		¼ cup			
Beef crumbles, (USDA Foods) *	8 lb 2 oz				
Ground black or white pepper		2 tsp			
Dried parsley		½ cup			
Canned tomatoes, with juice, low-sodium	8 lb 8 oz	1 gal ½ cup (1 1/3 No.10 can)			
Canned tomato paste, low sodium		3 qt 2 ¼ cup (1/2 No.10 can)			
Water		1 gal 2 qt			
Dried basil		¼ cup 2 Tbsp			
Dried oregano		¼ cup 2 Tbsp			
Dried marjoram		2 Tbsp			
Dried thyme		2 tsp			

Whole wheat rotini noodles, uncooked Cheese blend of American and skim milk cheeses, shredded Mozzarella cheese, part skim, shredded	5 lb 15 oz 3 lb 2 oz 4 lb 12 oz	 3 qt ½ cup 1 gal 3 cups			3. Assemble ingredients in steam table pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 100 servings, use 4 pans. 4. For each pan layer as follows: 1st layer – 1 qt ½ cup sauce 2nd layer – 11 oz uncooked noodles 3rd layer – 1 qt ½ cup sauce 4th layer – 6 ¼ oz (1 ½ cups 1 Tbsp) cheese blend and 9 ½ oz (2 ¼ cups 2 Tbsp) Mozzarella cheese 5th layer – 11 oz uncooked noodles 6th layer – 1 qt ¾ cup sauce 7th layer – 6 ¼ oz (1 ½ cups 1 Tbsp) cheese blend and 9 ½ oz (2 ¼ cups 2 Tbsp) Mozzarella cheese 5. Tightly cover pans with foil. Bake: Conventional oven: 350°F for 1 ¼ - 1 ½ hours Convection oven: 325°F for 45 minutes. 6. Remove pans from oven. Cut each pan 5 x 5 (25 portions per pan). CCP: Cook to internal temperature of 155°F or higher. CCP: Hold for hot service at 135°C or higher. Notes: • Fresh onions, chopped – 6 lb 14 oz food as purchased.

*Iowa Processed USDA Foods

Serving Size	1 Serving Provides	Yield
1 portion	2 ½ equivalent meat/meat alternate, ½ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	276	Vitamin A	872 IU	Iron	2.89 mg
Protein	23 g	Vitamin C	6.6 mg	Calcium	315 mg
Carbohydrate	30 g	Dietary Fiber	4 g	Cholesterol	27 mg
Fat	8 g	% Fat	26 %	Sodium	580 mg
Saturated Fat	5 g	% Saturated Fat	16 %		

Roasted Turkey

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey roast, thawed	28 ½ lb				1. Thaw only the amount needed for one day's use in netting in refrigerator for 24 hours. Place in single layers on sheet pans or trays and space on shelves so that air can circulate around wrapped poultry. 2. Cook within 24 hours after thawing. Do not partially cook one day and finish the next. Do not refreeze after thawing or heating. Do not wash before cooking. 3. Cook with or without netting. Place roasts of similar sizes in shallow roasting pans. Insert a meat thermometer into center of one roast in each pan. 4. Bake at 325°F in either a convection oven or a conventional oven for 3-5 hours. (Roasts with greater diameter need to cook longer.) CCP: Cook turkey products to an internal temperature of 165°F for 15 seconds. 5. Slice into 3 oz portions. (28.5 lb thawed turkey AP provides about 18 lb 12 oz EP after roasting). CCP: Hold for hot service at 135°F or higher.

Serving Size	1 Serving Provides	Yield
3 oz portion	3 oz equivalent meat/meat alternate.	100 servings

Nutrients Per Serving

Calories	132	Vitamin A	0.0 IU	Iron	1.38 mg
Protein	18.18 g	Vitamin C	0.0 mg	Calcium	3.01 mg
Carbohydrate	2.5 g	Dietary Fiber	0.0 g	Cholesterol	45 mg
Fat	5 g	% Fat	34 %	Sodium	580 mg
Saturated Fat	1.5 g	% Saturated Fat	10 %		

Sloppy Joe on Whole Grain Bun

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (no more than 15% fat)	17 lb 4 oz				1. Brown ground beef. Drain. Continue immediately. 2. Add onions and granulated garlic. Cook for 5 minutes.
Fresh onions, chopped *Or* Dehydrated onions	1 lb 4 oz *Or* 2 ½ oz	3 2/3 cups *Or* 1 ¾ cup			
Granulated garlic		2 Tbsp			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2 ¼ cup (1/2 No.10 can)			3. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155°F or higher for at least 15 seconds.
Catsup	3 lb 10 oz	1 qt 2 cup (½ No.10 can)			
Water		1 qt			4. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steam table pan (12" x 20" x 2 ½"). For 100 servings, use 2 pans. CCP: Hold for hot service at 135°F or higher.
White vinegar		2 ¼ cups			
Dry mustard		¼ cup			
Ground black or white pepper		2 tsp			
Brown sugar, packed	5 ½ oz	¾ cup			
Whole grain hamburger buns (43 g)		100 each			5. Portion with No. 12 scoop (1/3 cup) onto bottom half of each bun. Cover with top half of bun.

					Notes: • Mature onions – 1 lb 8 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate, ¼ c of vegetable, and 1 3/4 servings of grains/breads.	21 lb 8 oz (filling); about 31 lb 4 oz About 2 gallons ½ cup (filling); 100 sandwiches

Nutrients Per Serving

Calories	280	Vitamin A	542 IU	Iron	2.85 mg
Protein	18 g	Vitamin C	11.9 mg	Calcium	118 mg
Carbohydrate	32 g	Fiber	2 g	Cholesterol	45 mg
Fat	9 g	% Fat	29 %	Sodium	450 mg
Saturated Fat	3 g	% Saturated Fat	10 %		

Spaghetti w/Meat Sauce

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (no more than 15% fat)	17 lb				1. Brown ground beef. Drain. Continue immediately. 2. Add onions. Cook for 5 minutes. 3. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour. CCP: Heat to 155°F or higher for at least 15 seconds.
Fresh onions, chopped *Or* Dehydrated onions	1 lb *Or* 3 oz	2 2/3 cups *Or* 1 ½ cups			
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp			
Canned tomato puree	10 lb	1 gal 2 cups (1 ½ No.10 cans)			
Water		1 gal			
Salt		2 Tbsp			
Dried parsley		½ cup			
Dried basil		¼ cup			
Dried oregano		¼ cup			
Dried marjoram		2 Tbsp			
Dried thyme		1 Tbsp			
Water		12 gal			4. Heat water to rolling boil. Add salt.
Salt		¼ cup			

Whole grain spaghetti, broken into thirds	9 lb 8 oz	1 gal 3 ¾ qt			5. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly. 6. Stir spaghetti into meat sauce. 7. Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 100 servings, use 6 pans. CCP: Hold for hot service at 135°F or higher. 6. Portion with 8 oz ladle (1 cup) per serving. Notes: • Mature onions – 1 lb 4 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 cup (8 oz ladle)	2 oz equivalent meat/meat alternate, 3/8 c of vegetable, and 1 serving of grains/breads.	About 6 medium half steam table pans; about 6 gallons 1 qt

Nutrients Per Serving

Calories	322	Vitamin A	636 IU	Iron	3,96 mg
Protein	21.23 g	Vitamin C	5.3 mg	Calcium	47 mg
Carbohydrate	34.24 g	Fiber	4.45 g	Cholesterol	51 mg
Fat	10.7 g	% Fat	30 %	Sodium	310 mg
Saturated Fat	4.4 g	% Saturated Fat	12 %		

Stromboli Bites

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast	2 oz	¼ cup 1 Tbsp			1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes. Reserve for step 3.
Water, warm (110°F)		1 qt 2 cups			
All-purpose flour, enriched	5 lb 4 oz	1 gal 1 qt			2. Place flour in mixer bowl. Make well in the center.
Vegetable oil		½ cup			3. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
Salt		2 tsp			
Sugar	2 oz	¼ cup			4. Divide and shape dough into balls (1 lb 12 oz each or 1 ball for every 20 portions). Let rest for 20 minutes.
					5. On lightly floured surface, roll out dough into a rectangle 16” x 24”.
Mozzarella cheese, part skim, sliced	6 lb 4 oz				6. Layer cheese and ham lengthwise along the center (4” section), leaving 6” across the top and bottom for folding. Bottom layer – 10 oz cheese Top layer – 17 oz turkey ham slices
Turkey ham, fully cooked (15% water added), sliced (1/8” to ¼”)	10 lb 10 oz				
Fresh eggs, lightly beaten		2 each			7. Fold top third of dough over cheese and turkey ham. Place another layer of ingredients on dough as in step 6.
					8. Fold bottom third of dough over the second layer of ingredients. Brush edges with egg wash, pinch to seal end and top seams.
					9. Brush top of dough evenly with oil.

Oil, vegetable		½ cup			10. Mix seasonings and cheese well. 11. Sprinkle 2 Tbsp over each oiled dough roll. Pat in lightly. 12. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across. 13. Place rolled dough on sheet pan (18"x 26" x 1") lightly coated with pan release spray. 14. Allow rolled Stromboli to rise for 30 minutes. 15. Bake until crust is lightly browned: Conventional oven: 400°F for 30-35 minutes Convection oven: 350°F for 25-30 minutes CCP: Heat to 155°F or higher, monitor browning of dough. 16. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running. Cut each full Stromboli loaf lengthwise in 2 halves. Cut each half crosswise into 10 equal portions. Each loaf yields 20 portions. CCP: Hold before and during service at 135°F or higher.
Seasonings:					
Dried basil		2 ½ tsp			
Dried oregano		2 tsp			
Dried marjoram		½ tsp			
Dried thyme		¼ tsp			
Garlic powder		1 tsp			
Parmesan cheese, grated		1 ½ cup			
Tomato sauce:					
Oil, vegetable or canola		3 Tbsp			17. Heat oil. Add onions and cook approximately 5 minutes. 18. Add tomato paste, canned tomatoes, water, pepper, parsley, garlic powder, and seasonings to sautéed onions. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP: Heat to 155°F or higher. CCP: Hold before and during service at 135°F or higher.
Fresh onions, chopped	13 ½ oz	2 ¼ cups			
Canned tomato paste, low sodium	2 lb 5 oz	1 qt			
Tomatoes, diced, low sodium, canned with juice	6 lb 6 oz	3 qt ¼ cup			
Water		2 cups			
Ground black or white pepper		½ tsp			
Dried parsley		¼ cup			
Garlic powder		1 Tbsp			

Stromboli Bites, continued

Dried basil Dried oregano Dried marjoram Dried thyme		1 tsp 1 tsp ¾ tsp ¼ tsp			19. Portion 1 Stromboli slice and 2 Tbsp (1 oz) tomato sauce on the side. Notes: • Steps 1-4 can be done day in advance with dough held in refrigeration.

Serving Size	1 Serving Provides	Yield
1 slice	2 oz equivalent meat/meat alternate, ¼ c of vegetables, and 1 ½ servings of grains/breads.	5 loaves

Nutrients Per Serving

Calories	260	Vitamin A	424 IU	Iron	2.13 mg
Protein	20 g	Vitamin C	3.9 mg	Calcium	257 mg
Carbohydrate	25 g	Dietary Fiber	1.67 g	Cholesterol	46 mg
Fat	8 g	% Fat	27.7 %	Sodium	777 mg
Saturated Fat	3.8 g	% Saturated Fat	13 %		

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Tomato Soup

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, vegetable		½ cup			1. Heat oil in large stockpot.
Onion, diced	4 lb				2. Skin and dice onion. Sweat for 5 minutes over medium-high heat in steam jacketed kettle.
Celery, diced	2 lb				3. Add diced celery and diced carrots and sweat an additional 10 minutes.
Carrot, diced	3 ½ lb				4. Add minced garlic and chopped spinach and continue to simmer, covered, for 2 minutes.
Garlic cloves, minced		¼ cup			
Spinach, stems removed, washed, roughly chopped	4 lb				
Tomatoes, canned, low-sodium, diced	12 lb	2 No.10 cans			5. Add diced tomatoes and garbanzo beans and return to simmer.
Garbanzo beans, canned low-sodium	6 lb	1 ½ No.10 can			
Tomato sauce, low-sodium	13 lb 4 oz	2 No.10 cans			6. Add tomato sauce, vegetable broth, and water and heat thoroughly.
Vegetable broth, low-sodium		1 gal			
Water		¾ gal			
Basil, dry leaves		2 ½ Tbsp			7. Finish soup with dry basil, salt, and pepper.
Salt		1 Tbsp			

Black pepper, ground Parmesan cheese		1 ½ tsp 3 cups			8. Portion soup with 6 oz ladle or ¾ cup per serving. Top with ½ oz of parmesan cheese. CCP: Hold at or above 135°F before and during service. Notes: • Onion, mature – 4.5 lb food as purchased. • Celery – 3 lb food as purchased • Carrot, topped – 5 lb food as purchased • Garlic cloves – 8-10 cloves food as purchased • Spinach, fresh – 4.5 lb food as purchased

Serving Size	1 Serving Provides	Yield
¾ cup	1 ¼ c of vegetable.	100 servings

Nutrients Per Serving

Calories	125	Vitamin A	4420 IU	Iron	2.2 mg
Protein	5 g	Vitamin C	13.1 mg	Calcium	106 mg
Carbohydrate	19 g	Fiber	5.86 g	Cholesterol	4 mg
Fat	3 g	% Fat	22 %	Sodium	500 mg
Saturated Fat	1 g	% Saturated Fat	7 %		

Tuna Melt on Whole Grain Pita

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Canned chunk style, water packed tuna, chilled	16 lb 10 oz	(4-66 ½ oz cans)			1. Drain, flake tuna. Transfer to colander, put colander in a separate pan lined with towels. Continue draining (if needed) overnight in refrigerator.
Fresh onions, finely chopped (1/4")	2 lb	1 qt 1 1/3 cups			2. Combine tuna, onions, celery, pickle relish, dry mustard, and mayonnaise. Mix lightly until well blended.
Fresh celery, chilled, finely chopped (1/4")	4 lb	3 qt 3 cups			3. Cover and refrigerate until ready to use.
Sweet pickle relish, undrained	1 lb 1 ½ oz	2 cups			CCP: Hold at 41° F or below until served.
Dry mustard		1 Tbsp			
Mayonnaise, low-fat	5 lb 6 oz	2 qt 3 cups			
Pita bread, whole grain (64g)		100 each			4. Portion tuna mixture with No. 8 (1/2 cup or 4 ½ oz portion) onto each pita.
Reduced fat white or yellow cheese, sliced		100-1/2 oz slices			5. Top each pita/tuna mixture with cheese slice. 6. Bake until cheese and pita are lightly browned: Conventional oven: 400° F for 5-10 minutes Convection oven: 350° F for 10-15 minutes CCP: Heat to internal temperature of 135° F or higher CCP: Hold for hot service at 135° F or higher 7. Cut each pita into halves, serve both halves.

