



PREPARING VEGETARIAN ENTRÉES IN SCHOOL KITCHENS

Preparing Vegetarian Meals

Vegetarian entrée items can be used to increase variety in menus and for students who prefer to have vegetarian choices. The Vegetarian section of Mississippi Recipes for Success has recipes that do not include meat. There are other sections of Mississippi Recipes for Success that have recipes that could be considered vegetarian entrée choices to expand your vegetarian menu options. These include items in the Entrée Salads section (such as Fruit and Cottage Cheese Salad, MRS 616 or Fruit and Yogurt Salad, MRS 618), Soups section (such as Vegetable Soup, MRS 814), or Sandwich section (such as Peanut Butter and Jelly, MRS 780; Pimento Cheese, MRS 785; or Soy Butter and Jelly Sandwich, MRS 789).

Some of the vegetables in the Vegetable section could be menued as a Meat Alternate. Some examples of this include Baked Beans, MRS 1000; Lima Beans, MRS 1005; and Black Eyed Peas, MRS 1006. A 1/2-cup serving of these legume-type vegetables may credit as 2 oz. eq. meat/meat alternate. Remember, if mature beans and peas are used as a meat/meat alternate, they CANNOT be credited as a vegetable in the same meal.

ARROZ CON QUESO

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 3/4 oz. eq. whole grain, 1/4 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day serviceMEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	4 pound(s) + 8 ounce(s)
Water, Municipal, Mississippi	1 gallon(s) + 2 cup(s)
Beans, Black, Turtle, Dry, #10 Can, #250	1 #10 can(s) + 3 1/2 cup(s)
Onions, Frozen, Chopped, #72	3 pound(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s) + 8 ounce(s)
Jalapenos, Peppers, Nacho, Sliced, #204	8 ounce(s)
Garlic Powder, #331	2 tablespoon(s) + 2 teaspoon(s)
Yogurt, Low Fat. Plain, Bulk	6 pound(s)
Milk, Reduced Fat, 2% Milkfat, Bulk	2 quart(s) + 2 cup(s)
Salt, Table, #343	1 tablespoon(s) + 1 teaspoon(s)
Cheese, Mozzarella, Shredded, #58	4 pound(s)
Cheese, American, Grated/Shredded, #60	3 pound(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	3 pound(s)
Cheese, American, Grated/Shredded, #60	6 pound(s)

DIRECTIONS

1. Cook rice in stockpot or steam-jacketed kettle, covered, for 45 minutes or until tender.
Do not overcook the rice.
2. Drain and rinse black beans. Combine with other ingredients and add to rice. Spread 1 gallon and 1 quart of mixture in each 12" x 20" x 2 1/2" steamtable pan.
3. To Bake:
Conventional oven: 350 degrees F, 45 minutes.
Convection oven: 325 degrees F, 40 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Remove from oven and sprinkle 3 cups of chopped tomatoes and 1 quart and 1 cup of American cheese over top of each steamtable pan and bake for 5 minutes until cheese is melted.
5. Cut each pan 5 x 5 (25 portions per pan) or portion with #8 scoop (1/2 cup serving).
6. Each 1/2 cup serving provides 2 oz. eq. meat/meat alternate, 3/4 oz. eq. whole grain, and 1/4 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

ARROZ CON QUESO

PRODUCTION NOTES

Do not overcook rice because this increases the volume.
Use commodity products when available.

NUTRIENTS PER SERVING

Calories	344	Dietary Fiber	4.43 g	Sodium	853.01 mg	Sat. Fat	10.88 g
Carbohydrates	29.61 g	Protein	20.36 g	Total Fat	16.07 g	Trans Fat	0.00 g

ARROZ CON QUESO

ILLUSTRATED STEPS FOR PREPARATION OF ARROZ CON QUESO

1.



Sprinkling chopped tomatoes and cheese over top of the bean and rice mixture

2.



Baked until cheese is melted

3.



One portion of Arroz Con Queso

BEAN BURRITO**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 burrito

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Onions, Frozen, Chopped, #72	1 pound(s) + 10 2/3 ounce(s)
Paste, Tomato, #10 Can, #266	6 1/2 cup(s)
Water, Municipal, Mississippi	2 quart(s)
Chili Powder, #329	1/4 cup(s)
Spice Blend MS, Southwest, No Salt, #562	1/2 cup(s)
Beans, Pinto, Dry, Low Sodium, #10 Can, #252	2 #10 can(s) + 6 1/2 cup(s)
Cheese, American, Grated/Shredded, #60	6 pound(s) + 14 ounce(s)
Tortilla, Soft Flour, Briggs, #59	100 tortilla(s)

