

## Vegetarian Baked Ziti (#18)

Yield: 25 servings  
Serving size: Approximately 10 oz

### Ingredients

2 lb whole-wheat ziti or penne, dry  
4 (15 oz) canned chickpeas, low sodium  
1 ¼ cups onions, chopped  
1 ¼ lbs mushrooms, sliced  
2 ½ (10 oz) packages spinach, chopped, frozen  
2 lbs mozzarella cheese, low sodium, shredded  
½ cup parmesan cheese, grated  
1 lbs ricotta cheese, low fat  
¼ cup vegetable oil  
5 (28 oz) canned diced tomatoes, low sodium  
Ground black pepper to taste  
6 garlic cloves, chopped & 2 tsp basil, dried

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		
<b>Calories</b>	383	Calories from Fat 109
		% Daily Value
<b>Total Fat</b>	12 g	19%
Saturated Fat	6 g	26%
Trans Fat	0 g	
<b>Cholesterol</b>	27 mg	9%
<b>Sodium</b>	261 mg	17%
<b>Total Carbohydrate</b>	50 g	39%
Dietary Fiber	9 g	33%
Sugars	8 g	
<b>Protein</b>	24 g	
Vitamin A	470%	Calcium 36%
Vitamin C	16%	Iron 44%

### Directions

1. Preheat oven to 350°F.
2. Cook pasta according to package instructions. Drain and set aside.
3. Place drained and washed chickpeas into bowl. Using a potato masher, mash chickpeas well.
4. In a large sauce pot, heat vegetable oil over medium-high heat. Add onion, mushrooms and garlic and sauté until vegetables soften and mushrooms turn dark brown (6-8 minutes). Stir in the basil, diced tomatoes, chickpeas, and season with ground black pepper. Cook for 10 more minutes. Add the spinach, and cook for 3-4 minutes. Adjust seasonings and remove sauce from heat.
5. In a large, deep baking pan, combine cooked pasta and vegetable-sauce mixture. Mix well and stir in cheeses. Season with ground black pepper to taste. Bake uncovered (20-25 minutes) until cheese is melted and bubbling.

### Recommendations & Requirements

#### Recommendations

- 🍎 This recipe uses canned diced tomatoes that contain 50 mg of sodium per serving and canned chickpeas that contain 230 mg of sodium per serving. Using canned products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

#### Requirements

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

**Note:** This recipe may count towards the entrée, vegetable (1 serving) and grain (2 serving) component of the menu and is a good source of protein and high source of fiber.



## Vegetarian Chili (#19)

Yield: 25 servings  
Serving size: Approximately 8 oz

### Ingredients

2 cups canned black beans, low sodium  
2 cups canned pinto beans, low sodium  
2 cups canned kidney beans, low sodium  
½ lb carrots, sliced  
16 oz corn, frozen  
1 cup onion, chopped  
½ lb green pepper, ½ lb cup red pepper, chopped  
64 oz canned whole tomatoes, low sodium  
1 ¾ lbs cheddar cheese, low sodium  
2 Tbsp vegetable oil  
¼ chipotle pepper  
1 Tbsp cilantro  
½ tsp cumin, ½ tsp chili powder & 1 tsp oregano, dried  
1 Tbsp garlic, minced  
Ground black pepper to taste

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>		229	
Calories from Fat		108	
		% Daily Value	
<b>Total Fat</b>	12 g		19%
Saturated Fat	7 g		32%
Trans Fat	0 g		
<b>Cholesterol</b>	32 mg		11%
<b>Sodium</b>	119 mg		8%
<b>Total Carbohydrate</b>	21 g		16%
Dietary Fiber	5 g		19%
Sugars	4 g		
<b>Protein</b>	13 g		
Vitamin A	219%	Calcium	26%
Vitamin C	45%	Iron	38%

### Directions

1. Heat the vegetable oil in a large pot over medium heat. Add the onion and sauté for about 8 minutes, until it starts to brown. Add the garlic and cook for 1 minute more.
2. Add the carrots, green pepper, red pepper, and cook for 5 minutes, or until the vegetables are soft, stirring frequently. Add the chili powder, oregano, cilantro and chipotle pepper and stir to combine. Add the tomatoes, beans, corn and season with ground black pepper.
3. Bring to a boil, cover and reduce the heat. Simmer for 20 minutes stirring occasionally and mashing the beans a little to thicken the liquid.
4. Serve in individual bowls with cheddar cheese sprinkled on top.