					Notes: • White cheese suggestions: white Cheddar, sharp Cheddar, American, Provolone, Mozzarella, Swiss. • Substitute whole wheat English muffin for pita bread. Place ¼ cup tuna onto each muffin half, with ½ oz cheese on each. Serving is two halves. • If tuna salad mixture is too runny, add bread crumbs a little at a time to help absorb moisture. • If available dry pack tuna is recommended. • Onions - 2 lb 6 oz food as purchased. • Celery - 4 lb 14 oz food as purchased.

Serving Size	1 Serving Provides	Yield
2 halves	2 oz equivalent meat/meat alternate, 2½ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	380	Vitamin A	320 IU	Iron	2.90 mg
Protein	24 g	Vitamin C	1.28 mg	Calcium	104.18 mg
Carbohydrate	42 g	Dietary Fiber	5.23 g	Cholesterol	32 mg
Fat	13 g	% Fat	31 %	Sodium	1016 mg
Saturated Fat	4 g	% Saturated Fat	9.5 %		

Tuna Noodle Crunch

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain macaroni, uncooked	5 lb 2 oz				1. Heat water to rolling boil in kettle. Slowly add noodles. Stir constantly until water boils again. Cook for 8 minutes or until al dente. Drain well. Reserve for step 8.
Margarine	1 lb 8 oz				2. Melt margarine in 375°F tilt skillet.
Celery, washed and diced	2 lb	7 cups			3. Sauté celery and onions. Cook over medium heat 5 minutes.
Red onions, washed and diced ¼“	11 oz	2 cups 1 Tbsp			
Flour	1 lb 8 oz				4. Add flour to celery and onions, stir until smooth
Milk, 2%		2 ½ gal			5. Add milk, chicken stock, white pepper, and parsley. Cook over medium heat, stirring occasionally until thickened (12-15 minutes).
Chicken stock, low sodium		2 ½ gal			
White pepper		1 Tbsp			
Fresh parsley, washed and chopped		1 cup			
Tuna, chuck style, water packed, drained and flaked	12 lb 12 oz	4-66 ½ oz cans			6. Add tuna and lemon juice to sauce.
Lemon juice		1 ½ cups			
Water chestnuts, sliced, canned, drained, roughly chopped	1 lb				7. Add water chestnuts and red pepper to sauce. Stir gently to combine ingredients.

Fresh red pepper, washed and diced ½ inch *Crunch Topping* Margarine Corn Flakes, crushed**	1 lb 8 oz 4 oz	5 cups 3 qt			8. Portion 2 lb 8 oz – 3 lb. cooked noodles into each pan (12" x 20" x 2 ½" pans). Use 5 pans for 100 portions. 9. Top each pan of noodles with 9 lb 12 oz tuna mixture. Stir gently to combine. 10. Melt margarine and combine with crushed cornflakes. 11. Portion 2 cups over each pan of casserole. 12. Bake at 350° F for 30 minutes until golden brown and bubbly. CCP: Cook until internal temperature reaches 155 F. CCP: Hold at or above 135 F before and during service. 13. Cut into 20 servings per pan or portion using a No. 6 scoop. Notes: • Fresh celery – 2 lb 8 oz food as purchased. • Red onion – 14 oz food as purchased. • Red pepper – 1 lb 15 oz food as purchased. • Parsley – one bunch food as purchased. • **Alternate crunch toppings – slivered almonds, toasted, 1 lb 8 oz

Serving Size	1 Serving Provides	Yield
No. 6 scoop	2 oz equivalent meat/meat alternate, 1/8 c of vegetables and 1 ¼ serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	330	Vitamin A	783 IU	Iron	5 mg
Protein	23 g	Vitamin C	7.6 mg	Calcium	142 mg
Carbohydrate	39 g	Dietary Fiber	2.67 g	Cholesterol	27 mg
Fat	9 g	% Fat	25 %	Sodium	444 mg
Saturated Fat	2.7 g	% Saturated Fat	7.4 %		

Tuna Salad Sandwich

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Canned chunk style, water packed tuna, chilled	16 lb 10 oz	4-66 ½ oz cans			1. Drain and flake tuna. 2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended. 3. Cover and refrigerate until ready to use. CCP: Cool to 41°F or lower within 4 hours. 4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service. Notes: • Mature onions – 2 lb 6 oz food as purchased.
Fresh onion, chopped	2 lb	1 qt 1 1/3 cup			
Fresh celery, chilled, chopped	4 lb	3 qt 3 cups			
Sweet pickle relish, undrained	1 lb 1 ½ oz	2 cups			
Dry mustard		1 Tbsp			
Fresh large eggs, hard cooked, peeled, chilled, chopped (optional)		16 each			
Reduced calorie salad dressing *Or* Mayonnaise, low-fat	5 lb 6 oz	2 qt 3 cups			
Whole wheat bread (.9 oz per slice)	11 lb 4 oz	200 slices			

					• Celery – 4 lb 14 oz food as purchased. • Bread, sliced – 6 ½ sandwich loaves (2 lb each).

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate, 1/8 c of vegetables, and 2 serving of grains/breads.	About 24 lb 12 oz (filling) 36 lb; about 3 gallons (filling) 100 sandwiches

Nutrients Per Serving

Calories	330	Vitamin A	210 IU	Iron	2.4 mg
Protein	23 g	Vitamin C	1.29 mg	Calcium	275 mg
Carbohydrate	51 g	Fiber	3.8 g	Cholesterol	71 mg
Fat	10.5 g	% Fat	29 %	Sodium	800 mg
Saturated Fat	2.7 g	% Saturated Fat	7 %		

Turkey Black Bean Chili

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Ground turkey, raw (approx. 11% fat)	14 lb				1. Brown ground turkey. Drain. Return to cooking vessel.
Fresh onions, chopped	1 lb 12 oz	1 qt 2/3 cup			2. Add onions, granulated garlic, green pepper, pepper, chili powder, paprika, onion powder, and ground cumin to ground turkey. Cook for 5 minutes.
Granulated garlic		3 Tbsp			
Fresh green pepper, chopped	1 lb	3 ¼ cups			
Ground black or white pepper		1 Tbsp 1 tsp			
Chili powder		½ cup			
Paprika		2 Tbsp			
Onion powder		2 Tbsp			
Ground cumin		3/4 cup			
Tomatoes, diced, low sodium, canned with juice	6 lb 6 oz	3 qt ½ cup (1 No.10 can)			3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		1 gal 2 cups			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2¼ cups (1/2 No.10 can)			
Black beans, canned, drained	4 lb 5 oz	3 qt 3 cups (1 No.10 can)			4. Stir in beans. Cover and simmer. Stir occasionally.

Cheddar cheese, reduced fat shredded (optional)	3 lb	3 qt			CCP: Heat to 155°F or higher for 15 seconds. Or If using previously cooked and chilled beans: CCP: Heat to 165°F or higher for at least 15 seconds. 5. Pour into serving pans. CCP: Hold for hot service at 135°F or higher. 6. Portion with 4 oz ladle (1/2 cup). 7. Garnish with cheese (optional). Notes: • Mature onions – 2 lb food as purchased.

Serving Size	1 Serving Provides	Yield
½ cup (4 oz ladle)	1 ½ oz equivalent meat/meat alternate, ½ c of vegetables.	100 servings

Nutrients Per Serving

Calories	215	Vitamin A	774 IU	Iron	2.08 mg
Protein	19 g	Vitamin C	8.7 mg	Calcium	164 mg
Carbohydrate	9 g	Dietary Fiber	2.2 g	Cholesterol	55 mg
Fat	9 g	% Fat	37.7 %	Sodium	290 mg
Saturated Fat	3 g	% Saturated Fat	13 %		

Turkey Club on Whole Grain Bun

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Provolone cheese	6 lb 4 oz	100-1 oz slices			1. Slice cheese and turkey into 1 oz slices.
Turkey breast, deli, thin slices	12 lb 8 oz	200-1 oz slices			
Tomatoes, fresh, sliced	10 lb (approximately)	25 each			2. Wash and core tomatoes. Slice into ¼" slices (approximately 7-9 slices per tomato).
Leaf lettuce	4 lb (approximately)	100 leaves			3. Wash lettuce and separate into leaves for assembly.
Whole wheat sandwich bun (43g)		100 each			4. Sandwich assembly: • Place 1 lettuce leaf and 2 tomato slices on bottom half of sandwich bun. • Top with 1 slice of cheese and 2 slices of turkey. • Spread 1 Tbsp mayonnaise on remaining half of bun. Top sandwich with bun.
Mayonnaise, low-fat	3 lb 2 oz				CCP: Hold at or below 41°F before and during service. Notes: • Lettuce – 6 lb 10 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 sandwich	2 ¼ oz equivalent meat/meat alternate, 5/8 c of vegetables and 1¾ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	330	Vitamin A	1867 IU	Iron	2.07 mg
Protein	23 g	Vitamin C	10.4 mg	Calcium	333 mg
Carbohydrate	25 g	Dietary Fiber	2.6 g	Cholesterol	55 mg
Fat	15 g	% Fat	41 %	Sodium	1040 mg
Saturated Fat	6 g	% Saturated Fat	16 %		

Turkey Sandwich on Whole Grain Bun

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Provolone cheese	6 lb 4 oz	100-1 oz slices			1. Slice cheese into 1 oz slices and turkey into 1.6 oz portions.
Turkey breast, deli, thin slices	10 lb	100-1.6 oz slices			
Whole wheat sandwich bun (43 g)		100 each			2. Sandwich assembly: • Place 1 slice of cheese and 1.6 oz of turkey on bottom half on sandwich bun. • Top sandwich with bun.
Mustard	3 lb 5 oz				3. Serve approximately 1 tbsp of desired condiments on the side.
Mayonnaise, low-fat	3 lb 2 oz				CCP: Hold at or below 41°F before and during service.