DIRECTIONS

- Mix onions, tomato paste, chili powder, Southwest spice blend and water in large pot or braising pan. Blend well. Simmer for 15 minutes.
- Combine cooked dry pinto beans or drained pinto beans with above mixture. Puree mixture to a smooth consistency.
If using dried beans, see Production Notes for preparation instructions.
- Heat tortillas for 3 minutes or until warm.
- Portion bean mixture with #12 scoop (1/3 cup) onto each tortilla. Top bean mixture with 1 ounce of cheese. Fold tortilla around beans and cheese envelope style.
- Place folded burritos seam side down on lightly oiled pan liners (18" x 26" x 1"), 33-35 burritos per pan.
- To bake:
Conventional Oven: 375 degrees F for 15 to 20 minutes.
Convection Oven: 325 degrees F for 15 to 20 minutes.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Sprinkle remaining shredded cheese (1 pound and 10 ounces) evenly over burritos before serving.
- Portion 1 burrito for 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/4 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

BEAN BURRITO

PRODUCTION NOTES

SOAKING BEANS:

Overnight method: Add 1 3/4 quarts cold water to every pound of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 quarts water for each pound of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING DRIED BEANS

Once the beans have been soaked, add 1/2 teaspoon salt for every pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135 degrees F.

Or, chill for later use. If chilling:
CCP: Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

NUTRIENTS PER SERVING

Calories	311	Dietary Fiber	6.42 g	Sodium	865.91 mg	Sat. Fat	9.21 g
Carbohydrates	31.69 g	Protein	14.07 g	Total Fat	14.59 g	Trans Fat	0.00 g

BEAN TACO**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 taco

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Pinto, Dry, Low Sodium, #10 Can, #252	3 #10 can(s)
Onions, Frozen, Chopped, #72	1 2/3 cup(s)
Paste, Tomato, #10 Can, #266	3 1/2 cup(s)
Water, Municipal, Mississippi	2 quart(s)
Chili Powder, #329	1/4 cup(s) + 2 tablespoon(s)
Spice Blend MS, Southwest, No Salt, #562	1/2 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Cheese, Mozzarella, Shredded, #58	3 pound(s) + 4 ounce(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	3 pound(s) + 4 ounce(s)
Tomatoes, Crushed, #10 Can, #268	2 pound(s) + 8 ounce(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	6 quart(s) + 2 cup(s), shredded
Taco Shell, Crunchy, WGR, #416	100 shell(s)

DIRECTIONS

- Use either canned drained pinto beans or cooked dry pinto beans (see Production Notes for preparation of dried beans). Puree beans to a smooth consistency.
- Add onions, chili powder, tomato paste, water, and Southwest spice blend to pureed bean mixture. Blend well. Bring to boil. Reduce heat and simmer for 25 to 30 minutes. Stir periodically.
An alternate preparation method: Pour mixture into steamtable pan sprayed with pan release spray. Bake covered, at 350 degrees, until heated through, about 30 to 45 minutes.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Blend cheeses and portion 1 ounce cheese in portion container. Combine tomatoes and lettuce and portion 1/4 cup.
- Heat shell for 3 -5 minutes. On serving line, fill each taco shell with #10 scoop (3/8 cup) bean mixture. With each taco, serve lettuce and tomato mixture and cheese.
Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/8 cup red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

BEAN TACO**PRODUCTION NOTES****PREPARATION NOTES FOR DRIED BEANS:****SOAKING DRIED BEANS**

Overnight method: Add 1 3/4 quarts cold water to every pound of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 quarts water for each pound of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING DRIED BEANS

Once the beans have been soaked, add 1/2 teaspoon salt for every pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,

CCP: Hold for hot service at 135 degrees F. Or, chill for later use.

If chilling:

CCP: Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

1 pound of dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

NUTRIENTS PER SERVING

Calories	265	Dietary Fiber	7.16 g	Sodium	399.30 mg	Sat. Fat	4.45 g
Carbohydrates	31.52 g	Protein	14.43 g	Total Fat	9.48 g	Trans Fat	0.00 g

CHEESY MACARONI (MADE)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2/3 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Bun, Hamburger, WGR, #549	3 1/2 bun(s)
Water, Municipal, Mississippi	1 1/2 gallon(s)
Pasta, Macaroni, Elbow, WGR, #295	2 pound(s) + 10 ounce(s)
Margarine, Bulk, #119	12 ounce(s)
Flour, All Purpose, Enriched, #358	12 ounce(s)
Salt, Table, #343	1 ounce(s)
Mustard, Powder, Dry, #332	1 tablespoon(s)
Pepper, White, Ground, #337	1 teaspoon(s)
Paprika, Ground, Domestic, #335	1 tablespoon(s)
Milk, Reduced Fat, 2% Milkfat, Bulk	1 1/4 gallon(s)
Sauce, Worcestershire, Bulk, #289	2 teaspoon(s)
Cheese, American, Grated/Shredded, #60	4 pound(s) + 8 ounce(s)
Cheese, Parmesan, Grated, #85	8 ounce(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 8 ounce(s)