### Recommendations & Requirements

#### Recommendations

- 🍎 This recipe uses canned whole tomatoes that contain 12 mg of sodium per serving and canned beans that contain 130-240 mg of sodium per serving. Using canned products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

#### Requirements

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

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



## Eggplant Parmesan (#28)

Yield: 25 servings  
Serving size: Approximately 5 oz (4 inch x 3 inch pieces)

### Ingredients

6 lbs eggplant, sliced  
1 cup all purpose flour  
1 ½ cups breadcrumbs, plain  
3 eggs  
2 ½ lbs mozzarella cheese, low sodium, shredded  
1 ¼ cups parmesan cheese, grated  
1 cup milk, low fat, 1%  
8 cups canned tomato sauce, low sodium  
½ cup vegetable oil

### Directions

1. Preheat oven to 375°F.
2. Peel eggplant and cut into ½ inch slices; rinse, drain and pat dry with paper towel.
3. Combine eggs and milk in a bowl.
4. Dip eggplant slices in all purpose flour, then in egg mixture, and then roll in breadcrumbs.
5. Place on greased baking sheets and sprinkle with vegetable oil.
6. Layer eggplant, sauce, and cheeses into each of four 12 inch x 10 inch x 2 inch baking pans.
7. Bake for 25-30 minutes or until heated through. Cut 4 inch x 3 inch pieces to serve.

### **Nutrition Facts**

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	335	<b>Calories from Fat</b>	136
% Daily Value			
<b>Total Fat</b>	15 g		24%
Saturated Fat	7 g		31%
Trans Fat	0 g		
<b>Cholesterol</b>	51 mg		17%
<b>Sodium</b>	209 mg		13%
<b>Total Carbohydrate</b>	31 g		24%
Dietary Fiber	7 g		25%
Sugars	8 g		
<b>Protein</b>	20 g		
Vitamin A	82%	Calcium	36%
Vitamin C	8%	Iron	20%

### Recommendations & Requirements

#### *Recommendations*

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

#### *Requirements*

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

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



## Vegetable Lasagna (#44)

Yield: 25 servings  
Serving size: Approximately 10 oz

### Ingredients

2.5 lbs lasagna noodles (About 30 sheets)  
3 eggs  
1.5 lbs broccoli cuts, frozen  
0.5 lb onion -chopped, 0.5 lb carrots -sliced  
1.5 lbs spinach -chopped, frozen  
2 lbs ricotta cheese -low fat, 1.5 lbs mozzarella cheese -low sodium & shredded, 0.5 lb parmesan cheese -grated  
4 lbs canned whole tomatoes -low sodium, 1 ½ quarts canned tomato sauce -low sodium, 1 cup canned tomato paste -low sodium  
¼ cup vegetable oil  
1 Tbsp garlic powder  
1 Tbsp parsley, 1 Tbsp basil, 2 tsp ground black pepper

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	364	Calories from Fat 124	
% Daily Value			
<b>Total Fat</b>	14 g		22%
Saturated Fat	7 g		33%
Trans Fat	0 g		
<b>Cholesterol</b>	56 mg		19%
<b>Sodium</b>	273 mg		17%
<b>Total Carbohydrate</b>	39 g		30%
Dietary Fiber	6 g		22%
Sugars	9 g		
<b>Protein</b>	23 g		
Vitamin A	668%	Calcium	41%
Vitamin C	28%	Iron	41%

### Directions

1. Preheat oven to 350°F. Chop onions, slice carrots and thaw and drain frozen spinach and broccoli cuts.
2. Bring stock pot full of water to boil. Add lasagna noodles and cook until pasta is al dente.
3. In mixing bowl combine ricotta cheese, eggs, parmesan cheese, parsley, basil and ground black pepper.
4. Combine tomato sauce, whole tomatoes, tomato paste, garlic and seasonings in a stock pot. Simmer over medium heat until flavors are blended and sauce is thickened.
5. Heat vegetable oil in roasting pan and sauté onions and carrots. Add the vegetables to ricotta cheese mixture and mix well.
6. Ladle sauce in bottom of baking pan and spread evenly over bottom. Place strips of lasagna lengthwise in pan and spread a portion of cheese and vegetable mixture over pasta. Sprinkle with mozzarella cheese. Repeat and bake for approximately 1 hour.