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz of equivalent meat/meat alternate, 1 ¾ servings of grain/breads.	100 servings

Nutrients Per Serving

Calories	312	Vitamin A	260 IU	Iron	1.84 mg
Protein	20 g	Vitamin C	2.6 mg	Calcium	325 mg
Carbohydrate	24 g	Dietary Fiber	2 g	Cholesterol	47 mg
Fat	15 g	% Fat	43 %	Sodium	1020 mg
Saturated Fat	6 g	% Saturated Fat	17 %		

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Turkey Tetrazzini with Whole Grain Noodles

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gal			1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.
Salt		1 Tbsp 1 tsp			
Whole grain spaghetti, broken into thirds	9 lb 8 oz	7 qt 3 cups			
Vegetable oil		½ cup			2. In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Set aside.
Vegetable mix:					
Fresh onions, diced	2 lb	1 qt 1 1/3 cup			
Fresh carrots, diced	2 lb	2 qt			
Fresh celery, diced	1 lb	1 qt			
Fresh green peppers, diced	8 oz	1 ¾ cup			
Or	*Or*	*Or*			
Mixed vegetables, frozen	5 lb	3 qt 3 cups			
Fresh mushrooms, sliced	2 lb, 8 oz	1 gal			
Or	*Or*	*Or*			
Mushrooms, canned, sliced, drained	1 lb 4 oz	3 ¾ cups			
Pimientos, canned, diced, drained (optional)	1 lb	2 cups			
Margarine	1 lb 8 oz	3 cups			3. Melt the margarine in a steam-jacketed kettle or stock pot. Add flour and cook for 5 minutes.
All-purpose flour, enriched	1 lb	3 ¾ cups			

Milk, 2%, hot Chicken stock, low sodium, non-MSG, hot Ground black or white pepper Onion salt Granulated garlic Cooked turkey, diced Parmesan cheese, grated	 12 lb 8 oz 12 oz	1 gal 3 ½ qt 1 ½ gal 2 tsp 1 Tbsp 1 tsp 2 Tbsp 1 tsp 1 qt ¼ cup			4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion, salt, and garlic. Simmer for 5 minutes. 5. In each steam table pan (12" x 20" x 2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooed diced turkey, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 100 servings, use 4 pans. 6. Sprinkle 3 oz (3/4 c 2Tbsp) of Parmesan cheese on top of each pan. 7. Bake until golden brown: Conventional oven: 350°F for 30 minutes Convection oven: 325°F for 35 minutes CCP: Heat to 165°F for at least 15 seconds CCP: Hold for hot service at 135°F or higher. 8. Cut each pan 5 x 5 (25 pieces per pan). Notes: • Mature onions – 2 lb 6 oz food AP • Carrots – 2 lb 8 oz food AP • Celery – 1 lb 4 oz food AP • Green peppers – 10 oz food AP • Mushrooms – 2 lb 10 oz food AP • Turkey, whole, without neck and giblets – 26 lb 10 oz food AP

Serving Size	1 Serving Provides	Yield
1 piece	2 oz equivalent meat/meat alternate, 1/8 c of vegetable, and 1 serving of grains/breads.	About 60 lb or 4 steam table pans for 100 servings

Nutrients Per Serving

Calories	390	Vitamin A	1310 IU	Iron	3.10 mg
Protein	28 g	Vitamin C	4.6 mg	Calcium	169 mg
Carbohydrate	43 g	Fiber	5.4 g	Cholesterol	54 mg
Fat	12.6 g	% Fat	29 %	Sodium	420 mg
Saturated Fat	4 g	% Saturated Fat	9 %		

Vegetarian Rice Bowl

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Water		4 gal 3 ½ qt			1. Boil water. Add salt (optional).
Salt (optional)		1 tbsp 1 tsp			
Brown rice, long grain	12 lb 8 oz				2. Place 1 lb 9 oz brown long grain regular rice per 12"X20"x2 ½" steam table pan and pour 2 qt 1 ¾ cups boiling water per steam table pan. Cover pans tightly. 3. Bake in conventional over at 350° F for 50 minutes; steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer. CCP: Hold hot rice at 135° F or above.
Black beans, canned, drained		4 No.10 cans			4. Drain black beans and heat. CCP: Heat to 165°F or higher for at least 15 seconds.
Cheddar cheese, reduced fat, shredded	6 lb 4 oz				5. Layer 1 cup rice, 1½ oz. beans, and 1 oz cheese on each tray. 6. Top with vegetables as desired.

Serving Size	1 Serving Provides	Yield
1 cup rice; 1½ oz. beans, and 1 oz cheese	2 oz of equivalent meat/meat alternate and 2 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	350	Vitamin A	181 IU	Iron	2.17 mg
Protein	16 g	Vitamin C	1.8 mg	Calcium	294 mg
Carbohydrate	56 g	Dietary Fiber	6.7 g	Cholesterol	16 mg
Fat	7 g	% Fat	18 %	Sodium	460 mg
Saturated Fat	3.7 g	% Saturated Fat	9.5 %		

Whole Grain Tortilla Bean Burrito (D-12A)

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh onions, chopped *Or* Dehydrated onions	10 oz *Or* 2 oz	1 ¾ cups *Or* 1 cup			1. Mix onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 15 minutes. Reserve for step 2.
Granulated garlic		2 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2 ¼ cups (½ No.10 can)			
Water		2 qt			
Seasonings:					
Chili powder		¼ cup 2 Tbsp			
Ground cumin		¼ cup			
Paprika		2 Tbsp			
Onion powder		2 Tbsp			
Canned pinto beans, drained	14 lb	2 gal (3 1/3 No.10 can)			2. Using mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with the pureed beans.
Cheddar cheese, reduced fat, shredded	5 lb	1 gal 1 qt			
Tortillas, whole grain, 8”		100 each			3. Steam tortillas for 3 minutes until warm or place in warmer to prevent torn tortillas when folding. 4. Portion bean mixture with No. 8 scoop (1/2 cup) onto

Cheddar cheese, reduced fat, shredded (optional)	1 lb 10 oz	1 qt 2 ½ cups			each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 100 servings, use 3 pans. 6. Bake: Conventional oven: 375°F for 15 minutes Convection oven: 325°F for 15 minutes CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher 7. Sprinkle shredded cheese (optional) evenly over burritos before serving. Notes: • Pinto beans – 6 lb food AP • Mature onions – 12 oz food AP • Mexican seasoning mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace seasoning ingredients. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning mix.

Serving Size	1 Serving Provides	Yield
1 burrito	2 oz equivalent meat/meat alternate, ¼ c of vegetable, and 1 serving of grains/breads.	About 26 lb 8 oz (filling) 100 burritos; 3 gallons ½ qt (filling), 3 sheet pans

Nutrients Per Serving

Calories	260	Vitamin A	800 IU	Iron	2.83 mg
Protein	15 g	Vitamin C	10.0 mg	Calcium	347 mg
Carbohydrate	36 g	Fiber	6.3 g	Cholesterol	13 mg
Fat	7 g	% Fat	24 %	Sodium	700 mg
Saturated Fat	3 g	% Saturated Fat	10 %		

Whole Grain Beef and Bean Enchilada

Main Dish | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Beef and bean burrito (see USDA recipe D-12A or D-12)		100 each			1. Place burritos in full size steam table pan, 20 per pan (use 5 pans for 100 servings).
Enchilada sauce		1 gal 1 qt 2½ cup			2. Pour enchilada sauce over burritos, 4 ½ cups per pan.
Cheddar cheese, reduced-fat shredded	2 lb 14 oz	2 qt 3 ½ cups			3. Sprinkle each pan with 2 1/3 cup cheese. 4. Bake at 325°F for 20 minutes. CCP: Cook until internal temperature reaches 165°F. CCP: Hold at or above 135°F before and during service. Notes: • Use USDA recipe D12A (Bean Burrito), D-12 (Beef or Pork Burrito) or prepared product.

Serving Size	1 Serving Provides	Yield
1 enchilada	2¼ oz equivalent meat/meat alternate, ¼ c vegetable and 1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	310	Vitamin A	1240 IU	Iron	2.42 mg
Protein	23 g	Vitamin C	10.8 mg	Calcium	423 mg
Carbohydrate	22.5 g	Dietary Fiber	4.5 g	Cholesterol	50 mg
Fat	14 g	% Fat	41 %	Sodium	960 mg
Saturated Fat	7 g	% Saturated Fat	20 %		

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Baked Beans

Vegetable **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Baked beans, canned, low sodium	16 lb 9 oz	2 ½ No.10 can			1. Place all ingredients in steam table pans, use 2 for 100 portions. Mix well.
Ketchup	11 oz	1 cup ¼ cup			
Dry mustard		2 Tbsp			
Brown sugar		1 cup			
Onions, dry		6 Tbsp			2. Cover and bake in oven at 350° degrees for 45 minutes to 1 hour. CCP: Cook until internal temp reaches 185°F. 3. Portion using No. 16 scoop (1/4 cup). CCP: Hold at or above 135°F before and during service.

Serving Size	1 Serving Provides	Yield
¼ cup (No. 16 scoop)	1 oz equivalent meat/meat alternate or ¼ cup vegetable.	100 servings

Nutrients Per Serving

Calories	75	Vitamin A	101 IU	Iron	.84 mg
Protein	3.3 g	Vitamin C	0 .5 mg	Calcium	25.3 mg
Carbohydrate	18 g	Dietary Fiber	2.77g	Cholesterol	0 mg
Fat	<1 g	% Fat	3 %	Sodium	266 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

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Carrot Raisin Salad

Fruit/Vegetable | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh carrots, shredded coarsely	13 lb	3 gal 3 qt			1. Place carrots and raisins in large bowl.
Raisins	6 lb	1 gal 2 cup			
Instant nonfat dry milk, reconstituted		2 cups			2. In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).
Reduced calorie salad dressing	4 lb	2 qt			
Or	*Or*	*Or*			
Mayonnaise, low-fat	4 lb	2 qt			
Salt		2 tsp			
Ground nutmeg (optional)		2 tsp			
Frozen lemon juice concentrate, reconstituted (optional)		½ cup			3. Pour dressing over carrots and raisins. Mix lightly. Spread 5.75 lb (approximately 3 qt 1 cup) into each shallow pan (12” x20” x 2 ½”) to a product depth of 2” or less. For 100 servings, use 4 pans. CCP: Cool to 41°F or lower within 4 hours. 4. Cover. Refrigerate until service. CCP: Hold at or below 41°F before and during service.

					5. Mix lightly before serving. Portion with No. 8 scoop (1/2 cup). Notes: • Carrots – 8 lb food as purchased

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	1/2 c of vegetable and fruit.	100 servings

Nutrients Per Serving

Calories	167	Vitamin A	9924 IU	Iron	0.83 mg
Protein	1.7 g	Vitamin C	4.4 mg	Calcium	42 mg
Carbohydrate	32 g	Fiber	2.9 g	Cholesterol	9 mg
Fat	4.6 g	% Fat	25 %	Sodium	290 mg
Saturated Fat	0.7 g	% Saturated Fat	4 %		

Chef Cyndie's Spring Salad with Pear Vinaigrette

Fruit/Vegetable **HACCP Process Category 1** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen lemon juice concentrate, reconstituted		½ cup			1. Reconstitute lemon juice concentrate to make ½ cup total.
Apples, red, diced	2 lb 4 oz	1 qt 2 ¾ cup			2. Wash and core apple and pears. Dice into ½" cubes. Note: Add diced apples and pears to reconstituted lemon juice to prevent browning.
Pears, diced	2 lb 4 oz	1 qt 2 ¾ cup			
Onions, green, sliced	4 oz	1 ¾ cup			3. Slice green onions into 1/8" pieces.
Lettuce, romaine, chopped	8 lb 4 oz	4 gal 5 cup			4. Remove apples and pears from lemon juice. 5. Combine lettuce, apples, pears, and green onions. 6. Portion 2 oz salad into serving dishes. CCP: Hold at or below 41°F before and during service.
Pear vinaigrette salad dressing:					
Pears, sliced undrained	3 lb 2 oz	1 No.10 cans			7. After weighing, drain pears, reserving 1 1/3 cup juice for each 100 servings. 8. Combine all dressing ingredients in food processor. 9. Blend until very smooth. CCP: Hold at or below 41°F before and during service.
Pear juice		1 1/3 cup			
White wine vinegar		1 1/3 cup			
Honey		4 Tbsp			
Salt		1 Tbsp			
Pepper, black		1 tsp			
Vanilla extract		1 tsp			
Pepper, red		½ tsp			

					10. Just before serving, pour ½ oz prepared pear vinaigrette dressing over salad.

Serving Size	1 Serving Provides	Yield
2 oz salad, ½ oz dressing	1 c of fruit/vegetable.	100 servings

Nutrients Per Serving

Calories	34	Vitamin A	3318 IU	Iron	0.43 mg
Protein	0.60 g	Vitamin C	11.8 mg	Calcium	13 mg
Carbohydrate	8 g	Dietary Fiber	1.8 g	Cholesterol	0 mg
Fat	0 g	% Fat	0 %	Sodium	75 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Creamy Cole Slaw

Vegetable **HACCP Process Category 1** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh green cabbage, chilled, shredded	7 lb 6 oz	3 gal			1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
Fresh carrots, shredded	12 oz	3 ½ cups			
Fresh green peppers, chopped or diced (optional)	5 oz	1 cup			
Reduced calorie salad dressing	1 lb 12 oz	3 ½ cups			2. Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
Or	*Or*	*Or*			
Mayonnaise, low-fat	1 lb 12 oz	3 ½ cups			
Sugar		¼ cup			
Celery Seed		1 Tbsp 1 tsp			
Dry mustard		2 tsp			
White vinegar		¼ cup			3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12” x 20”x 2 ½”) to a product depth of 2” or less. For 100 serving use 2 pans. CCP: Cool to 41°F or lower within 4 hours. 4. Cover, refrigerate until ready to serve. 5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

					Notes: • Cabbage - 8 lb 8 oz food as purchased. • Carrots - 1 lb food as purchased. • Green peppers - 8 oz food as purchased. • For best results, shred cabbage and store overnight; add dressing just before serving. • If recipe is prepared in advance, the yield will be reduced.