DIRECTIONS

- To make breadcrumbs, toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool before preparing crumbs.
Break buns into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Cook elbow macaroni in steam-jacketed kettle until al-dente (cooked just long enough to be still firm, and not too soft), 8 minutes.
Drain and rinse in cold water.
- Melt margarine in a stock pot or steam-jacketed kettle.
Combine flour, salt, dry mustard, white pepper, and paprika in a bowl.
Add to the melted margarine.
Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
- In a stockpot, heat milk to simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thick.
- Add Worcestershire sauce, shredded American cheese, and Parmesan cheese to the white sauce.
Stir over low heat until cheese melts.
- Combine well-drained macaroni noodles with sauce. Mix well. Divide evenly into steamtable pans (12" x 20" x 2 1/2"). For 50 servings, use 2 steamtable pans.
Cover with a lid or aluminum foil.

CHEESY MACARONI (MADE)

DIRECTIONS

7. To bake:
Conventional oven: 350 degrees F for 25 to 30 minutes.
Convection oven: 325 degrees F for 25 to 30 minutes.
8. Combine the bread crumbs and shredded American cheese in a bowl. Sprinkle 3 1/2 cups over each pan.
9. Bake an additional 5 minutes, uncovered, until lightly browned.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
10. Cut pan 5 x 5 (25 servings per pan). Serve portions with spatula or #6 scoop for 2/3 cup portion. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

Fresh sliced tomatoes (1/2 oz. portion) make an excellent garnish.

NUTRIENTS PER SERVING

Calories	449	Dietary Fiber	1.68 g	Sodium	1120.89 mg	Sat. Fat	16.06 g
Carbohydrates	30.82 g	Protein	20.77 g	Total Fat	26.60 g	Trans Fat	0.00 g

CHEESY MACARONI (MADE)

ILLUSTRATED STEPS FOR PREPARATION OF CHEESY MACARONI (MADE)

1.



Thickened white sauce (step 4)

2.



Pouring cheese sauce over macaroni noodles

3.



Cooked Macaroni and Cheese

LADA BURRITO WITH BEANS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup red/orange vegetable

NUMBER OF PORTIONS: 36 **SIZE OF PORTION:** 1 burrito

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 36 SERVINGS)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Beans, Pinto, Dry, Low Sodium, #10 Can, #252	2 #10 can(s)
Garlic Powder, #331	3 tablespoon(s)
Salt, Table, #343	1 tablespoon(s)
Salsa, Mild, Bulk, #269	1 1/2 quart(s)
Tortilla, Soft Flour, Merchants, #61	36 tortilla(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	2 pound(s)
Salsa, Mild, Bulk, #269	1 1/2 quart(s)

DIRECTIONS

- Spray pan with pan release spray, sauté onion until tender.
- Mash pinto beans. Combine cooked onion, mashed pinto beans, garlic powder, salt, and salsa in large pot. Heat until the product is warm.
- Using a #8 scoop, place bean mixture in center of tortilla. Fold bottom end up and place folded side down in steamtable pans that have been sprayed with food release spray.
- Sprinkle cheese on burritos to completely cover. Cover pans with foil or lid.
- Heat burritos to 145 degrees F. in a 350 degrees F oven.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion salsa in 1-ounce portions for students to select.
- Portion one burrito with salsa for serving of 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/4 cup red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	337	Dietary Fiber	11.31 g	Sodium	1181.60 mg	Sat. Fat	4.36 g
Carbohydrates	47.13 g	Protein	16.55 g	Total Fat	8.49 g	Trans Fat	0.00 g

PINTO BEANS (CANNED)**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Pinto, Dry, Low Sodium, #10 Can, #252	5 #10 can(s) + 4 1/2 cup(s)
Spice Blend MS, Southwest, No Salt, #562	1/2 cup(s)
Onions, Chopped, Dehydrated, #278	2 cup(s)
Salt, Table, #343	1 tablespoon(s)
Parsley, Dried, Chopped, #316	1/4 cup(s)
Water, Municipal, Mississippi	3 quart(s)

DIRECTIONS

1. Drain beans and divide among two 4" half-size steamtable pans.
2. Add all other ingredients and mix well.
3. Cover and bake in a 350 degrees F oven for 1 1/2 hours.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Serve immediately or cover and place in warmer until ready for service.
5. Portion with #8 scoop (1/2 cup) or a 4 ounce spoodle.
6. If served as a meat/meat alternate, each 1/2 cup portion provides 2 oz. eq. meat/meat alternate.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated . Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

If served as a vegetable, 1/2 cup provides 1/2 cup of dried peas/beans vegetables. Pinto beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components.