### Recommendations & Requirements

#### Recommendations

- 🍎 This recipe uses canned tomato products that contain 12-20 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

#### Requirements

- 🍎 Canned tomato products should contain  $\leq$  290 mg of sodium per serving.

**Note:** This recipe may count towards the entrée and vegetable (1 serving) components of the menu and is a good source of protein and high source of fiber.



## Stuffed Shells w/ Cheese (#60)

Yield: 25 servings

Serving size: 1 stuffed shell, approximately 10 oz

### Ingredients

- 30 oz jumbo pasta shells
- 4 eggs
- 1.25 lbs mushrooms, sliced
- 1 lb tomatoes, fresh, chopped
- 1.5 lbs mozzarella cheese, low sodium, shredded
- 2 ½ cups parmesan cheese, grated
- 2.5 lbs ricotta cheese, low fat
- 26 oz canned crushed tomatoes
- 3 ¼ cups canned tomato puree, low sodium
- 3 ½ cups canned tomato sauce, low sodium
- 2 Tbsp basil
- ½ Tbsp ground black pepper
- 1 ½ Tbsp garlic cloves, minced
- 2 Tbsp onion powder
- 2 Tbsp oregano, dried
- 1 Tbsp parsley, dried

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>		356	Calories from Fat 109
		% Daily Value	
<b>Total Fat</b>	12 g		19%
Saturated Fat	7 g		33%
Trans Fat	0 g		
<b>Cholesterol</b>	66 mg		22%
<b>Sodium</b>	289 mg		18%
<b>Total Carbohydrate</b>	38 g		30%
Dietary Fiber	4 g		16%
Sugars	7 g		
<b>Protein</b>	23 g		
Vitamin A	114%	Calcium	36%
Vitamin C	13%	Iron	38%

### Directions

1. Preheat oven to 350°F.
2. Bring a stock pot of water to a boil. Add pasta and cook for 8-10 minutes or until al dente; drain.
3. In a large bowl, mix eggs, ricotta, half the mozzarella, half the parmesan, parsley and ground black pepper until well combined. Stuff cooked shells with ricotta mixture and place in a baking pan.
4. In another bowl, stir together the tomato puree, tomato sauce, crushed tomatoes, fresh tomatoes, basil, oregano, garlic, onion powder, mushrooms, reserved mozzarella and parmesan. Pour over stuffed shells.
5. Bake in oven 45-60 minutes, until edges are bubbling and shells are slightly set.

### Recommendations & Requirements

#### Recommendations

- 🍎 This recipe uses canned tomato products that contain 20-290 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

#### Requirements

- 🍎 Canned tomato products should contain ≤290 mg of sodium per serving.

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



## Egg Salad (#64)

Yield: 25 servings  
Serving size: Approximately 4 oz

### Ingredients

24 eggs  
3 celery stalks, chopped  
1 cup dijon mustard  
1 ½ cups mayonnaise, low fat  
1 tsp ground black pepper  
1 tsp paprika  
1 tsp parsley

### Directions

1. Place eggs in stock pot and cover with cold water.
2. Bring water to a boil. Cover, remove pot from heat, and let eggs stand in hot water 10-15 minutes. Remove from hot water, cool, peel and chop.
3. In large mixing bowl, combine the eggs, mayonnaise, mustard, celery, and ground black pepper. Combine well and mash with a fork, if necessary.
4. Top with paprika and parsley as a garnish.
5. If desired, serve with lettuce and tomato.