Serving Size	1 Serving Provides	Yield
¼ cup (No. 16 scoop)	¼ c of vegetable.	100 Servings: about 10 lb 6 oz; 100 Servings: about 1 gallon 2 ¼ qt; 2 pans

Nutrients Per Serving

Calories	33	Vitamin A	1005 IU	Iron	0.30 mg
Protein	0.6 g	Vitamin C	11.1 mg	Calcium	19 mg
Carbohydrate	4.5 g	Fiber	1.0 g	Cholesterol	3 mg
Fat	1.6 g	% Fat	44 %	Sodium	77 mg
Saturated Fat	0.3 g	% Saturated Fat	8 %		

Cuban Black Bean Salad

Vegetable | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, canned drained	10 lb	1 gal 2 cup (2 2/3 No.10 cans)			1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.
Corn, frozen, whole-kernel, thawed	7 lb	2 qt 3 1/3 cup			
Or	*Or*	*Or*			
Corn, canned, low sodium, whole kernel liquid packed, drained	8 lb 4 oz	2 qt 3 ¾ cup (2 No.10 cans)			
Fresh green peppers, minced	1 lb 8 oz	1 qt ¾ cup			
Fresh red peppers, minced	1 lb 8 oz	1 qt 2 cups			
Fresh onions, minced	8 oz	1 1/3 cup			
Dressing:					2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.
Lemon juice		1 cup			
Dried parsley		¼ cup			
Ground cumin		2 Tbsp			
Granulated garlic		1 Tbsp 1 tsp			
Salsa, canned	3 lb 8 oz	1 qt 2 ¾ cups			
Vegetable oil		½ cup			3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each shallow pan (12” x 20” x 2 ½”) to a product depth of 2” or less. For 100 servings, use 4 pans.

Monterey Jack cheese, reduced fat shredded (optional)	2 lb	1 qt			4. Refrigerate until service. 5. Portion with No. 8 scoop (1/2 cup). CCP: Hold at or below 41°F before and during service. 6. Sprinkle Monterey Jack cheese (optional) on top before serving. Notes: • Green peppers - 1 lb 14 oz food AP • Red peppers - 1 lb 14 oz food AP • Mature onions - 10 oz food AP • Tip – black beans can be rinsed to brighten their color.

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of vegetables or ½ oz equivalent meat/meat alternate and ¼ c of vegetable.	About 3 gallons 2 cups; 4 pans

Nutrients Per Serving (without optional cheese)

Calories	157	Vitamin A	360 IU	Iron	1.31 mg
Protein	5 g	Vitamin C	18.5 mg	Calcium	31 mg
Carbohydrate	17 g	Fiber	3.5 g	Cholesterol	0 mg
Fat	1.6 g	% Fat	9 %	Sodium	265 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Nutrients Per Serving (with optional cheese)

Calories	185	Vitamin A	410.7 IU	Iron	1.37 mg
Protein	8 g	Vitamin C	18.51 mg	Calcium	95.23 mg
Carbohydrate	17 g	Dietary Fiber	3.45 g	Cholesterol	5.90 mg
Fat	3.6 g	% Fat	17.5 %	Sodium	315 mg
Saturated Fat	1.5 g	% Saturated Fat	7 %		

Honey Glazed Carrots

Vegetable | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh carrots	9 lb	2 gal			1. Wash, peel, and remove ends of carrots. Slice into ½" coins. 2. Divide carrots evenly into 2 steam table pans (12" x 20" x 2 ½", 4.5 lb per pan). 3. For glaze: Combine margarine, sugar, orange juice concentrate, honey, nutmeg, and cinnamon. 4. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend. 5. Bring glaze to a boil, stirring constantly. Remove from heat.
Margarine	8 oz	1 cup			
Sugar	5 oz	1½ cup 2 Tbsp			
Frozen orange juice concentrate	7 oz	¾ cup			
Honey	7 oz	¾ cup			
Ground nutmeg		2 tsp			
Ground cinnamon		2 tsp			
Water, cold		2 cup			
Cornstarch		1/3 cup			
Raisins *Or* Dried cherries, chopped	10 oz *Or* 8½ oz	1 cup *Or* 2 cup			6. Add raisins or dried cherries to carrots 7. Pour 2 ¾ cups glaze over each pan of carrots and bake. Conventional oven: 375° F for 30-40 minutes Convection oven: 325° F for 20-30 minutes CCP: Cook to 140° F or higher or until carrots are fork tender. CCP: Hold for hot service at 135° F or higher.

					8. Portion with No. 8 scoop (1/2 cup). Notes: • Carrots – 11 lb food as purchased.

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	¼ c of vegetables	100 servings

Nutrients Per Serving

Calories	50	Vitamin A	5387 IU	Iron	0.2 mg
Protein	0.5 g	Vitamin C	4.1 mg	Calcium	12.4 mg
Carbohydrate	12 g	Dietary Fiber	1.07 g	Cholesterol	0 mg
Fat	1.9 g	% Fat	34 %	Sodium	35 mg
Saturated Fat	0.4 g	% Saturated Fat	7 %		

Jicama Salad

Vegetable | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Jicama, peeled, diced 1/4”	2 lb 5 oz	2 ½ qt			1. Toss together jicama, bell peppers, red onion, carrots, and cilantro.
Red bell pepper, diced 1/4”	3 lb	2 ½ qt			
Green bell pepper, diced 1/4”	3 lb	2 ½ qt			
Red onion, chopped 1/4”	4 lb	2 ½ qt			
Carrots, peeled, diced 1/4”	3 lb	2 ½ qt			
Fresh cilantro, chopped	17 oz	3 qt ½ cup			
Lime juice		1 qt			2. Wisk together lime juice, red wine vinegar, honey, oil, cayenne pepper, and paprika.
Red wine vinegar		1 cup			3. Pour over vegetable mixture.
Honey	8 oz	½ cup			
Oil, canola, olive, or blended		2 cup			
Cayenne pepper		2 tsp			
Paprika		2 Tbsp			
Salt		2 tsp			4. Season with salt and pepper, toss until well combined.
Black pepper		1 Tbsp ½ tsp			

					5. Refrigerate at least 30 minutes prior to service. CCP: Hold at 41° F or below before and during service. 6. Portion with No. 8 scoop (1/2 cup). Notes: Food as purchased: • Jicama – approximately 2 large • Bell pepper - 3 lb 9 oz • Red onion - 4 lb 8 oz • Carrots - 4 lb • Cilantro - 1 lb 8 oz

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of vegetables	100 servings

Nutrients Per Serving

Calories	70	Vitamin A	3151 IU	Iron	0.4 mg
Protein	0.8 g	Vitamin C	34.95 mg	Calcium	17 mg
Carbohydrate	11 g	Dietary Fiber	2 g	Cholesterol	0 mg
Fat	4.6 g	% Fat	59 %	Sodium	63 mg
Saturated Fat	0.7 g	% Saturated Fat	9 %		

Marinated Fresh Vegetable Salad

Vegetable **HACCP Process Category 1** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Broccoli florets, broken up	2 lbs	2 qt			1. Place vegetables in large container.
Cauliflower florets, broken up	2 lbs	2 qt 1 cup			
Grated carrots	2 lbs	2 qt 1 cup			
Cucumber, diced ¼ inch	2 lbs	2 qt			
Green pepper, diced ¼ inch	1 lb 8 oz	1 qt			
Onion, diced ¼ inch	1 lb 4 oz	3 ½ cups			
Italian salad dressing		1 qt			2. Pour dressing over vegetables. Mix thoroughly. CCP: Cool to 41°F or lower within 4 hours. 3. Cover. Refrigerate until service. 4. Portion with No. 12 scoop (1/3 cup). CCP: Hold at or below 41°F before and during service.

Serving Size	1 Serving Provides	Yield
1/3 cup (No. 12 scoop)	1/3 c of vegetables.	100 servings

Nutrients Per Serving

Calories	40	Vitamin A	1595 IU	Iron	0.17 mg
Protein	0.60 g	Vitamin C	16 mg	Calcium	11.10 mg
Carbohydrate	4.15 g	Dietary Fiber	0.84 g	Cholesterol	0 mg
Fat	2.7 g	% Fat	60 %	Sodium	100 mg
Saturated Fat	0.7 g	% Saturated Fat	16 %		

Mexicali Corn

Vegetable **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, canned, low sodium, liquid packed whole kernel *Or* Corn, frozen, whole kernel	 7 lb 8 oz	2 No.10 cans			1. Combine corn, green peppers and onions. 2. Steam canned corn mixture 5-8 minutes; 10-15 minutes if frozen corn is used.
Fresh green pepper, finely chopped	1 lb	3 cups			
Onions, chopped	12 oz	2 cups			
Fresh red peppers, finely chopped	8 oz	1 ½ cup			
Margarine	4 oz	½ cup			3. Add margarine and seasonings. Stir lightly. CCP: Hold above 135°F
Seasonings: Chili powder Ground cumin Paprika Onion powder		 2 ½ tsp 1 ½ tsp 1 tsp 1 tsp			4. Portion with No. 16 scoop (1/4 cup serving).

Serving Size	1 Serving Provides	Yield
¼ cup (No. 16 scoop)	¼ c of vegetables.	100 servings

Nutrients Per Serving

Calories	60	Vitamin A	206.6 IU	Iron	0.58 mg
Protein	2 g	Vitamin C	11.9 mg	Calcium	5.25 mg
Carbohydrate	12 g	Dietary Fiber	1.4 g	Cholesterol	0 mg
Fat	1.6 g	% Fat	24 %	Sodium	114 mg
Saturated Fat	0.3 g	% Saturated Fat	5 %		

Mixed Greens Salad

Vegetable | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Mixed greens Romaine Spinach For variety and color contrast, one or more of the following may be added, substituting for an equal volume of greens*: • Radishes, sliced • Cabbage, red, shredded • Carrots, coarsely shredded • Green pepper, diced or strips • Tomato wedges Salad dressing*	7 lb 8 oz 5 lb 3 lb 2 oz *1 lb of selected vegetable substituted for 1 lb lettuce	 3 qt ½ cup			1. Cut or tear chilled greens into bite sizes pieces (approximately 1”). 2. Combine greens in large chilled bowls. 3. Toss lightly, cover, and refrigerate. CCP: Hold at or below 41°F before and during service. 4. Toss chilled contrasting color vegetables (except tomato wedges) with greens before adding dressing; add tomato wedges just as salad is served. *Or* Portion salad into chilled bowls: add salad dressing just before serving (1 oz.).

Serving Size	1 Serving Provides	Yield
2 ½ oz greens (weight will vary depending on choice of vegetables)	1 c of vegetables.	100 servings

Nutrients Per Serving*

Calories	75	Vitamin A	4690 IU	Iron	0.87 mg
Protein	2.4 g	Vitamin C	14.5 mg	Calcium	34.9 mg
Carbohydrate	7 g	Dietary Fiber	1.2 g	Cholesterol	0 mg
Fat	6.7 g	% Fat	80 %	Sodium	30 mg
Saturated Fat	0.9 g	% Saturated Fat	11 %		

*Nutrient analysis depends on specific salad dressing used for recipe.

Oven Browned Potatoes

Vegetable | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Whole potatoes, canned, drained		6 No.10 cans			1. Place all ingredients evenly among steam table pans (use approximately 1 pan for 25 servings). Mix well.
Seasoned salt		1 Tbsp 1 tsp			
Margarine, cut into cubes		1 1/3 cup			2. Cover and bake at 350°F for 30-45 minutes. CCP: Heat to an internal temperature of 185°F. 3. Portion ½ cup serving using No. 8 scoop. CCP: Hold at or above 135°F before and during service.