NUTRIENTS PER SERVING

Calories	146	Dietary Fiber	7.72 g	Sodium	253.90 mg	Sat. Fat	0.28 g
Carbohydrates	26.17 g	Protein	8.15 g	Total Fat	1.35 g	Trans Fat	0.00 g

KIDNEY BEANS



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Canned, Kidney, Low Sodium, #251	5 #10 can(s) + 4 1/3 cup(s)
Spice Blend MS, Creole, No Salt, #563	1/4 cup(s)

DIRECTIONS

- Open #10 cans and pour into braising pan.
- Add Creole spice blend. Cook slowly until vegetables are tender, about 1/2 hour. Add more water if needed.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Drain some liquids from beans and place in serving pans. Serve immediately or cover and place in warmer until ready for service.
- Portion 1/2 cup with #8 scoop or 4 ounce spoodle. A 1/2 cup portion provides 2 oz. eq. meat/meat alternate.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

MISCELLANEOUS NOTES

If menued as a vegetable, 1/2 cup provides a 1/2 cup of peas/beans vegetables. Kidney beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	96	Dietary Fiber	7.25 g	Sodium	123.76 mg	Sat. Fat	0.06 g
Carbohydrates	17.64 g	Protein	5.94 g	Total Fat	0.38 g	Trans Fat	0.00 g

VEGETABLE LASAGNA

MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
 (DARK GREEN) : VEGETABLES (OTHER) : VEGETABLES
 (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup dark green vegetable, 1/2 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #3 - Complex food preparation

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bun, Hamburger, WGR, #549	7 bun(s)
Oil, Liquid for Fryer, #396	1/2 cup(s)
Squash, Zucchini with Skin, Raw	3 pound(s)
Onions, Frozen, Chopped, #72	1 pound(s) + 2 ounce(s)
Flour, All Purpose, Enriched, #358	4 ounce(s)
Broccoli, Frozen, Chopped, #64	5 pound(s) + 8 ounce(s)
Sauce, Tomato, #10 Can, #264	2 #10 can(s) + 3 1/4 cup(s)
Paste, Tomato, #10 Can, #266	1 quart(s) + 2 1/2 cup(s)
Oregano, Crushed, Dry, #334	3/4 cup(s)
Garlic Powder, #331	1 tablespoon(s) + 1/2 teaspoon(s)
Cheese, Cottage, 2% Milkfat, MS	16 pound(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Garlic Powder, #331	1 tablespoon(s) + 1 teaspoon(s)
Cheese, Parmesan, Grated, #85	4 ounce(s)
Cheese, Mozzarella, Shredded, #58	3 pound(s) + 12 ounce(s)
Pasta, Lasagna, #294	7 pound(s) + 2 ounce(s)
Cheese, Parmesan, Grated, #85	8 ounce(s)

DIRECTIONS

- To make breadcrumbs, toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
Cool before preparing crumbs.
Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- In a sauté pan, heat the vegetable oil.
Add the sliced zucchini, mushrooms, and onions.
Sauté for 3 minutes or until tender.
Stir in flour and cook for 3 minutes. Remove from heat and set aside.
- Place broccoli in a full-size steamtable pan (12 "x20 "x2 1/2 ") and steam for 6 minutes, or until tender.
Drain well and add to zucchini mixture.

VEGETABLE LASAGNA

DIRECTIONS

4. In a braising pan or steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine.
Simmer for 10 minutes.
5. In a large bowl, combine the low-fat cottage cheese, dried parsley, garlic powder, and bread crumbs. Mix well.
6. Combine parmesan cheese and mozzarella cheese.
7. Spread 1 cup of vegetable sauce on the bottom of each steamtable pan to prevent sticking.

ASSEMBLY:

First layer:

- 10 lasagna noodles
- 1 quart cottage cheese mixture
- 1 quart 1 cup vegetable sauce
- 2 1/4 cups parmesan-mozzarella cheese mixture

Second layer:

- 10 lasagna noodles
- 1 quart cottage cheese mixture
- 1 quart 1 cup vegetable sauce
- 2 1/4 cups parmesan-mozzarella cheese mixture

Third Layer:

- 10 each lasagna noodles
- 2 1/2 cups vegetable sauce
- Sprinkle 1/2 cup of parmesan cheese over each pan

For 50 servings, use 2 pans.

Cover with plastic wrap and foil. Lasagna may be baked or refrigerated and baked the next day.