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	84	<b>Calories from Fat</b>	50
% Daily Value			
<b>Total Fat</b>	6 g		9%
Saturated Fat	2 g		7%
Trans Fat	0 g		
<b>Cholesterol</b>	178 mg		60%
<b>Sodium</b>	417 mg		27%
<b>Total Carbohydrate</b>	3 g		2%
Dietary Fiber	1 g		0%
Sugars	1 g		
<b>Protein</b>	5 g		
Vitamin A	36%	Calcium	2%
Vitamin C	0%	Iron	11%

### Recommendations & Requirements

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



## Stewed Beans (#78)

Yield: 25 servings  
Serving size: Approximately 4-6 oz

### Ingredients

12 cups pinto beans, cooked  
6 ¼ cups canned tomato sauce, low sodium  
2 cups sofrito (DFTA #40)  
¾ cup vegetable oil  
1 ½ Tbsp ground black pepper  
8-10 cups water

### Directions

1. Heat vegetable oil in a saucepan over low heat. Add tomato sauce, sofrito mix and ground black pepper. Cook and stir for about 3 minutes.
2. Stir in beans and water. Increase heat to medium and cook for 15 minutes or until sauce has thickened.

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		210	Calories from Fat 68
		% Daily Value	
<b>Total Fat</b>	8 g		12%
Saturated Fat	1 g		4%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	25 mg		2%
<b>Total Carbohydrate</b>	29 g		22%
Dietary Fiber	10 g		35%
Sugars	4 g		
<b>Protein</b>	8 g		
Vitamin A	38%	Calcium	4%
Vitamin C	14%	Iron	24%

### Recommendations & Requirements

#### Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

#### Requirements

- 🍎 Canned tomato sauce should contain  $\leq$  290 mg of sodium per serving.

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



## Chickpea Stew (#86)

Yield: 25 servings  
Serving size: Approximately 10 oz

### Ingredients

5 (15 oz) canned chickpeas, low sodium  
2 ½ yellow onions, diced  
2.5 lbs potatoes, peeled and diced  
3.75 lbs tomatoes, medium diced (about  
7 ½ cups) OR 2 ½ 28-oz cans chopped tomatoes  
1/3 cup vegetable oil  
Ground black pepper to taste  
7 ½ cilantro sprigs  
2 tsp cumin  
6 garlic cloves, minced  
5 cups water

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	155	Calories from Fat	39
% Daily Value			
<b>Total Fat</b>	4 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	185 mg		12%
<b>Total Carbohydrate</b>	27 g		21%
Dietary Fiber	6 g		20%
Sugars	3 g		
<b>Protein</b>	6 g		
Vitamin A	39%	Calcium	4%
Vitamin C	11%	Iron	21%

### Directions

1. Heat the vegetable oil in a large, heavy-bottomed saucepan over medium-low heat. Add the onions, stirring occasionally, and cook until soft and translucent (about 8-10 minutes). Add the garlic and the cumin and cook for one more minute.
2. Rinse and drain chickpeas.
3. Add chickpeas, tomatoes, potatoes, water or stock, cilantro and season with ground black pepper. Bring to a boil, skimming off any foam that rises to the surface. Reduce the heat and simmer, uncovered, for 20-25 minutes until it is thick and saucy.
4. Remove the sprigs of cilantro and serve.

### Recommendations & Requirements

#### Recommendations

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

#### Requirements

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

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



## Baked Ziti with Cheese (#127)

Yield: 25 servings  
Serving size: Approximately 6 oz

### Ingredients

2.5 lb ziti or penne, uncooked  
¾ cup onion, chopped  
¾ cup green pepper, chopped  
3 lbs mozzarella cheese, low sodium, shredded  
42 oz canned tomato sauce, low sodium  
2 tsp basil  
1 tsp ground black pepper  
2 Tbsp parsley

### Directions

1. Preheat oven to 350°F.
2. Cook pasta according to package instructions. Drain and set aside.
3. In a large sauce pot add onions, peppers and cook for about 6-8 minutes. Stir in the basil, parsley and tomato sauce.
4. In a large, deep baking pan or hotel pan, combine cooked pasta and sauce mixture. Mix well and stir in cheese. Season with ground black pepper to taste. Bake uncovered (20-25 minutes) until cheese is melted and bubbling.