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of vegetables.	100 servings

Nutrients Per Serving

Calories	95	Vitamin A	110 IU	Iron	1.5 mg
Protein	2 g	Vitamin C	6.25 mg	Calcium	6.1 mg
Carbohydrate	16.7 g	Dietary Fiber	2.8 g	Cholesterol	0 mg
Fat	2.6 g	% Fat	24.6 %	Sodium	300 mg
Saturated Fat	0.5 g	% Saturated Fat	5 %		

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Pineapple Melon Salad

Fruit | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh cantaloupe, chopped	8 lb 12 oz	1 ½ gal			1. Rinse cantaloupe. Chop into ¼" chunks.
Red bell pepper, finely diced	2 lb 12 oz	2 qt ½ cup			2. Rinse bell peppers. Dice bell peppers and onions to ¼" in size.
Onion (white, yellow, or red), finely diced	2 lb 4 oz	1 ½ qt			
Fresh cilantro, chopped	4 oz	3 cups			3. Remove stem ends from cilantro and roughly chop by hand or in processor.
Canned pineapple tidbits, drained	6 lb 10 oz	2 qt (1 No10 can)			4. Combine all ingredients, mix well. Refrigerate, covered, at least one hour to blend flavors. Stir before serving.
Lemon or lime juice		1 cup			
Orange juice		2 cups			CCP: Hold at 41°F or below before and during service.
Jerk seasoning (pre-mixed)		¾ cup			
Or					
Seasonings:					
Dried minced onion		½ cup			
Dried thyme		2 Tbsp			
Allspice		1 tbsp 2 tsp			
Black pepper, ground		1 tsp			
Ground cinnamon		2 tsp			
Cayenne pepper		1 tsp			
Salt		1 tsp			

					5. Portion with No. 8 scoop (1/2 cup). Notes: • Cantaloupe - 16 lb 14 oz food as purchased. • Red bell pepper - 2 lb 9 oz food as purchased. • Onion – 2 lb 9 oz food as purchased • Fresh cilantro – 10 oz food as purchased

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of fruits and vegetables.	100 servings

Nutrients Per Serving

Calories	43	Vitamin A	1833 IU	Iron	0.36 mg
Protein	0.8 g	Vitamin C	36 mg	Calcium	15.4 mg
Carbohydrate	11 g	Dietary Fiber	1.3 g	Cholesterol	0 mg
Fat	0.2 g	% Fat	4 %	Sodium	30 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Refried Beans

Vegetable | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		½ cup			1. Heat the oil in a large skillet over medium heat. 2. Add the onion and cook until tender and onions are translucent, about 3 minutes. 3. Stir in the garlic and chili powder and cook for 1 minute more. 4. Stir in the beans and chicken broth and cook about 5 minutes. Add more chicken broth to moisten, if needed. CCP: Heat to 165°F or higher for at least 15 seconds. 5. Stir in chopped cilantro leaves. CCP: Hold above 135°F. 6. Portion with No. 16 scoop (1/4 cup).
Onions, diced ¼ inch	2 lb	5 ½ cups			
Garlic gloves, minced		20 count			
Chili powder		2 Tbsp			
Refried beans	12 lbs 11 oz	2 No.10 cans			
Chicken broth, low sodium		1 1/2 cups			
Fresh cilantro leaves, chopped		1/2 cup			

Serving Size	1 Serving Provides	Yield
¼ cup (No. 16 scoop)	¾ oz equivalent meat/meat alternate or ¼ c of vegetables.	100 servings

Nutrients Per Serving

Calories	80	Vitamin A	58.8 IU	Iron	1.14 mg
Protein	4 g	Vitamin C	4.6 mg	Calcium	26.12 mg
Carbohydrate	11 g	Dietary Fiber	3.6 g	Cholesterol	5 mg
Fat	2 g	% Fat	22 %	Sodium	200 mg
Saturated Fat	0.5 g	% Saturated Fat	5.6 %		

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Roasted Squash

Vegetable | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash	37 lbs 3 oz (AP)	20-25			1. Wash squash. Cut squash into 4-5 wedges lengthwise, depending on weight or each squash*. Remove seeds from squash. Place wedges onto baking sheet that has been lightly coated with non-stick cooking spray. 2. Mix together allspice, salt and pepper. Mist each squash wedge with cooking spray. 3. Dust each squash wedge with allspice seasoning mixture. 4. Bake at 350°F for 30-40 minutes until tender. CCP: Hold at or above 135°F before and during service. 5. Serve one wedge. Notes: • *Each wedge should weigh 6 oz. • For elementary children, peel squash and dice into 1/3 inch cubes. Portion with a No. 8 scoop.
Baking spray		As needed			
Allspice		2 tsp			
Salt		2 tsp			
Pepper, black ground		2 tsp			

Serving Size	1 Serving Provides	Yield
1 wedge or No. 8 scoop	½ c of vegetables.	100 servings

Nutrients Per Serving

Calories	38	Vitamin A	5354. IU	Iron	0.45 mg
Protein	1 g	Vitamin C	9.9 mg	Calcium	22.84 mg
Carbohydrate	9 g	Dietary Fiber	2.9 g	Cholesterol	0 mg
Fat	0.4 g	% Fat	9 %	Sodium	50 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

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Sautéed Summer Squash

Vegetable/Fruit | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Zucchini	9 lbs 12 oz				1. Thoroughly wash and dry all produce. Trim ends from squash. 2. Cut vegetables into ¼" coins. 3. Heat oil in steam jacketed kettle or tilt kettle over medium high heat. 4. Add ground pepper to oil and stir. 5. Add vegetables to oil and sauté over medium heat for 2 minutes, stirring constantly. 6. Reduce heat to medium low, cover steam jacketed kettle and steam for 3 minutes. Do not overcook vegetables as they will continue to cook on the steam table. 7. Portion ½ cup squash per serving. CCP: Hold at or above 135°F before and during service.
Summer squash	12 lbs 8 oz				
Vegetable oil		2 cups			
Ground black *OR* white pepper		2 tsp			

Serving Size	1 Serving Provides	Yield
½ cup	½ c of vegetables.	

Nutrients Per Serving

Calories	52	Vitamin A	1000 IU	Iron	0.33 mg
Protein	0.51 g	Vitamin C	11.6 mg	Calcium	16.2 mg
Carbohydrate	1.21 g	Fiber	0.9 g	Cholesterol	0 mg
Fat	4.7 g	% Fat	81 %	Sodium	3 mg
Saturated Fat	0.7 g	% Saturated Fat	12 %		

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Sautéed Zucchini

Vegetable/Fruit | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Zucchini	19 lbs 10 oz				1. Wash and dry zucchini. Cut into ¼" coins.
Vegetable oil		2 cups			2. Heat oil in steam jacketed kettle or tilt skillet over medium high heat.
Ground black *OR* white pepper		2 tsp			3. Add ground pepper to oil and stir. 4. Add zucchini to oil and sauté over medium heat for 2 minutes, stirring constantly. 5. Reduce heat to medium low, cover steam jacketed kettle or tilt skillet and steam for 3 minutes. Do not overcook zucchini as it will continue to cook on the steam table. CCP: Hold at or above 135°F before and during service.

Serving Size	1 Serving Provides	Yield
½ cup	½ c of vegetables.	

Nutrients Per Serving

Calories	52	Vitamin A	1000 IU	Iron	0.33 mg
Protein	0.51 g	Vitamin C	11.6 mg	Calcium	16.2 mg
Carbohydrate	1.21 g	Fiber	0.9 g	Cholesterol	0 mg
Fat	4.7 g	% Fat	81 %	Sodium	3 mg
Saturated Fat	0.7 g	% Saturated Fat	12 %		

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Savory Carrots

Vegetable | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, canned, low sodium, drained,		5 ½ No.10 cans			1. Mix all ingredients. Place mixture evenly among steam table pans (use approximately 4 pans for 100 portions). 2. Cover and place in steamer for 30 minutes. CCP: Heat until internal temperature reaches 185°F. 3. Portion with No. 8 scoop (1/2 cup). CCP: Hold at or above 135°F before and during service.
Brown sugar	2 lb 4 oz				
Margarine, cut into cubes	8 oz	1 cup			
Dry onions	5 oz				

Serving Size	1 Serving Provides	Yield
1/2 cup (No. 8 scoop)	1/2 c of vegetables.	100 servings

Nutrients Per Serving

Calories	80	Vitamin A	11400 IU	Iron	0.73 mg
Protein	0.7 g	Vitamin C	2.78 mg	Calcium	33.5 mg
Carbohydrate	18 g	Dietary Fiber	1.5 g	Cholesterol	0 mg
Fat	2 g	% Fat	22 %	Sodium	60 mg
Saturated Fat	0.4 g	% Saturated Fat	4 %		

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Spiced Apples

Fruit | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Apple slices, canned	26 lb 8 oz	4 No.10 cans			1. Mix all ingredients thoroughly. 2. Transfer to steam table pans. 3. Bake in 350°F oven for 1 hour. CCP: Heat to internal temperature of 160°F. CCP: Hold at or above 135°F before and during service. 4. Portion ½ cup (No. 8 scoop) per serving.
Brown sugar	4 lb	½ cup			
Ground cinnamon		½ cup			
Flour	1 lb	1 qt			

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of fruit.	100 servings

Nutrients Per Serving

Calories	122	Vitamin A	1.8 IU	Iron	1.8 mg
Protein	0.6 g	Vitamin C	1.2 mg	Calcium	22 mg
Carbohydrate	31 g	Dietary Fiber	1.4 g	Cholesterol	0 mg
Fat	0 g	% Fat	0 %	Sodium	10 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

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Spinach Salad with Grape Tomatoes

Fruit/Vegetable **HACCP Process Category 1** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Lettuce, washed, dried, chopped	8 lb	3 gal 2 qt			1. Cut chilled greens into bite sized pieces (approximately 1”). 2. Combine greens, toss lightly, refrigerate. CCP: Hold at or below 41°F before and during service. 3. To serve: Top 2 oz greens with ¼ oz mozzarella cheese and 2 grape or cherry tomatoes. Drizzle ½ oz dressing over each salad. Notes: • Lettuce – 13 lb food as purchased • Spinach – 8 lb 8 oz food as purchased
Spinach, washed, dried, chopped	4 lb 8 oz	3 gal 2 ½ qt			
Mozzarella cheese, part skim, shredded	1 lb 9 oz				
Tomatoes, grape or cherry		200 each			
Italian salad dressing or other USDA salad dressing is recommended		3 qt ½ cup			

Serving Size	1 Serving Provides	Yield
2 oz greens w/ ¼ oz mozzarella cheese and 2 grape or cherry tomatoes	¼ oz equivalent meat/meat alternate, 1 c of vegetables.	100 servings

Nutrients Per Serving

Calories	93	Vitamin A	4886 IU	Iron	1.06 mg
Protein	3.5 g	Vitamin C	16.6 mg	Calcium	91 mg
Carbohydrate	4 g	Dietary Fiber	1.4 g	Cholesterol	2 mg
Fat	7.4 g	% Fat	71 %	Sodium	80 mg
Saturated Fat	1.6 g	% Saturated Fat	15 %		

Stir Fry Veggies

Vegetable **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables *Group A* Broccoli, Carrots, Cauliflower, Celery, Onions *Group B* Cabbage, Green beans, Green peas, Yellow summer squash, Zucchini *Optional vegetables* Snow peas, Red or green peppers, Pimientos, Water chestnuts	25 lb				1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 5.
Water		2 cups			2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Low-sodium soy sauce		1 cup			
Granulated garlic		2 Tbsp 2 tsp			
Vegetable oil		2 cups			3. Heat oil in steam-jacketed kettle.
Ground black or white pepper		2 tsp			4. Add pepper to oil and stir. 5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables.

					Stir mixture constantly over high heat for 1 minute. 6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds. 7. Cover, lower heat, and steam for 2-3 minutes. Vegetables should not be overcooked as they will continue to cook on the steam table. CCP: Heat to 140° F or higher. 8. Pour approximately 3 qt 3 cups into each steam table pan (12” x 20” x 2 ½”). For 100 servings, use 4 pans. CCP: Hold for hot service at 135° F or higher. 9. Portion with No. 8 scoop (1/2 cup). Note: • Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation. • *Actual component contribution depends on specific vegetables used and whether fresh or frozen.

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of vegetable.*	100 Servings: 4 steam table pans

Nutrients Per Serving

Calories	65	Vitamin A	2760 IU	Iron	0.37 mg
Protein	1.45 g	Vitamin C	25 mg	Calcium	30 mg
Carbohydrate	6.4 g	Fiber	2 g	Cholesterol	0 mg
Total Fat	4.5 g	% Fat	62 %	Sodium	150 mg
Saturated Fat	0.7 g	% Saturated Fat	9.7 %		

Strawberry Applesauce

Fruit | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Sliced apples, commodity	25 lbs 6 oz	4 No.10 cans			1. Heat apples in steam jacketed kettle or tilt skillet. 2. Add cinnamon stick, water and sugar. 3. Cook until apples are tender.
Cinnamon stick		4 count			
Water		1 cup			
Sugar		1 cup			
Strawberries, fresh or frozen		1 qt			4. Add strawberries and cook for 5 minutes. 5. Remove from heat and press through strainer. 6. Stir until smooth. 7. Serve warm or chilled. If serving warm: CCP: Hold for hot service at 135°F or higher. If serving chilled: CCP: Cool in shallow pans to 41°F or lower within four hours. CCP: Hold at or below 41°F before and during service.