8. To bake:
Conventional oven: 375 degrees F for 50 minutes.
Convection oven: 350 degrees F for 40 minutes.
Bake until bubbling and heated through.
Remove from oven and allow to set for 15 minutes before serving.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

9. Cut each pan 5 x 5 (25 servings per pan). Portion 1 square for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 cup dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available

NUTRIENTS PER SERVING

Calories	296	Dietary Fiber	5.67 g	Sodium	928.16 mg	Sat. Fat	2.98 g
Carbohydrates	39.28 g	Protein	21.82 g	Total Fat	6.53 g	Trans Fat	0.00 g

VEGETABLE CHILI**MEAL COMPONENT CONTRIBUTION:**

2 3/4 oz. eq. meat/meat alternate, 1/4 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 3/4 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Oil, Liquid for Fryer, #396	1/4 cup(s)
Onions, Frozen, Chopped, #72	1 pound(s) + 4 ounce(s)
Peppers, Green, Diced, Frozen, #75	10 ounce(s)
Chili Powder, #329	3/4 cup(s)
Cumin Seed, Ground, #319	1/4 cup(s)
Garlic Powder, #331	1 1/2 tablespoon(s)
Onion Powder, #326	2 teaspoon(s)
Sugar, Brown, #405	2 tablespoon(s), packed
Tomatoes, Crushed, #10 Can, #268	1 #10 can(s)
Tomatoes, Diced, #10 Can, #265	2 2/3 cup(s)
Beans, Canned, Kidney, Low Sodium, #251	2 #10 can(s)
Water, Municipal, Mississippi	1/2 cup(s)
Yogurt, Low Fat. Plain, Bulk	3 quart(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	3 pound(s) + 2 ounce(s)

DIRECTIONS

- Heat the oil in a steam-jacketed kettle.
- Add the onions and sauté 3 minutes, until tender.
- Add the green peppers and sauté 2 minutes, until tender.
- Add the chili powder, cumin, granulated garlic, onion powder, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
- Add the kidney beans and water. Simmer 15 minutes, uncovered.
- Add yogurt and stir to blend. Pour into medium half steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with a 6 ounce ladle (3/4 cup) for service and sprinkle 1/8 cup of cheese blend on top of each portion. Each portion provides portion provides 2 3/4 oz. eq. meat/meat alternate and 1/4 cup red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

VEGETABLE CHILI

NUTRIENTS PER SERVING

Calories	240	Dietary Fiber	7.26 g	Sodium	478.64 mg	Sat. Fat	3.74 g
Carbohydrates	25.95 g	Protein	15.79 g	Total Fat	8.19 g	Trans Fat	0.00 g

BAKED BEANS (VEGETARIAN)



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. serving meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Baked, Vegetarian, Low Sodium, #253	4 #10 can(s) + 3 1/4 cup(s)
Onions, Chopped, Dehydrated, #278	5 1/4 ounce(s)
Mustard, Powder, Dry, #332	1/4 cup(s)
Sugar, Brown, #405	3 cup(s), packed
Water, Municipal, Mississippi	1 quart(s)
Paste, Tomato, #10 Can, #266	2 cup(s)
Spice Blend MS, Southwest, No Salt, #562	2 tablespoon(s)
Sauce, Worcestershire, Bulk, #289	2 tablespoon(s)

DIRECTIONS

- Pour canned beans into steamtable pans (12" x 20" x 4"). For 100 servings, use 2 steamtable pans.
- Combine onions, dry mustard, brown sugar, water, tomato paste, spice blend, and worchestershire sauce. Blend well.
- Pour 2 pounds, 11 ounces of mixture over beans in each steamtable pan. Stir to combine. Cover pans.
- To bake:
Conventional oven: 350 degrees F for 2 hours and 15 minutes.
Convection oven: 325 degrees F for 1 hour and 15 minutes.
Remove cover during last half hour of baking to brown beans.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with 4-ounce ladle or 4 ounce spoodle (1/2 cup) for 2 oz. eq. serving of meat/meat alternate.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	159	Dietary Fiber	5.77 g	Sodium	160.46 mg	Sat. Fat	0.11 g
Carbohydrates	36.57 g	Protein	6.69 g	Total Fat	0.64 g	Trans Fat	0.00 g

VEGETABLE QUESADILLA (BRIGGS)

MEAL COMPONENT CONTRIBUTION:

1 1/4 oz. eq. meat/meat alternate, 1 1/4 oz. eq. whole grains, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 quesadilla