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	339	<b>Calories from Fat</b>	90
% Daily Value			
<b>Total Fat</b>	10 g		16%
Saturated Fat	6 g		29%
Trans Fat	0 g		
<b>Cholesterol</b>	29 mg		10%
<b>Sodium</b>	28 mg		2%
<b>Total Carbohydrate</b>	40 g		31%
Dietary Fiber	3 g		11%
Sugars	4 g		
<b>Protein</b>	21 g		
Vitamin A	59%	Calcium	34%
Vitamin C	8%	Iron	21%

### Recommendations & Requirements

#### Recommendations

- 🍏 To increase fiber content use whole wheat ziti or penne.
- 🍏 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

#### Requirements

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

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



## Soft Taco with Black Beans &amp; Mixed Vegetables (#138)

Yield: 25 servings

Serving size: Approximately 4 oz beans/mixed vegetables, 1 tortilla

**Ingredients**

25 flour tortillas  
 4.5 cups canned black beans, low sodium  
 3.75 lbs mixed vegetables, frozen  
 ¼ cup sofrito (DFTA #40)  
 2 Tbsp canned tomato paste, low sodium  
 ½ cup canned tomato sauce, low sodium  
 1 tsp distilled vinegar  
 ½ cup cilantro  
 1 Tbsp garlic powder  
 1 Tbsp onion powder  
 2 oz trans fat free margarine  
 1 Tbsp roasted red pepper  
 20 oz water

**Nutrition Facts**

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	152	<b>Calories from Fat</b>	27
			<b>% Daily Value</b>
<b>Total Fat</b>	3 g		5%
Saturated Fat	1 g		1%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	295 mg		19%
<b>Total Carbohydrate</b>	28 g		22%
Dietary Fiber	12 g		42%
Sugars	3 g		
<b>Protein</b>	9 g		
Vitamin A	365%	Calcium	4%
Vitamin C	6%	Iron	21%

**Directions**

1. Drain, rinse, and mash black beans.
2. Add sofrito, garlic powder, onion powder, red roasted pepper, tomato paste, cilantro, vinegar and tomato sauce and cook for 2 hours.
3. In a separate pot, cook mixed vegetables with margarine for approximately 20 minutes.
4. Add 4 oz of beans and 1 oz of mixed vegetables to each taco. Roll to close, then cover each wrap individually with aluminum foil.
5. Place tacos on baking tray and keep warm until ready to serve.

**Recommendations & Requirements***Recommendations*

- 🍏 This recipe uses canned tomato products that contain 16-20 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

*Requirements*

- 🍏 Canned tomato products should contain  $\leq$  290 mg of sodium per serving.

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



## Egg Salad (#219)

Yield: 25 servings  
Serving size: Approximately 3 oz

### Ingredients

38 eggs (20 whites & 18 whole)  
1 lb lettuce, sliced  
½ cup onion, chopped  
1/3 cup mayonnaise, light  
1/3 cup mustard

### Directions

1. Hard boil eggs and set aside to cool.
2. Finely chop eggs.
3. Combine eggs with onions, mustard and mayonnaise.
4. Mix together lightly.
5. Serve over a bed of lettuce.

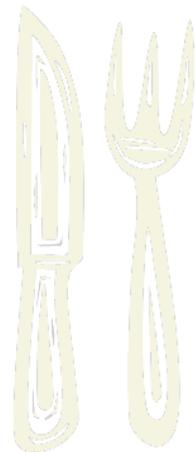
### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	81	Calories from Fat	40
% Daily Value			
<b>Total Fat</b>	5 g		7%
Saturated Fat	1 g		6%
Trans Fat	0 g		
<b>Cholesterol</b>	135 mg		45%
<b>Sodium</b>	153 mg		10%
<b>Total Carbohydrate</b>	2 g		1%
Dietary Fiber	1 g		1%
Sugars	1 g		
<b>Protein</b>	7 g		
Vitamin A	32%	Calcium	2%
Vitamin C	1%	Iron	10%

