

Working With the Recipes

On the following pages, we will take a close look at how each recipe is organized.

Recipe Header:

This area contains the recipe title, credited food components, and file location.

The recipe title

Recipe titles have been kept as straightforward as possible. Descriptive words related to regions, texture, or flavor have been avoided. Phonetic pronunciations have been provided for the recipes when necessary.

Chicken Stir-Fry

Main Dishes

D-39

Meat/Meat Alternate Vegetable

Ingredient	Amount	Ingredient	Amount	Directions	
Cornstarch	4 1/2 oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold	1/2 cup			1 cup	
Low-sodium soy sauce	1/2 cup			1 cup	
Ground ginger	1/2 tsp			1 tsp	
Granulated garlic	3 Tbsp			1/2 cup 2 Tbsp	
Ground black or white pepper	2 tsp			1 Tbsp 1 tsp	
Chicken stock, non-MSG	2 qt			1 gal	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/2" (chopped)	8 1/2-12 oz	1 gal 1 1/2 qt	11 1/2-4 oz	2 gal 3 qt	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
OR	OR	OR	OR	OR	
Frozen sliced carrots	6 1/2-12 oz	1 gal 2 qt	13 1/2-8 oz	3 gal	
Vegetable oil	1/2 cup			1 cup	
*Fresh onions, sliced	1 1/2-8 oz	3 1/2-1 cup	2 1/2-12 oz	1 qt 1 1/2 cups	5. Add onions and cook for 1 minute.
OR	OR	OR	OR	OR	
*Fresh broccoli, chopped	4 1/2-1 1/2 oz	1 gal 3 1/2 qt	8 1/2-2 oz	3 gal 2 1/2 qt	6. Add broccoli and cook for 2 more minutes. Remove to steamer pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. Add salt. Keep warm.
OR	OR	OR	OR	OR	
Frozen mixed Oriental vegetables	4 1/2-12 oz	2 qt	9 1/2-14 oz	1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Raw chicken, boneless, skinless, chicken breasts, cut in 1/2" cubes	8 1/2-12 oz		17 1/2-14 oz		7. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steamer pan. Add sauce and mix to coat chicken and vegetables.

The recipe file location

The recipes are organized by food categories and recipe numbers.

The food categories are:

- B** – Grains/Breads
- C** – Desserts
- D** – Main Dishes
- E** – Salads and Salad Dressings
- F** – Sandwiches
- G** – Sauces, Gravies, and Seasoning Mixes
- H** – Soups
- I** – Vegetables
- J** – Breakfast

The food components contributing credit toward the reimbursable meal.

This indicates the food components of a particular recipe which contribute credit to the reimbursable meal. Our sample recipe, Chicken Stir-Fry (D-39) contributes credit to both the Meat and Vegetable food components.

Working With the Recipes

continued

Ingredients:

In this next example, the **first column** of the Chicken Stir-Fry (D-39) recipe is highlighted.

First, note the order in which ingredients are listed:

Ingredients are listed in the same order as they are required for production.

Second, note the form in which ingredients are listed.

You will see that our sample recipe specifies: **Fresh carrots, peeled, 1/4" chopped.**

This tells you the carrots are to be purchased fresh, peeled, and then chopped into 1/4"-thick pieces prior to being used in the recipe.

Meat/Meat Alternate-Vegetable					Main Dishes
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Comstarch	4 1/2 oz	1 cup	9 oz	2 cups	1. Dissolve comstarch in water and soy sauce. Add ginger, granulated garlic, and pepper. 2. Heat chicken stock to a boil and slowly stir in comstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat. 4. Prepare no more than 50 portions per batch. 5. Sauté carrots in oil for 4 minutes. 6. Add onions and cook for 1 minute. 7. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. Add salt. Keep warm. 8. CCP: Heat to 165° F or higher for at least 15 seconds. 9. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (1/4 cup 1 Tbsp).
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		1/2 cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSG		2 qt		1 gal	
*Fresh carrots, peeled, 1/4" chopped OR Frozen sliced carrots	5 lb 10 oz OR 6 lb 12 oz	1 gal 1 1/2 qt OR 1 gal 2 qt	11 lb 4 oz OR 13 lb 8 oz	2 gal 3 qt OR 3 gal	
Vegetable oil		1/2 cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 1/2 cups	2 lb 12 oz	1 qt 3 1/2 cups	
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	4 lb 1 oz OR 4 lb 15 oz	1 gal 3 1/2 qt OR 2 qt	8 lb 2 oz OR 9 lb 14 oz	3 gal 2 1/2 qt OR 1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Raw skinless, boneless chicken breasts, cut in 1/2" cubes	8 lb 15 oz		17 lb 14 oz		
Vegetable oil		1 cup		2 cups	

On All of the Recipes:

The purchase state of the ingredient (such as fresh, frozen, canned) appears before the ingredient name. And, the form of the ingredient (such as peeled, sliced, etc.) comes after the ingredient name.