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tortilla, Soft Flour, Briggs, #59	50 tortilla(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s) + 4 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Beans, Black, Turtle, Dry, #10 Can, #250	2 quart(s) + 2/3 cup(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 quart(s) + 2 1/2 cup(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	1 pound(s)
Chili Powder, #329	2 tablespoon(s)
Cumin Seed, Ground, #319	2 tablespoon(s)
Onion Powder, #326	1 tablespoon(s) + 1 teaspoon(s)
Paprika, Ground, Domestic, #335	1 tablespoon(s) + 1 teaspoon(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 9 ounce(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	1 pound(s) + 9 ounce(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- For 50 servings, line 3 sheet pans (18" x 26" x 1") with pan liner. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). Reserve for step 5.
- Combine peppers, onions, black beans, and corn in a pot or tilt skillet. Cook on medium heat for 5 minutes.
- Dice tomatoes and add diced tomatoes to vegetable mixture. Drain excess liquid.
- Combine chili powder, cumin, onion powder, and paprika in small container. Add spice mixture to vegetable mixture and mix well.
- Sprinkle each tortilla with 1/8 cup of grated American cheese. Spoon 1 cup and 1 tablespoon vegetable mixture on to each tortilla. Sprinkle each tortilla with 1/8 cup grated cheddar cheese.
- Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning.
- Bake until tops are golden brown:
Conventional oven: 400 degrees F for 10 minutes.
Convection oven: 375 degrees F for 7 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Allow quesadillas to stand for 5 minutes, then cut quesadillas in half.
- Portion one half of a quesadilla for each serving. One portion provides 1 1/4 oz. eq. meat/meat alternate, 1 1/4 oz. eq. whole grains, and 1/8 cup other vegetable.

VEGETABLE QUESADILLA (BRIGGS)

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	280	Dietary Fiber	5.87 g	Sodium	617.94 mg	Sat. Fat	5.54 g
Carbohydrates	33.38 g	Protein	12.97 g	Total Fat	10.60 g	Trans Fat	0.00 g

VEGETABLE QUESADILLA (BRIGGS)

ILLUSTRATED STEPS FOR PREPARATION OF VEGETABLE QUESADILLA (BRIGGS)

1.



Sprinkling 1/8 cup of cheese on quesadilla

2.



One serving of Vegetable Quesadilla

VEGETABLE QUESADILLA (MERCHANTS)

MEAL COMPONENT CONTRIBUTION:

1 1/4 oz eq. meat/meat alternate, 1 3/4 oz. eq. whole grains, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 quesadilla

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tortilla, Soft Flour, Merchants, #59	50 tortilla(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s) + 4 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Beans, Black from Dried, Canned, Low Sodium	2 quart(s) + 2/3 cup(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 quart(s) + 2 1/2 cup(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	1 pound(s)
Chili Powder, #329	2 tablespoon(s)
Cumin Seed, Ground, #319	2 tablespoon(s)
Onion Powder, #326	1 tablespoon(s) + 1 teaspoon(s)
Paprika, Ground, Domestic, #335	1 tablespoon(s) + 1 teaspoon(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 9 ounce(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	1 pound(s) + 9 ounce(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- For 50 servings, line 3 sheet pans (18" x 26" x 1") with pan liner. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). Reserve for step 5.
- Combine peppers, onions, black beans, and corn in a pot or tilt skillet. Cook on medium heat for 5 minutes.
- Dice tomatoes and add diced tomatoes to vegetable mixture. Drain excess liquid.
- Combine chili powder, cumin, onion powder, and paprika in small container. Add spice mixture to vegetable mixture and mix well.
- Sprinkle each tortilla with 1/8 cup of grated American cheese. Spoon 1 cup and 1 tablespoon vegetable mixture on to each tortilla. Sprinkle each tortilla with 1/8 cup grated cheddar cheese.
- Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning.
- Bake until tops are golden brown:
Conventional oven: 400 degrees F for 10 minutes.
Convection oven: 375 degrees F for 7 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Allow quesadillas to stand for 5 minutes, then cut quesadillas in half.
- Portion one half of a quesadilla for each serving. One portion provides 1 1/4 oz eq. meat/meat alternate, 1 3/4 oz. eq. whole grains, and 1/8 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

VEGETABLE QUESADILLA (MERCHANTS)

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	300	Dietary Fiber	5.87 g	Sodium	607.94 mg	Sat. Fat	5.54 g
Carbohydrates	37.38 g	Protein	13.97 g	Total Fat	10.60 g	Trans Fat	0.00 g

VEGETABLE QUESADILLA (MERCHANTS)

ILLUSTRATED STEPS FOR PREPARATION OF VEGETABLE QUESADILLA (MERCHANTS)

1.



Sprinkling 1/8 cup of cheese on quesadilla

2.



One serving of Vegetable Quesadilla

CHEESY BREADSTICK (1 OZ. EQ.)