Serving Size	1 Serving Provides	Yield
½ cup	½ c of fruit.	100 servings

Nutrients Per Serving

Calories	45	Vitamin A	4 IU	Iron	1.45 mg
Protein	0 g	Vitamin C	4.8 mg	Calcium	1.46 mg
Carbohydrate	11.5 g	Dietary Fiber	1.15 g	Cholesterol	0 mg
Fat	0 g	% Fat	0 %	Sodium	5 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

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Sweet Potato Fries

Vegetable | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet potatoes	22 lb (AP)				1. Wash sweet potatoes. 2. Place whole potatoes in steam table pan and steam approximately 4 minutes. 3. Cool and peel. 4. Slice lengthwise into ¼ inch strips. 5. Place strips single layer on 18 x 26 x 1" baking trays that have been lightly sprayed. 6. Spray tops of potatoes lightly. 7. Sprinkle cinnamon over tops of potatoes. 8. Bake in 425°F oven for approximately 20 minutes.
Cooking spray	As needed				
Ground cinnamon		1 cup			

Serving Size	1 Serving Provides	Yield
½ cup	½ c of vegetables.	100 servings

Nutrients Per Serving

Calories	75	Vitamin A	15490 IU	Iron	0.71 mg
Protein	1.4 g	Vitamin C	12.6 mg	Calcium	27 mg
Carbohydrate	17 g	Dietary Fiber	2.5 g	Cholesterol	0 mg
Fat	<1 g	% Fat	2 %	Sodium	27 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

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Sweet Potato Salad with Citrus Vinaigrette

Vegetable **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet potatoes	8 lb 2 oz				1. Peel and dice sweet potatoes into ½" cubes, boil sweet potatoes for approximately 5 minutes. Check often as you do not want to overcook. Cook until just fork tender. Drain and cool. Reserve for step 4.
White potatoes	3 lb 12 oz				2. Peel and dice white potatoes into ½" cubes, boil for approximately 10 minutes. Check often as you do not want to overcook. Cook until just fork tender. Drain and cool. Reserve for step 4.
Orange juice		6 ¼ cups			3. Heat orange juice to boiling in saucepan. Add the orange peel and lemon juice. Dissolve the cornstarch in water and add to orange mixture. Continue to heat, stirring until thickened. Reserve for step 4.
Orange peel, grated		4 Tbsp ½ tsp			
Lemon juice		4 Tbsp ½ tsp			
Cornstarch		4 Tbsp ½ tsp			
Water		¾ cup 1 ½ tsp			
Fresh celery, chopped (1/4")	2 lb 4 oz	2 qt ½ cup			4. Add celery, pineapple tidbits and mandarin oranges to potatoes. Toss with warm vinaigrette.
Pineapple tidbits, drained	2 lb 13 oz	2 qt (1 No.10 can)			CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at or below 41° F before and during service.
Mandarin oranges, drained	2 lb 13 oz	2 qt (approx ¾ No.10 can)			5. Portion with No. 8 scoop (1/2 c).

					Notes: • Sweet potatoes - 11 lb food as purchased. • Potatoes - 4 lb 10.5 oz food as purchased. • Orange peel, takes approximately 6-8 large • Lemon juice (fresh), takes approximately 4-5 large

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of fruits and vegetables.	100 servings

Nutrients Per Serving

Calories	54	Vitamin A	3805 IU	Iron	0.33 mg
Protein	1 g	Vitamin C	14.41 mg	Calcium	16.2 mg
Carbohydrate	13 g	Dietary Fiber	1.3 g	Cholesterol	0 mg
Fat	<1 g	% Fat	2 %	Sodium	16 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Three Bean Salad

Vegetable | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, chilled, drained	2 lb 4 oz	1 qt 1 ¼ cups (½ No.10 can)			1. Rinse kidney beans in cold water and drain well. 2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
Canned wax beans, chilled, drained	1 lb 14 oz	1 qt 1 ½ cup (½ No.10 can)			
Canned cut green beans, chilled, drained	4 lb 11 oz	1 gal (1 1/3 No.10 can)			
Fresh white or red onions, chopped	6 oz	1 cup			
Fresh green peppers, chilled, chopped (optional)	13 oz	2 ½ cups			
Vegetable oil		1 1/3 cups			3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
White vinegar		1 1/3 cups			
Sugar	4 ½ oz	2/3 cup			
Dried basil		2 Tbsp			
Ground black or white pepper		2 tsp			
Granulated garlic		2 tsp			4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less.

					For 100 servings, use 2 pans. CCP: Cool to 41°F or lower within 4 hours. CCP: Hold at or below 41°F before and during service. 5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup). Notes: • Mature onions – 8 oz food as purchased. • Green peppers – 1 lb 2 oz food as purchased.

Serving Size	1 Serving Provides	Yield
¼ cup (No. 16 scoop)	¼ c of vegetable.	About 11 lb 9 oz; about 1 gallon 2 ½ quarts; 2 pans

Nutrients Per Serving

Calories	47	Vitamin A	92 IU	Iron	0.45 mg
Protein	0.9 g	Vitamin C	1.6 mg	Calcium	13 mg
Carbohydrate	4.6 g	Fiber	1.0 g	Cholesterol	0 mg
Fat	3 g	% Fat	57 %	Sodium	110 mg
Saturated Fat	0.4 g	% Saturated Fat	7.6 %		

Whole Grain Pasta Salad

Vegetable/Grain **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 3 qt			1. Heat water to rolling boil. Add salt.
Salt		¼ cup			
Whole Grain pasta spirals *Or* Whole Grain pasta shells, medium	3 lb 6 oz *Or* 3 lb 14 oz	1 gal 2 ½ cups *Or* 1 gal 1 7/8 qt			2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water.
Mixed vegetables, frozen, thawed and drained *Or* Mixed vegetables canned, chilled, drained	4 lb 8 oz *Or* 5 lb 2 oz	2 qt 3 cups *Or* 2 qt 3 ½ cups (1 1/3 No.10 cans)			3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. 4. Spread 5 lb 1 oz (approximately 2 qt 1 1/3 cups) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 100 servings, use 4 pans.
Frozen chopped broccoli, thawed and drained	2 lb 14 oz	1 qt 3 cups			CCP: Cool to 41°F or lower within 4 hours. Cover. Refrigerate until ready to serve.
Ground black or white pepper		2 tsp			
Italian salad dressing		1 qt			5. Mix lightly before serving. CCP: Hold at or below 41°F before and during service. 6. Portion with No.10 scoop (3/8 cup).

Serving Size	1 Serving Provides	Yield
3/8 cup (No.10 scoop)	1/8 c of vegetable and ½ serving of grains/breads.	About 2 gallons 1 ½ quarts – 4 pans

Nutrients Per Serving

Calories	135	Vitamin A	1008 IU	Iron	0.85 mg
Protein	3 g	Vitamin C	6.5 mg	Calcium	22.67 mg
Carbohydrate	15 g	Dietary Fiber	2.7 g	Cholesterol	0 mg
Fat	7 g	% Fat	46 %	Sodium	400 mg
Saturated Fat	1 g	% Saturated Fat	6.7 %		

Applesauce Cake

Dessert **Iowa Gold Star Recipe**

Ingredients	140 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	1 lb 13 ½ oz	6 ¾ cups			1. Blend flours, sugar, baking powder, salt, cinnamon, cloves, and dry milk in mixer for 1 minute on low speed.
Whole wheat flour	1 lb 14 ½ oz	7 ¼ cups			
Sugar	4 lb	2 qt			
Baking powder	3 oz	½ cup			
Salt		1 Tbsp			
Ground cinnamon		2 Tbsp			
Ground cloves		1 Tbsp			
Instant nonfat dry milk	5 oz	2 cups			
Fresh whole eggs, pasteurized thawed	1 lb 12 oz	3 1/3 cups			2. Combine eggs, vanilla, and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Scrape bowl sides. Beat for 6 minutes on medium speed.
Vanilla		2 Tbsp			
Water		½ cup			
Shortening		1 qt			
Canned unsweetened applesauce	3 lb 6 oz	1 qt 2 cups (1/2 No.10 can)			3. Add applesauce, blend for 30 seconds on low speed. Beat for 3 minutes on medium speed. Add raisins, blend for 1 minute on low speed.
Raisins, plumped	2 lb	1 qt 1 cup			

					4. Pour 7 lb 3 oz (3 qt 3 cups) batter into each sheet pan (18”x26”x1”) which has been lightly coated with pan released spray and dusted with flour. 5. Bake until lightly browned: Conventional 375° F for 35 minutes Convection 325°F for 25 minutes 6. Cool. Lightly dust with powdered sugar (if desired). 7. Cut each pan 7 x10 (70 pieces per pan).

Serving Size	1 Serving Provides	Yield
1 piece	For Enhanced Meal Pattern only: 1 piece provides ¾ serving grains/breads.	140 servings

Nutrients Per Serving

Calories	180	Vitamin A	34 IU	Iron	0.85 mg
Protein	2.7 g	Vitamin C	0.4mg	Calcium	61 mg
Carbohydrate	29g	Dietary Fiber	1.4 g	Cholesterol	25 mg
Fat	6.7 g	% Fat	33 %	Sodium	66mg
Saturated Fat	1.7 g	% Saturated Fat	8 %		

Banana Cake

Dessert **Iowa Gold Star Recipe**

Ingredients	140 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Bananas (mashed)		1 qt 1 ½ cup			1. Mix all ingredients thoroughly. 2. Pour batter evenly among sheet pans (approximately 8 lbs per pan). Use 2 pans for 140 servings. 3. Bake at 425°F for 25 minutes. 4. Sprinkle with powdered sugar when cooled. 5. Cut 7 x 10 for 70 pieces per sheet pan.
Vegetable shortening	13 oz				
Water		2 ½ cups			
Milk, 2%		½ cup			
Sugar	2 lb 2 oz	1 qt 1 ½ cup			
Baking soda		2 tsp			
Baking powder		3 ½ Tbsp			
Salt		2 tsp			
Whole eggs, pasteurized, thawed *Or* Whole eggs		1 1/3 cup *Or* 8 large			
Whole grain flour	3 lb 8 oz				

Serving Size	1 Serving Provides	Yield
1 piece	For Enhanced Meal Pattern only: 1 piece provides ¾ serving grains/breads.	140 servings (2 pans)

Nutrients Per Serving

Calories	100	Vitamin A	20 IU	Iron	0.55 mg
Protein	3 g	Vitamin C	0.77 mg	Calcium	27 mg
Carbohydrate	24 g	Dietary Fiber	1.61 g	Cholesterol	10 mg
Fat	3 g	% Fat	27 %	Sodium	93 mg
Saturated Fat	0.5 g	% Saturated Fat	4.5 %		

Brown Rice

Grain/Bread **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 1 3/4 qt			1. Boil water. Add salt (optional). 2. Place 1 lb 12 oz brown long grain rice into steam table pans (12" x 20" x 2 ½") and pour 2 ½ qt boiling water per pans. Cover pans tightly. Bake in conventional oven at 350°F for 50 minutes. Remove from oven or steamer and serve. 3. Portion into ½ cup servings. CCP: Hold hot rice at 135°F or above.
Salt (optional)		1 Tbsp 1 tsp			
Brown rice, uncooked	7 lb				

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	120	Vitamin A	0 IU	Iron	0.47 mg
Protein	2.5 g	Vitamin C	0 mg	Calcium	7.66 mg
Carbohydrate	25 g	Dietary Fiber	1.11g	Cholesterol	0 mg
Fat	1 g	% Fat	7.5 %	Sodium	2 mg
Saturated Fat	0.2 g	% Saturated Fat	1.5 %		

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Carrot Cake

Dessert **Iowa Gold Star Recipe**

Ingredients	140 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	1 lb 13 ½ oz	6 ¾ cups			1. Blend flours, sugar, baking powder, salt, cinnamon, cloves, nutmeg, and dry milk in mixer for 1 minute on low speed.
Whole wheat flour	1 lb 14 ½ oz	7 ¼ cups			
Sugar	4 lb	2 qt			
Baking powder	3 oz	¼ cup 3 Tbsp 1 tsp			
Salt		1 Tbsp			
Ground cinnamon		1 Tbsp			
Ground cloves		2 tsp			
Ground nutmeg		2 tsp			
Instant nonfat dry milk	5 oz	2 cup			
Frozen whole eggs, pasteurized, thawed	2 lb	3 ¾ cup			2. Add eggs and oil to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
Vegetable oil		1 qt			
Fresh carrots, shredded	3 lb 12 oz	1 gal 1 ½ cup			3. Add carrots and pineapple. Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed.
Pineapple, canned, crushed, well drained	2 lb 6 oz	1 qt 1 cup (1/2 No.10 can)			4. Pour 8 lb 12 oz (approximately 1 gal) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and dusted with flour. 5. Bake until lightly browned: Conventional 350°F for 35-45 minutes

					Convection 300 °F for 30-40 minutes 6. Cool. Lightly dust with powdered sugar (if desired). 7. Cut each pan 7 x 10 (70 pieces per pan). Notes: • Carrots – 5 lb 5 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 piece	1/8 c of vegetables. For Enhanced Meal Pattern only: 1 piece provides ¾ serving grains/breads.	140 servings

Nutrients Per Serving

Calories	170	Vitamin A	2079IU	Iron	0.77 mg
Protein	3.2 g	Vitamin C	1.37 mg	Calcium	52 mg
Carbohydrate	29 g	Dietary Fiber	1.4 g	Cholesterol	28 mg
Fat	7 g	% Fat	37 %	Sodium	74 mg
Saturated Fat	1.2 g	% Saturated Fat	6 %		

Cornbread

Grain/Bread **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	2 lb	1 qt 3 ½ cups			1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal *Or* Enriched corn grits	2 lb *Or* 2 lb	1 qt 3 ½ cups *Or* 1 qt 1 ½ cups			
Sugar	10 ½ oz	1 ½ cups			
Baking powder	2 oz	1/3 cup			
Salt		2 ½ tsp			
Frozen whole eggs, thawed *Or* Fresh large eggs	10 ½ oz	1 ¼ cups *Or* 6 each			2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		1 qt 3 ½ cups			
Vegetable oil		1 cup			
Cheddar cheese, reduced fat shredded (optional)	1 lb 8 oz	1 qt 2 cup			
Fresh green chili peppers, chopped (optional)	8 oz	1 ¾ cup 2 Tbsp			3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18” x 13” x 1”) which has been lightly coated with pan release spray. For 100 servings, use 2 pans.