### Recommendations & Requirements

**Note:** This recipe may count towards the entrée component of the menu and is a good source of protein.



## Three Bean Stew (#244)

Yield: 25 servings  
Serving size: Approximately 6 oz

### Ingredients

3 cups (2-15 oz) canned kidney beans, low sodium  
3 cups (2-15 oz) canned black beans, low sodium  
3 cups (2-15 oz) canned lima beans  
2 cups carrots, sliced  
2 cups celery, chopped  
2 cups onions, chopped  
2 cups sweet potato, chopped  
2 cups turnips, diced  
2 cups watercress, chopped  
12 cups chicken broth, low sodium  
1/3 cup vegetable oil  
2 Tbsp ground black pepper  
18 garlic cloves, minced  
2 Tbsp ginger root  
18 sprigs parsley, chopped  
12 cups water

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	147	<b>Calories from Fat</b>	35
% Daily Value			
<b>Total Fat</b>	4 g		6%
Saturated Fat	1 g		3%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	159 mg		10%
<b>Total Carbohydrate</b>	23 g		18%
Dietary Fiber	6 g		21%
Sugars	4 g		
<b>Protein</b>	8 g		
Vitamin A	377%	Calcium	6%
Vitamin C	10%	Iron	26%

### Directions

1. In a pot, add vegetable oil over medium heat. Add onions and garlic and cook for 2 minutes.
2. Add the carrots, celery, sweet potato and turnips.
3. Heat for 5 minutes.
4. Add chicken broth, water and beans and simmer for 30 minutes.
5. Add parsley, ginger, watercress and ground black pepper. Serve immediately.

### Recommendations & Requirements

#### Recommendations

- 🍏 This recipe uses canned beans that range from 130-240 mg of sodium per serving. Using canned beans that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium per serving may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

#### Requirements

- 🍏 Canned beans should contain  $\leq 290$  mg of sodium per serving.

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



## Squash & Leek Lasagna (#260)

Yield: 25 servings  
Serving size: Approximately 6 oz

### Ingredients

3 lbs whole wheat lasagna noodles, uncooked  
3 cups pine nuts  
1.5 lbs leeks, chopped  
1.5 lbs squash, sliced  
1 cup parmesan cheese, grated  
¾ cup milk, non-fat  
¼ cup butter, unsalted  
Nonstick cooking spray  
¼ cup all purpose flour  
1 ½ tsp ground black pepper  
½ tsp nutmeg  
½ tsp thyme

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	359	<b>Calories from Fat</b>	143
			<b>% Daily Value</b>
<b>Total Fat</b>	16 g		25%
Saturated Fat	3 g		12%
Trans Fat	0 g		
<b>Cholesterol</b>	8 mg		3%
<b>Sodium</b>	61 mg		4%
<b>Total Carbohydrate</b>	44 g		34%
Dietary Fiber	9 g		32%
Sugars	3 g		
<b>Protein</b>	13 g		
Vitamin A	38%	Calcium	5%
Vitamin C	4%	Iron	37%

### Directions

1. Preheat oven to 350°F.
2. Coat baking dish with nonstick cooking spray.
3. Cook lasagna noodles until al dente. Drain; return the noodles to the pot and cover with cool water.
4. Melt butter in Dutch oven over medium heat. Add leeks; cook, stirring often until softened, for about 10 minutes.
5. Sprinkle all purpose flour over the leeks; stir well. Cook, stirring constantly, for 5 minutes. Whisk in milk in low stream and cook, whisking constantly, until there is thick bubbles (approximately 10-12 minutes).
6. Whisk in thyme, nutmeg and ground black pepper. Remove from heat.
7. Assemble lasagna by layering noodles, sauce, cheese, pine nuts, squash and leeks in baking dish.
8. Cover with parchment paper then foil.
9. Bake for 50 minutes. Uncover and bake until bubbling and light brown (about 30-45 minutes).
10. Let stand for 10 minutes before serving.