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 breadstick

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Bread Mozzarella Cheese Stick, WGR, #83	50 breadstick(s)

DIRECTIONS

1. Prepare breakstick according to package and/or case directions.
2. Portion one breadsticks per serving. Each portion provides 1 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

NUTRIENTS PER SERVING

Calories	150	Dietary Fiber	2.00 g	Sodium	390.00 mg	Sat. Fat	2.50 g
Carbohydrates	16.00 g	Protein	7.00 g	Total Fat	7.00 g	Trans Fat	0.00 g

CHEESY BREADSTICKS (2 OZ. EQ.)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 breadsticks

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Bread Mozzarella Cheese Stick, WGR, #83	100 breadstick(s)

DIRECTIONS

1. Prepare breadsticks according to package and/or case directions.
2. Portion two breadsticks per serving. Each portion provides 2 oz. eq. meat/meat alternate and 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

NUTRIENTS PER SERVING

Calories	300	Dietary Fiber	4.00 g	Sodium	780.00 mg	Sat. Fat	5.00 g
Carbohydrates	32.00 g	Protein	14.00 g	Total Fat	14.00 g	Trans Fat	0.00 g

YOGURT



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Yogurt, Raspberry, #554	25 4-ounce carton(s)
Yogurt, Strawberry Banana, #553	25 4-ounce carton(s)

DIRECTIONS

- Place a variety of yogurt cups on refrigerated line for service.
- Portion one 4-ounce cup of yogurt for 1 oz. eq. of meat/meat alternate.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

NUTRIENTS PER SERVING

Calories	100	Dietary Fiber	0.00 g	Sodium	50.00 mg	Sat. Fat	0.00 g
Carbohydrates	20.00 g	Protein	3.00 g	Total Fat	0.50 g	Trans Fat	0.00 g

CHEESE BLOCK



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 1 **SIZE OF PORTION:** 1 block

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 1 SERVINGS)
Cheese, Reduced Fat, 1 ounce block, #103	1 1 ounce block

DIRECTIONS

- Portion 1 ounce block of cheese for 1 oz. eq. meat/meat alternate.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

NUTRIENTS PER SERVING

Calories	71	Dietary Fiber	0.00 g	Sodium	394.87 mg	Sat. Fat	2.53 g
Carbohydrates	3.04 g	Protein	6.08 g	Total Fat	4.05 g	Trans Fat	0.00 g

CHEESY BREADSTICKS W/MARINARA SAUCE

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 breadstick and 1 packet of marinara sauce

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bread Mozzarella Cheese Stick, WGR, #83	100 breadstick(s)
Sauce, Marinara, PC, #175	100 package(s), 1 ounce packages

DIRECTIONS

1. Bake breadsticks according to package and/or case directions.
2. Portion 1 breadstick with 1 packet of marinara sauce for 1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/8 cup red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

NUTRIENTS PER SERVING

Calories	165	Dietary Fiber	2.00 g	Sodium	530.00 mg	Sat. Fat	2.50 g
Carbohydrates	20.00 g	Protein	7.00 g	Total Fat	7.00 g	Trans Fat	0.00 g

VEGETARIAN WRAP ON FLAT BREAD

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 1/4 oz. eq. whole grains, 3/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 halves

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Romaine Lettuce, Chopped, Fresh, #642	1 quart(s)
Bread, Flat, WGR, #118	50 flat bread(s)
Bell Peppers, Green, Whole, Fresh, #641	1 pound(s) + 12 ounce(s)
Carrots, Raw, Mini, Peeled, #602	1 pound(s) + 4 ounce(s)
Onions, Red, Whole, Fresh, #639	1 pound(s) + 12 ounce(s)
Cucumber with Peel, Whole, Fresh, #635	3 pound(s) + 2 ounce(s)
Cheese, American, Grated/Shredded, #60	6 pound(s) + 8 ounce(s)
Dressing, Lite Ranch, PC, 1.5 ounce #191	50 packet(s)

DIRECTIONS

- Thinly slice or chop romaine lettuce.
- Grate or julienne remaining raw ingredients (bell peppers through cucumber). A food processor may be used to cut the vegetables.
Mix cup vegetables together and place them in a collander to drain for 5-10 minutes.

3. SANDWICH ASSEMBLY:

- Layout flat bread on a clean work surface.
- Place 1/4 cup of romaine on each flat bread.
- Portion 2 ounces of mixture with a #10 scoop on top of romaine lettuce.
- Sprinkle 2 ounces (1/4 cup) of cheese on top of vegetables.
- Beginning at one side, roll the flat bread until all of the contents cannot be seen.
- Cut wrap diagonally in half.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

- Portion 1 wrap (2 halves) with a PC of ranch dressing per serving. Each portion provides 2 oz. eq. meat/meat alternate, 2 1/4 oz. eq. whole grains and 3/8 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.
Sandwiches may be wrapped in deli paper prior to cutting.