					4. Bake until lightly browned: Conventional oven: 400°F for 30-35 minutes Convection oven: 350°F for 20-25 minutes 5. Cut each half-sheet pan 5 x 10 (50 pieces per pan). Notes: • Green chili peppers – 10 oz food AP. • Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Serving Size	1 Serving Provides	Yield
1 piece	1 serving of grains/breads.	9 lb 12 oz (batter); 2 half-sheet pans; 1 gallon 1 qt (batter); 100 pieces

Nutrients Per Serving

Calories	108	Vitamin A	51 IU	Iron	0.9 mg
Protein	2.65 g	Vitamin C	0.1 mg	Calcium	68 mg
Carbohydrate	18 g	Fiber	1 g	Cholesterol	13 mg
Fat	2.8 g	% Fat	23 %	Sodium	150 mg
Saturated Fat	0.5 g	% Saturated Fat	4 %		

Oatmeal Whole Wheat Raisin Cookie

Dessert **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	1 lb 8 oz	3 cups			1. Cream margarine/butter and sugar in a mixer with a paddle attachment for 10 minutes on medium speed, scrapping side of bowl occasionally.
Sugar	3 lb	1 qt 2 cups			
Egg, large		12 each			2. Add eggs, vanilla, and milk to sugar/butter. Mix for 1 minute on medium speed until smooth. Scrape down sides of bowl.
Vanilla	1 oz	1 Tbsp			
Milk, 2%	6 oz	¾ cup			
Whole wheat flour	2 lb 8 oz	1 qt 2 cups			3. In separate bowl, combine flour, oats, baking powder, baking soda, salt, nutmeg, and cinnamon.
Rolled oats	12 oz	1 qt ½ cups			4. Gradually add to the creamed mixture and mix for 1 minute on medium speed until well blended. Scrape down sides of bowl. Mix for 20 seconds on low speed.
Baking powder		2 Tbsp			
Baking soda		1 Tbsp			
Salt		1 Tbsp			
Ground nutmeg		2 tsp			
Ground cinnamon		2 tsp			
Raisins	20 oz	1 qt			5. Fold raisins into cookie dough. 6. Lightly coat full sheet pans with pan release spray or line with parchment paper (20 cookies per pan). 7. Portion with a No. 24 scoop in rows of 4 across and 5 down.

Sugar Ground cinnamon	8 oz	1 cup 1 Tbsp 1 tsp			8. Combine sugar and cinnamon, sprinkle evenly over cookies. 9. Bake until light brown: Conventional: 375°F for 12 minutes Convection: 350°F for 16 minutes

Serving Size	**1 Serving Provides**	**Yield**
1 cookie/No. 24 scoop	For Enhanced Meal Pattern only: 1 piece provides 1 serving grains/breads.	100 servings

Nutrients Per Serving

Calories	204	Vitamin A	277 IU	Iron	1.01 mg
Protein	3.8 g	Vitamin C	0.2 mg	Calcium	19.85 mg
Carbohydrate	34 g	Dietary Fiber	2.4 g	Cholesterol	26 mg
Fat	7 g	% Fat	31 %	Sodium	230 mg
Saturated Fat	1.5 g	% Saturated Fat	6.6 %		

Pumpkin Bar

Dessert **Iowa Gold Star Recipe**

Ingredients	140 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	2 lb	2 qt			1. Mix all ingredients thoroughly. 2. Pour 8 lbs of batter into greased full size sheet pans (2 pans for 140 servings). 3. Bake at 425°F for 25 minutes in conventional oven. 4. Sprinkle with powdered sugar when cooled. 5. Cut each pan 7 x 10 for 70 servings per pan.
Sugar	4 lb	2 qt			
Baking powder		2 Tbsp 2 tsp			
Baking soda		2 Tbsp 2 tsp			
Ground cinnamon		2 Tbsp 2 tsp			
Pumpkin pie spice		2 Tbsp 2 tsp			
Salt		2 tsp			
Egg, powdered *Or* Whole eggs, pasteurized, thawed		3 cups *Or* 1 1/3 cup			
Water		2 2/3 cup			
Vegetable oil		1 qt			
Pumpkin, canned		2 qt			
Powdered sugar		¼ cup			

Serving Size	1 Serving Provides	Yield
1 bar	For Enhanced Meal Pattern only: 1 piece provides ½ serving grains/breads.	140 servings, 2 pans

Nutrients Per Serving

Calories	140	Vitamin A	2198 IU	Iron	0.72 mg
Protein	2 g	Vitamin C	0.6 mg	Calcium	27 mg
Carbohydrate	19 g	Dietary Fiber	0.7 g	Cholesterol	31mg
Fat	7 g	% Fat	45 %	Sodium	180 mg
Saturated Fat	1.2 g	% Saturated Fat	7.7 %		

Sage Dressing with Dried Cherries

Grain/Bread **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched soft bread cubes, dried overnight	4 lb 8 oz	3 gal 1 qt			1. Combine bread cubes, celery, onions, dried cherries, poultry seasoning, pepper, garlic powder, dried sage, and margarine in a bowl. Mix lightly until well blended.
Whole grain bread cubes, dried overnight	4 lb 14 oz	3 gal 2 qt			
Fresh celery, chopped (1/4")	2 lb	1 qt 3 ¾ cups			
Fresh onions, chopped (1/4")	1 lb 8 oz	1 qt			
Or	*Or*	*Or*			
Dehydrated onions	4 ½ oz	2/3 cup			
Dried cherries, chopped (1/4")	13 oz	1 qt ½ cup			
Poultry seasoning		2 Tbsp			
Ground black or white pepper		1 Tbsp			
Garlic powder		2 Tbsp			
Dried sage		¼ cup			
Margarine, melted	10 ½ oz	2 ¾ cup			
Chicken stock, low sodium, non-MSG		1 gal 2 qt			2. Add chicken stock to bread mixture. Mix gently to moisten. 3. Spread 6 lb 7 oz (3 qt 3 cups) of stuffing evenly into each steam table pan (12" x 20" x 2 ½ ") which has

					been lightly coated with pan release spray. Use 4 pans for 100 servings. 4. Bake until lightly browned: Conventional oven: 350°F for 30-40 min Convection oven: 300°F for 20-30 min CCP: Cook to internal temperature of 165°F or higher for at least 15 seconds. 5. Cut each pan 5 x 5 (25 pieces) or use No.12 (1/3 cup) scoop for a 3 ½ oz portion. CCP: Hold for hot service at 135°F or higher. Notes: • Celery As Purchased – 2 lb 8 oz • Mature Onions As Purchased – 1 lb 12 oz Total weight: 25 lb 12 oz

Serving Size	1 Serving Provides	Yield
1/3 c (No. 12 scoop)	1 ¾ servings of grains/breads.	4 steam table pans – about 2 gallons 1 cup – 100 pieces

Nutrients Per Serving

Calories	160	Vitamin A	380 IU	Iron	1.66 mg
Protein	4.7 g	Vitamin C	0.94 mg	Calcium	78 mg
Carbohydrate	26 g	Dietary Fiber	1.6 g	Cholesterol	0 mg
Fat	4 g	% Fat	22 %	Sodium	260 mg
Saturated Fat	0.7 g	% Saturated Fat	4 %		

Triple Berry Buckle

Dessert **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh or frozen	7 lbs 5 oz				1. Cut strawberries in half or quarters based on size, to match size of blueberries and raspberries. 2. Combine strawberries, blueberries, and raspberries.
Blueberries, fresh or frozen	4 lbs 13 oz				
Black or red raspberries, fresh or frozen	2 lb 8 oz				
Sugar, white, granulated		3 ¾ cups			3. Add sugar and toss lightly. 4. Add flour and toss lightly.
All-purpose flour, enriched	1 ¼ oz	¼ cup 1 ¾ tsp			
Cornstarch	1 oz				5. Stir cornstarch into lime juice until dissolved. Add lime juice to berries and toss until well mixed.
Lime juice		2/3 cup 1 tbsp			6. Divide berry mixture evenly into steam table pans, 12”x20”x2 1/2”, use 2 pans for 100 portions.
Whole wheat biscuits, baked (Whole Wheat Biscuit Recipe p. 169)	7 lb 5 oz	40 each (approx)			7. Crumble biscuits by hand into bite-size pieces. 8. Add sugars and mix with crumbled biscuits. 9. Add buttermilk ½ cup at a time and mix until biscuits are moist but not wet. 10. Divide mixture evenly among pans. 11. Cover with foil, bake until filling is bubbly: Convection: 325° F for 40 minutes 12. Cut full pans into 50 portions per pan.
Sugar, white, granulated	1 lb 4 oz	2 ½ cups			
Sugar, brown	1 lb 4 oz	2 ½ cups			
Low-fat buttermilk		1 qt 3 cups			

					Notes: • Strawberries, fresh – 9 lb 3 oz food as purchased. • Blueberries, fresh – 5 lb 14 oz food as purchased. • Raspberries, fresh – 3 lb 1 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 piece	¾ serving of grains/breads and 1/3 c of fruit.	100 servings

Nutrients Per Serving

Calories	225	Vitamin A	42 IU	Iron	1.31 mg
Protein	3.8 g	Vitamin C	16.5 mg	Calcium	95.9 mg
Carbohydrate	44 g	Dietary Fiber	3.6 g	Cholesterol	1 mg
Fat	5 g	% Fat	20 %	Sodium	180 mg
Saturated Fat	1 g	% Saturated Fat	4.6 %		

Whole Grain Apple Crisp

Dessert | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	13 ½ oz	3 cups			1. For topping: Combine flours, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine. Mix until crumbly. Set aside for step 6.
Whole wheat flour	14 ½ oz	3 ½ cup			
Rolled oats *Or* Rolled wheat	1 lb 2 oz *Or* 1 lb 2 oz	1 qt 2 ¼ cups *Or* 1 qt 2 cups			
Brown sugar	1 lb 14 oz	1 qt			
Ground cinnamon		3 Tbsp			
Ground nutmeg (optional)		3 Tbsp			
Salt		1 tsp			
Margarine	2 lb	1 qt			
Apples, canned, unsweetened, sliced, solid, packed in water	11 lb 2 oz	1 gal 2 ½ qt (2 No.10 can)			2. For filling: Drain apples, reserving juice. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5.
Water, as needed					3. Place 5 lb 9 oz (2 qt 3 ¾ c) apples into each steam table pan (12” x 20” x 2 ½”). For 100 servings, use 2 pans.
Sugar	2 lbs	1 qt			4. Sprinkle 1 lb. sugar, 1 Tbsp cornstarch, 1 ½ tsp cinnamon, and ¼ c lemon juice over apples in each pan. Stir to combine.
Cornstarch		2 Tbsp			
Ground cinnamon		1 Tbsp			

Frozen lemon juice concentrate, reconstituted		½ cup			5. Pour 1 ½ c liquid over apples in each pan. 6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 c) topping evenly over apples in each steam table pan. 7. Bake until topping is browned and crisp and filling is bubbling around edges: Conventional oven: 425°F for 35-45 min; Convection oven: 350°F for 25-35 min 8. Cut each pan 5 x 10 (50 pieces per pan). Total weight cooking: 9 lb 15 oz/pan

Serving Size	1 Serving Provides	Yield
1 piece	¼ c of fruit. For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.	About 20 lb, 12 oz or 2 steam table pans; 100 Servings

Nutrients Per Serving

Calories	200	Vitamin A	325 IU	Iron	1 mg
Protein	2 g	Vitamin C	0.9 mg	Calcium	20 mg
Carbohydrate	32 g	Dietary Fiber	2 g	Cholesterol	0 mg
Fat	7.5 g	% Fat	34 %	Sodium	100 mg
Saturated Fat	1.4 g	% Saturated Fat	6 %		

Whole Grain Roll

Bread/Grain

Iowa Gold Star Recipe
Healthier Kansas Recipe 107

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
White whole wheat flour	3 lb 12 oz	3 qt 2 ¼ cups			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
All-purpose flour, enriched	3 lb 8 oz	3 qt ¾ cup			
Dry milk, instant non-fat	7 oz	1 ¾ cup			
Sugar, granulated	11.5 oz	1 ¼ c + 3 T			
Yeast, instant, dry	3 oz	½ cup			
Salt	1.75 oz	2 Tbsp 2 tsp			
Vegetable oil	13 oz	1 2/3 cup (+ up to 1 cup if dough is stiff)			3. Add oil and blend for approximately 2 minutes on low speed.
Water* (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)		2 qt ½ cup			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. 6. Form dough into 2 lb balls and spray with non-stick cooking spray or cover with plastic wrap. Once all dough balls have been formed, begin shaping.
Non-stick cooking spray		As needed			7. Form rolls from dough by pinching off 2 oz pieces

					and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18” x 26” x 2”) which have been lightly coated with non-stick cooking spray. 8. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes. 9. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes Turn pans half-way through baking time to promote even baking. Recommended internal temperature for baked whole wheat rolls is 196-198°F. 10. Rolls will have a better appearance if lightly sprayed with non-stick cooking spray when they come out of the oven. Notes: • Dough made with whole wheat flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing, resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is about 80°F is essential for quality bread products.