In order to obtain the maximum possible quality during production, it is **very important** that you follow the recipe exactly. The **purchase state** (fresh, canned, frozen, etc.) of your ingredients and **the form** (peeled, sliced, etc.) should always be the same as listed in the recipe.

All of the recipes will be equally successful whether USDA-donated commodity foods or commercially available ingredients are used. However, where possible, the recipes have been developed and standardized using USDA commodity products.



When you are purchasing ingredients, remember to:

Select the best possible quality.

The quality of the final product will rely heavily on the quality of ingredients used.

Purchase products that will produce the “healthiest” overall product.

For example, our sample recipe for Chicken Stir-Fry (D-39) calls for chicken stock, non-MSG (without monosodium glutamate). When purchasing bases, select brands that do **not** contain MSG and have a moderate level of sodium (salt).

Read food labels carefully. Food manufacturers must list ingredients in descending order of predominance by weight. So, if salt is the first ingredient listed, you know that the product contains more salt than anything else.

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continued

Alternate Ingredients:

Alternate ingredients are listed in many of the recipes to give you flexibility when ordering. They may also help you accommodate limitations in labor or equipment.

This example shows how alternate ingredients appear in the recipe format. Several lines are highlighted.

As you can see, alternate ingredients are listed on separate lines separated by the word **“OR.”** It is important that you select only **one** of the options provided. Do **not** add both the primary and the alternate ingredients to the recipe.

In the Chicken Stir-Fry (D-39) example:

You may choose to use the fresh carrots, chopped, listed in the ingredients.

OR

You may choose to use the alternate, frozen sliced carrots.

Also, you may choose to use the fresh broccoli, chopped,

OR

You may choose to use the alternate, frozen mixed Oriental vegetables.

Meat/Meat Alternate-Vegetable		Main Dishes		D-39	
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 1/2 oz	1 cup	9 oz	2 cups	<ol style="list-style-type: none"> Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, until thickened. Remove from heat. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes. Add onions and cook for 1 minute. Add broccoli and cook for 2 more minutes. Remove to steamer pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. Add salt. Keep warm. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steamer pan. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher.
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1 tsp		1 tsp	
Granulated garlic		3 Tbsp		1/2 cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSG		2 qt		1 gal	
"Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 1/4 qt	11 lb 4 oz	2 gal 2 qt	
OR Frozen sliced carrots	12 oz	1 gal 2 qt	13 lb 9 oz	3 gal	
"Fresh broccoli, chopped	18 oz	3 1/2 cups	2 lb 12 oz	1 qt 3 1/2 cups	
OR Frozen mixed Oriental vegetables	4 lb 1 oz	1 gal 3 1/4 qt	8 lb 2 oz	3 gal 2 1/4 qt	
OR chicken breasts, cut in 1/2" cubes	15 oz	2 qt	9 lb 14 oz	1 gal	
OR Vegetable oil	15 oz	2 tsp	17 lb 14 oz	1 Tbsp 1 tsp	
		1 cup		2 cups	

Optional Ingredients:

Some of the recipes include optional ingredients. These are typically used for seasoning and garnishing. If an ingredient is optional, the word “(optional)” will immediately follow it on the ingredient list.

Optional ingredients may be used to increase a recipe’s appeal in a particular area or region. While certain ingredients may be preferred by students in some regions of the country, they may not appeal to others.

Optional ingredients may also be used to change the meal pattern contribution. However, it is important to note that optional ingredients are **not included** in the contribution to the reimbursable meal or the Nutritional Analysis.

The instructions under Directions will indicate when to add the optional ingredients.

Weights and Measures for 50 and 100 servings:

In this example, the *center* of the recipe format is highlighted. These columns show the quantities you will need for producing 50 and 100 portions of the recipe.

Weight measurements are given for dry and solid ingredients.

The weight measurements are written in pounds (lb) and ounces (oz).

Because it is sometimes necessary to use volume measure, the volume equivalents have also been provided for the dry and solid ingredients if the amount is 2 ounces or more.