NUTRIENTS PER SERVING

Calories	519	Dietary Fiber	7.09 g	Sodium	1418.45 mg	Sat. Fat	14.51 g
Carbohydrates	37.82 g	Protein	20.13 g	Total Fat	34.34 g	Trans Fat	0.00 g

VEGETARIAN WRAP (BRIGGS)

MEAL COMPONENT CONTRIBUTION:

1 1/4 oz eq. meat/meat alternate, 1 1/4 oz. eq. whole grains, 3/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 halves

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tortilla, Soft Flour, Merchants, #59	50 tortilla(s)
Romaine Lettuce, Chopped, Fresh, #642	1 quart(s)
Bell Peppers, Green, Whole, Fresh, #641	1 pound(s) + 12 ounce(s)
Carrots, Fresh, Raw, Shredded, #601	1 pound(s) + 4 ounce(s)
Onions, Red, Whole, Fresh, #639	1 pound(s) + 12 ounce(s)
Cucumber with Peel, Whole, Fresh, #635	3 pound(s) + 2 ounce(s)
Cheese, American, Grated/Shredded, #60	6 pound(s) + 8 ounce(s)
Dressing, Lite Ranch, PC, 1.5 ounce #191	50 packet(s), 1.5 ounce

DIRECTIONS

- Thinly slice or chop romaine lettuce.
- Grate or julienne remaining raw ingredients (bell peppers through cucumber). A food processor may be used to cut the vegetables.
Mix cup vegetables together and place them in a collander to drain for 5-10 minutes.
- SANDWICH ASSEMBLY:**
 - Layout tortilla on a clean work surface.
 - Place 1/4 cup of romaine on each tortilla.
 - Portion 2 ounces of mixture with a #10 scoop on top of romaine lettuce.
 - Sprinkle 2 ounces (1/4 cup) of cheese on top of vegetables.
 - Beginning at one side, roll the flat bread until all of the contents cannot be seen.
 - Cut wrap diagonally in half.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

- Portion 1 wrap (2 halves) with a PC of ranch dressing per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 1/4 oz. eq. whole grains, and 3/8 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.
Sandwiches may be wrapped in deli paper prior to cutting.

NUTRIENTS PER SERVING

Calories	519	Dietary Fiber	3.09 g	Sodium	1368.45 mg	Sat. Fat	15.51 g
Carbohydrates	34.82 g	Protein	16.13 g	Total Fat	34.84 g	Trans Fat	0.00 g

VEGETARIAN WRAP (MERCHANTS)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 3/4 oz. eq. whole grains, 3/8 cup of other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 halves

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tortilla, Soft Flour, Merchants, #59	50 tortilla(s)
Romaine Lettuce, Chopped, Fresh, #642	1 quart(s)
Bell Peppers, Green, Whole, Fresh, #641	1 pound(s) + 12 ounce(s)
Carrots, Fresh, Raw, Shredded, #601	1 pound(s) + 4 ounce(s)
Onions, Red, Whole, Fresh, #639	1 pound(s) + 12 ounce(s)
Cucumber with Peel, Whole, Fresh, #635	3 pound(s) + 2 ounce(s)
Cheese, American, Grated/Shredded, #60	6 pound(s) + 8 ounce(s)
Dressing, Lite Ranch, PC, 1.5 ounce #191	50 packet(s), 1.5 ounce

DIRECTIONS

1. Thaw tortillas according to package directions.
2. Thinly slice or chop romaine lettuce.
3. Grate or julienne remaining raw ingredients (bell peppers through cucumber). A food processor may be used to cut the vegetables.
Mix cup vegetables together and place them in a colander to drain for 5-10 minutes.

4. SANDWICH ASSEMBLY:

- Layout tortilla on a clean work surface.
- Place 1/4 cup of romaine on each tortilla.
- Portion 2 ounces of mixture with a #10 scoop on top of romaine lettuce.
- Sprinkle 2 ounces (1/4 cup) of cheese on top of vegetables.
- Beginning at one side, roll the flat bread until all of the contents cannot be seen.
- Cut wrap diagonally in half.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

5. Portion 1 wrap (2 halves) with a PC of ranch dressing per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 3/4 oz. eq. whole grains, and 3/8 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.
Sandwiches may be wrapped in deli paper prior to cutting.

NUTRIENTS PER SERVING

Calories	539	Dietary Fiber	3.09 g	Sodium	1358.45 mg	Sat. Fat	15.51 g
Carbohydrates	38.82 g	Protein	17.13 g	Total Fat	34.84 g	Trans Fat	0.00 g