Serving Size	1 Serving Provides	Yield
1 roll	2 servings of grains/breads	12.5 lb dough

Nutrients Per Serving

Calories	170	Vitamin A	1.86 IU	Iron	1.43 mg
Protein	5 g	Vitamin C	.11 mg	Calcium	33.64 mg
Carbohydrate	29 g	Dietary Fiber	2.7 g	Cholesterol	0.4 mg
Fat	4 g	% Fat	21 %	Sodium	200 mg
Saturated Fat	0.7 g	% Saturated Fat	3.7 %		

***IMPORTANT!**

If applying for the HUSSC Gold or Gold of Distinction Award, replace instant nonfat dry milk and 2 cups of water with 2 cups of 1% fluid milk, in order to qualify for a “Group A” whole grain.

Whole Wheat Biscuit

Grain **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	3 lb 9 ½ oz	3 qt 1 cup			1. Blend flours, dry milk, baking powder, and salt in mixer for 1 minute at low speed.
Whole wheat flour	3 lb 14 oz	3 qt 2 ¾ cups			
Instant nonfat dry milk	7 ½ oz	3 cups 2 Tbsp			
Baking powder	7 oz	1 cup 1 tsp			
Salt		2 Tbsp 1 ½ tsp			
Shortening	2 lb 6 ¾ oz	1 qt 1 cup			2. Add shortening and blend into dry ingredients for 2 minutes at low speed. Mixture will be crumbly.
Water, cold	4 lb 11 oz	2 qt 1 ½ cups			3. Add water and mix for approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing. 4. Turn out onto lightly floured surface. Divide dough into balls (for 100 portions divide dough in half) and knead each ball lightly for 1 minute. 5. Roll or pat out each ball of dough to ¾" thickness. Cut with floured 2 ½" biscuit cutter and place on sheet pan in rows of 5 across, 8 down (full pan) and 5 across, 4 down (half pan). 6. Bake until lightly browned: Conventional oven: 450°F for 15-18 minutes. Convection oven: 400°F for 10-13 minutes.

Serving Size	1 Serving Provides	Yield
1 biscuit	2 ¼ servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	285	Vitamin A	3.5 IU	Iron	2.18 mg
Protein	7 g	Vitamin C	0.12 mg	Calcium	155 mg
Carbohydrate	39 g	Dietary Fiber	4.5 g	Cholesterol	0 mg
Fat	11.7 g	% Fat	37 %	Sodium	400 mg
Saturated Fat	2.7 g	% Saturated Fat	8 %		

Whole Wheat Bread, 51%

Grain/Bread

Iowa Gold Star Recipe
(Healthier Kansas Recipe 107)

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
White whole wheat flour	3 lb 12 oz	3 qt 2 ¼ cups			1. Place flours, dry milk, sugar, yeast, and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
All-purpose flour, enriched	3 lb 8 oz	3 qt ¾ cup			
Dry milk, instant, nonfat	7 oz	1 ¾ cup			
Sugar, granulated	11.5 oz	1 ½ cup 3 Tbsp			
Yeast, instant dry	3 oz	½ cup			
Salt	1.75 oz	2 tbsp, 2 tsp			
Vegetable oil	13 oz	1 2/3 cup			3. Add oil and blend for approximately 2 minutes on low speed.
Water* (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)	4 lb 6 oz	2 qt, ¼ cup (+ up to 1 cup if dough is stiff)			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope, if it breaks, continue to mix 2 additional minutes). 6. Proof in a warm area until double in bulk, approx 30-50 minutes. 7. Bake until lightly browned:

Pan release spray		As needed			Conventional oven: 400°F for 28-40 minutes Convection oven: 350°F for 20-30 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 8. Lightly spray loaves with pan release spray when baking is completed. Let cool. 9. Trim off the crust on the ends of each loaf. 10. Cut each loaf into 25 slices for 2 oz slices.

Serving Size	1 Serving Provides	Yield
1 slice (2 oz)	2 servings of grains/breads	100 servings

Nutrients Per Serving

Calories	170	Vitamin A	1.86 IU	Iron	1.43 mg
Protein	5 g	Vitamin C	.11 mg	Calcium	33.64 mg
Carbohydrate	29 g	Dietary Fiber	2.7 g	Cholesterol	0.4 mg
Fat	4 g	% Fat	21 %	Sodium	200 mg
Saturated Fat	0.7 g	% Saturated Fat	3.7 %		

***IMPORTANT!**

If applying for the HUSSC Gold or Gold of Distinction Award, replace instant nonfat dry milk and 2 cups of water with 2 cups of 1% fluid milk, in order to qualify for a “Group A” whole grain.

Whole Wheat Breadstick

Bread/Grain

Iowa Gold Star Recipe

Recipe Source: USDA B16 Modified by KSDE April 2008

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
White whole wheat flour	3 lbs 12 oz				1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
All-purpose flour, enriched	3 lbs. 8 oz				2. Blend with dough hook for approximately 2 minutes on low speed.
Dry milk, instant non-fat	7 oz	1 ¾ cup			
Sugar, granulated	11 ½ oz	1 ¼ cup 3 Tbsp			
Yeast, instant, dry	3 oz	½ cup			
Salt	1 ¾ oz	2 Tbsp 2 tsp			
Vegetable oil	13 oz	1 2/3 cup (+ up to 1 cup if dough is stiff)			3. Add oil and blend for approximately 2 minutes on low speed.
Water* (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)		2 qt ½ cup			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). 6. Form dough into 2 pound balls and spray with non-stick cooking spray or cover with plastic wrap. Once all dough balls have been formed, begin shaping.
Non-stick cooking spray		As needed			7. Form rolls from dough by pinching off 2 oz pieces and shaping into sticks 5-6 inches in length. Place

					sticks in rows of 6 across and 8 down on sheet pans (18” x 26” x ½”) which have been lightly coated with non-stick cooking spray. 8. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes. 9. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes Turn rolls half-way through baking time to promote even baking. Recommended internal temperature for baked whole wheat rolls is 196-198°F. 10. Rolls will have a better appearance if lightly sprayed with non-stick cooking spray when they come out of the oven. Notes: • Dough made with whole flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is ~80°F is essential for quality bread products.

Serving Size	1 Serving Provides	Yield
2 oz roll	2 servings of grain/bread.	100 rolls (12.5 lbs dough)

Nutrients Per Serving

Calories	170	Vitamin A	2 IU	Iron	1.43 mg
Protein	5 g	Vitamin C	0.11 mg	Calcium	33.6 mg
Carbohydrate	29 g	Fiber	2.7 g	Cholesterol	0 mg
Fat	4 g	% Fat	22.17%	Sodium	200 mg
Saturated Fat	0.65 g	% Saturated Fat	3.29%		

***IMPORTANT!**

If applying for the HUSSC Gold or Gold of Distinction Award, replace instant nonfat dry milk and 2 cups of water with 2 cups of 1% fluid milk, in order to qualify for a “Group A” whole grain.

Whole Wheat Cinnamon Rolls, 51%

Grain/Bread **Iowa Gold Star Recipe**

Ingredients	108 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
51% Whole Wheat Bread Dough (Healthier Kansas Recipe 107)	13 ½ lb (Recipe for 100)				1. Prepare dough according to Healthier Kansas Recipe 107. Form dough into 3 lb balls (4 ½ balls for 108 servings) and spray with pan release spray or cover with plastic wrap.
Pan release spray		As needed			
Sugar, granulated	1 lb	2 cups			2. Mix sugar and cinnamon in a separate bowl.
Ground cinnamon		2/3 cup			3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into rectangle 24" x 10" x ¼" thick.
Salad oil	2 oz	¼ cup			4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle.
					5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 1-inch circles. Cut the ½ roll into 12 circles.
					6. Place rolls on sheet pans (18" x 26" x 1") lined with pan liners in 8 rows with 6 per row (48 per pan).
					7. Place in a warm area (90°F) until double in size (30-50 minutes).
					8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F.
					9. Let rolls cool 5-10 minutes.

Powdered sugar Vanilla extract Water	1 lb 4 oz 4 oz	3 ¾ cup 2 Tbsp ½ cup			10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. 12. Serve warm.

Serving Size	1 Serving Provides	Yield
1 roll	2 servings of grains/breads.	100 servings

Nutrients Per Serving

Calories	200	Vitamin A	3.97 IU	Iron	1.4 mg
Protein	4.7 g	Vitamin C	.13 mg	Calcium	39 mg
Carbohydrate	36 g	Dietary Fiber	3 g	Cholesterol	0 mg
Fat	4.4 g	% Fat	20 %	Sodium	190 mg
Saturated Fat	0.6 g	% Saturated Fat	2.7 %		

Fruit Dip

HACCP Process Category 1 **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Yogurt, Strawberry, nonfat	7 lb	¾ gal 1 cup			1. Mix ingredients in blender or mixer until smooth.
Cranberry sauce, chilled	3 lb 10 oz	1 ½ qt (½ No.10 can)			2. Portion 1 ½ oz with fruit.

Serving Size	1 Serving Provides	Yield
1 ½ oz	NA	1 gal 2 ½ cups; 100 servings

Nutrients Per Serving

Calories	50	Vitamin A	7.0 IU	Iron	0 mg
Protein	1 g	Vitamin C	0.7 mg	Calcium	85 mg
Carbohydrate	12 g	Dietary Fiber	0.17 g	Cholesterol	0 mg
Fat	0 g	% Fat	0 %	Sodium	25 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

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Hummus

HACCP Process Category 1 **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	16 lb	4 No.10 cans			1. Combine all ingredients in a food processor and puree to a smooth consistency.
Frozen lemon juice concentrate, reconstituted		1 qt			
Garlic gloves, peeled		2 cup 2 Tbsp			
Water		1 qt			
Ground white or black pepper		2 Tbsp			
Ground nutmeg (optional)		2 tsp			
Ground cinnamon		2 tsp			
Lemon juice (optional)		½ cup			2. Spread 5 lb into each pan (12” x 20” x 2 ½”), use 4 pans for 100 portions. Chill to 41°F or lower within two hours. Refrigerate until service. 3. Portion with a No. 8 scoop (1/2 cup serving). CCP: Hold at 41°F or below before and during service.

					Notes: • Sunflower seed butter (3 lb) may be added. • Garlic cloves – 34 cloves as purchased.

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	1 ½ oz equivalent meat/meat alternate or 3/8 c of vegetables.	100 servings

Nutrients Per Serving

Calories	150	Vitamin A	27 IU	Iron	1.7 mg
Protein	6 g	Vitamin C	8.8 mg	Calcium	46 mg
Carbohydrate	29 g	Dietary Fiber	5.4 g	Cholesterol	0 mg
Fat	1.4 g	% Fat	8 %	Sodium	360 mg
Saturated Fat	0.2 g	% Saturated Fat	1 %		

Ranch Dip

HACCP Process Category 1 **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Yogurt, plain, low-fat	5 lb 2 oz	2 qt 1 ½ cups			1. Mix ingredients in blender or mixer until smooth.
Mayonnaise or salad dressing	4 lb 15 oz	2 qt 1 ½ cups			
Hidden Valley Ranch® Dried Mix, Original	4 oz	4-1 oz packets			2. Portion 1 ½ oz with vegetables.

Serving Size	1 Serving Provides	Yield
1 ½ oz	NA	1 gal and 3 cups; 100 servings

Nutrients Per Serving

Calories	105	Vitamin A	72.4 IU	Iron	0.10 mg
Protein	1.5 g	Vitamin C	0.4 mg	Calcium	49.24 mg
Carbohydrate	7.5 g	Dietary Fiber	0.20 g	Cholesterol	7 mg
Fat	8 g	% Fat	69 %	Sodium	390 mg
Saturated Fat	1.3 g	% Saturated Fat	11 %		

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Turkey Gravy

HACCP Process Category 2 **Iowa Gold Star Recipe**

Ingredients	128 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	8 oz	1 cup			1. Melt margarine or butter in stock pot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.
All-purpose flour, enriched	10 oz	1 ¾ cups 2 Tbsp			
Chicken or turkey stock, low sodium, non-MSG, hot		1 gal 1 cup			2. Slowly stir in chicken or turkey stock, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes.
Poultry seasoning		2 tsp			CCP: Heat to 165°F or higher for at least 15 seconds.
Onion powder		1 Tbsp 1 tsp			
Ground black or white pepper		½ tsp			CCP: Hold for hot service at 135°F or higher.

Serving Size	1 Serving Provides	Yield
2 Tbsp (1 oz ladle)	NA	128-2 Tbsp servings; about 1 gallon

Nutrients Per Serving

Calories	23	Vitamin A	64 IU	Iron	0.11 mg
Protein	0.4 g	Vitamin C	0 mg	Calcium	2.11 mg
Carbohydrate	2 g	Fiber	0 g	Cholesterol	0 mg
Fat	1.5 g	% Fat	59 %	Sodium	35 mg
Saturated Fat	0.3 g	% Saturated Fat	12 %		

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