### Recommendations & Requirements

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



## Black Bean Burger (#267)

Yield: 25 servings  
Serving size: Approximately 6 oz

### Ingredients

12 cups canned black beans, low sodium  
3 ¼ cups bread crumbs, plain  
4 eggs  
3 ¼ bell peppers (green), chopped  
3 ¼ onions, chopped  
Nonstick cooking spray  
2 Tbsp tomato chili sauce, no salt  
¼ cup chili powder  
¼ cup cumin  
19 garlic cloves, minced

### Directions

1. Preheat oven to 375 °F.
2. Coat baking sheets with nonstick cooking spray.
3. Rinse and drain black beans. Mash until thick and pasty.
4. Stir chopped onions, bell peppers, and minced garlic into the mashed beans.
5. Mix together egg, chili powder, cumin, and chili sauce. Stir the egg mixture with the mashed bean mixture.
6. Add in breads crumbs until the mixture is sticky and holds together.
7. Divide mixture into 25 patties.
8. Place patties on baking sheets, and bake (about 10 minutes) on each side.
9. If desired, serve with lettuce and tomato.

### Nutrition Facts

Serving Size: 1 serving

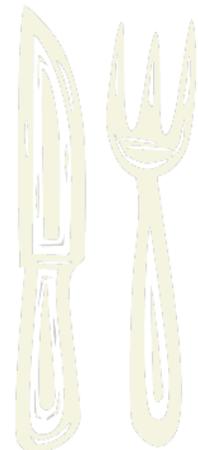
Amount Per Serving			
<b>Calories</b>	191	<b>Calories from Fat</b>	22
			<b>% Daily Value</b>
<b>Total Fat</b>	2 g		4%
Saturated Fat	1 g		2%
Trans Fat	0 g		
<b>Cholesterol</b>	30 mg		10%
<b>Sodium</b>	367 mg		23%
<b>Total Carbohydrate</b>	37 g		29%
Dietary Fiber	8 g		27%
Sugars	3 g		
<b>Protein</b>	11 g		
Vitamin A	54%	Calcium	9%
Vitamin C	17%	Iron	55%

### Recommendations & Requirements

#### Recommendations

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

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



## Tofu Stuffed Peppers (#269)

Yield: 25 servings

Serving size: 1 stuffed pepper with approximately 4-5 oz tofu/rice mixture

### Ingredients

- 4 ¼ lbs tofu
- 2 cups white rice, uncooked
- 25 green bell peppers
- 8 ¼ cups canned tomato sauce, low sodium
- ¼ cup Worcestershire sauce
- Ground black pepper to taste
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbsp Italian seasoning
- 4 ¼ cups water

### Directions

1. Preheat oven to 350°F.
2. Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook for 20 minutes.
3. In another skillet over medium heat, cook the tofu until evenly browned.
4. Remove and discard the tops, seeds and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward.
5. In a bowl, mix the browned tofu, cooked rice, ½ of the tomato sauce, Worcestershire sauce, garlic powder, onion powder, and ground black pepper. Spoon on equal amounts of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
6. Bake for 1 hour, basting with sauce (every 15 minutes), until the peppers are tender.

### Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	125	Calories from Fat 35	
			% Daily Value
<b>Total Fat</b>	4 g		6%
Saturated Fat	1 g		3%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	109 mg		7%
<b>Total Carbohydrate</b>	17 g		13%
Dietary Fiber	5 g		17%
Sugars	7 g		
<b>Protein</b>	8 g		
Vitamin A	96%	Calcium	24%
Vitamin C	111%	Iron	58%

### Recommendations & Requirements

#### Recommendations

- 🍎 To increase fiber content use brown rice.
- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

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



## Cottage Cheese (#272)

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

### Ingredients

19 cups (9.5 lbs) cottage cheese, low sodium

### Directions

1. Separate cottage cheese into 6 oz portions and serve immediately.

### **Nutrition Facts**

Serving Size: 1 serving

Amount Per Serving			
<b>Calories</b>	95	<b>Calories from Fat</b>	1
			<b>% Daily Value</b>
<b>Total Fat</b>	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	1 mg		0%
<b>Total Carbohydrate</b>	24 g		19%
Dietary Fiber	2 g		5%
Sugars	21 g		
<b>Protein</b>	0 g		
Vitamin A	7%	Calcium	0%
Vitamin C	17%	Iron	2%

### Recommendations & Requirements

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