All recipes were tested using weight measurements unless only a volume measurement is provided.

Volume measurements are given for liquid ingredients.

The volume measurements include:

- teaspoons (tsp)
- tablespoons (Tbsp)
- cups(c)
- quarts (qt)
- gallons (gal)

Meat/Meat Alternate-Vegetable		Main Dishes			D-39
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Comstarch	4 1/2 oz	1 cup	9 oz	2 cups	<ol style="list-style-type: none"> 1. Dissolve comstarch in water and soy sauce. Add ginger, granulated garlic, and pepper. 2. Heat chicken stock to a boil and slowly stir in comstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat. 4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes. 5. Add onions and cook for 1 minute. 6. Add broccoli and cook for 2 more minutes. Remove to steambable pan (12" x 20" x 2 1/4"). For 50 servings, use 2 pans. Add salt. Keep warm. 7. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steambable pan. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds. 8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (1/2 cup 1 Tbsp).
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		1/2 cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSO		2 qt		1 gal	
*Fresh carrots, peeled, 1/4" chopped OR Frozen sliced carrots	5 lb 10 oz OR 6 lb 12 oz	1 gal 1 1/4 qt OR 1 gal 2 qt	11 lb 4 oz OR 13 lb 8 oz	2 gal 3 qt OR 3 gal	
Vegetable oil		1/2 cup		1 cup	
*Fresh onions, diced	1 lb 8 oz	3 1/4 cups	2 lb 12 oz	1 qt 3 1/4 cups	
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	4 lb 1 oz OR 4 lb 15 oz	1 gal 3 1/4 qt OR 2 qt	8 lb 2 oz OR 9 lb 14 oz	3 gal 2 1/4 qt OR 1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Raw skinless, boneless chicken breasts, cut in 1/2" cubes	8 lb 15 oz		17 lb 14 oz		
Vegetable oil		1 cup		2 cups	

Spices, flavorings, and other ingredients of less than 2 ounces are given a volume measurement since most scales are not able to measure such a small quantity accurately.

A note about baking:

When measuring dry ingredients you will be using in a baked product, it is very important that you measure the ingredients by **weight** whenever possible. This is because even slight variations in measurement can alter the quality of the final product.

Consider the following:

- One pound of unsifted all-purpose flour can range from 2 1/2 cups to 4 cups.
- One pound of sifted all-purpose flour can range from 3 cups to 4 1/2 cups.

These examples make it easy to see why measuring the flour for a baked product only by volume can result in an **inconsistent product**.

Working With the Recipes

continued

Directions:

In our next example, the far-right column is highlighted. This section lists all the steps needed to prepare the recipe.

Each step is numbered in sequence and is directly across from the ingredients to which it applies.

The directions include:

- mixing speeds and times
- cooking procedures
- panning procedures
- baking times and temperatures
- critical control points
- portioning directions
- garnishing and serving instructions

The directions **do not** account for any preproduction work that must be done in order to prepare the ingredients for recipe production. However, it is important to account for any preproduction tasks in scheduling, and a good idea to take care of these well in advance of the actual production.

For example, if you complete the preproduction work for the Baked French Toast Strips, (J-03) recipe **the day before it is to be served**, you will get a better quality product in **less time**. This is stated in Step 4 of the directions.

Chicken Stir-Fry

Meat/Meat Alternate-Vegetable		Main Dishes		D-39
Ingredients	50 Servings Weight Measure	100 Servings Weight Measure	Directions	
Comstarch	4 1/2 oz 1 cup	9 oz 2 cups	<ol style="list-style-type: none"> 1. Dissolve comstarch in water and soy sauce. Add ginger, granulated garlic, and pepper. 2. Heat chicken stock to a boil and slowly stir in comstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat. 4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes. 5. Add onions and cook for 1 minute. 6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. Add salt. Keep warm. 7. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds. 8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (1/2 cup 1 Tbsp). 	
Water, cold	1/2 cup	1 cup		
Low-sodium soy sauce	1/2 cup	1 cup		
Ground ginger	1/2 tsp	1 tsp		
Granulated garlic	3 Tbsp	1/2 cup 2 Tbsp		
Ground black or white pepper	2 tsp	1 Tbsp 1 tsp		
Chicken stock, non-MSG	2 qt	1 gal		
"Fresh carrots, peeled, 1/4" chopped OR Frozen sliced carrots	5 lb 10 oz 1 gal 1 1/2 qt OR 6 lb 12 oz 1 gal 2 qt	11 lb 4 oz 2 gal 3 qt OR 13 lb 8 oz 3 gal		
Vegetable oil	1/2 cup	1 cup		
"Fresh onions, diced OR Frozen mixed Oriental vegetables	1 lb 6 oz 3 1/2 cups OR 4 lb 15 oz 2 qt	2 lb 12 oz 1 qt 3 1/2 cups OR 9 lb 14 oz 1 gal		
Salt	2 tsp	1 Tbsp 1 tsp		
Raw skinless, boneless chicken breasts, cut in 1/2" cubes	8 lb 15 oz	17 lb 14 oz		
Vegetable oil	1 cup	2 cups		

We encourage you to read the directions for the recipe carefully **before you begin** production. Use them as you would a road map before starting out on a trip, and keep in mind the following:

In order to obtain the maximum possible quality from each recipe and ensure that the reimbursable meal requirements are met, all of the procedures outlined in this section of the recipe must be followed **precisely**.

For example, when you read the recipe for Chicken Stir Fry (D-39) you will see in Step 4:

“Prepare no more than 50 portions per batch.”

This is important because if you prepare more than 50 portions per batch, you will be holding the product too long. It will lose its crispness, color, and nutritional value.

The recipe format also includes a variety of other useful information, such as:

- portion size
- the specific contribution of each serving toward the reimbursable meal
- yield for 50 and 100 servings
- variations
- marketing guide for selected items
- nutrients per serving

You will find this information on the **last page of each recipe**. Most recipes are two pages long; however, some are three or four.

Again using the Chicken Stir-Fry (D-39) example, let us first look at portion size, contribution to reimbursable meal requirements, and yield. These sections are highlighted.

Meat/Meat Alternate-Vegetable		Main Dishes	D-39
Comments: *See Marketing Guide.		Marketing Guide for Selected Items Food as Purchased for 50 Servings 100 Servings	
		Carrots	6 lb 13 oz 13 lb 10 oz
		Mature onions	1 lb 9 oz 3 lb 2 oz
		Broccoli	5 lb 1 oz 10 lb 2 oz
SERVING:	YIELD:	VOLUME:	
1/2 cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and 1/2 cup of vegetable.	50 Servings: about 23 lb 4 oz	50 Servings: about 2 gallons 2 quarts	
	100 Servings: about 46 lb 8 oz	100 Servings: about 5 gallons	

Serving:

The portion size and the suggested portioning tools are listed here.

Contribution to the reimbursable meal

This section of the recipe format provides information on the specific contribution of each serving toward the reimbursable meal.

Reimbursable meals contain foods that qualify to be in the categories of Meat/Meat Alternate, Vegetable/Fruit, and Grains/Breads.

In our sample recipe, a 7.44-ounce portion of Chicken Stir-Fry (D-39) contributes 2 ounces of **equivalent meat/meat alternate** and 1/2 cup of **vegetable**.

Yield:

The total recipe yield for both 50 and 100 servings is stated by weight (pounds, ounces). For some recipes, the total yield is also stated by volume (gallons, cups).

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continued

Variations:

Some of the recipes in the collection include instructions for a Variation (or Variations) of the basic recipe, and others do not. In our Ground Beef with Macaroni (with Mexican Seasoning) (D-22) example, one variation is given and is highlighted.

If a recipe has a variation, follow all of the standard directions in the basic recipe, changing only those specified in the variation instructions.



Ground Beef and Macaroni (with Mexican Seasoning)

Meat/Meat Alternate-Vegetable-Grains/Breads Main Dishes D-22

Comments:
*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Nature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 serving of grains/breads.	50 Servings: about 21 lb 8 oz	50 Servings: about 2 gallons 2 quarts
	100 Servings: about 43 lb	100 Servings: about 5 gallons

Tested 2004

Variation:
A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3 In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.

It is important to remember that the reimbursable meal credit and the Nutrient Analysis provided in the recipe apply to the **basic recipe only**.

Marketing Guide for Selected Items:

The Marketing Guide for Selected Items provides special purchasing information on foods that will sustain trimming loss during preproduction. These foods are marked with an asterisk (*) in the ingredients column of the recipe format.

In the Chicken Stir-Fry (D-39) example below, you will see information given for three ingredients. Turning back **to page 7, you will see each of these has an asterisk preceding it.**



Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 servings
Carrots	6 lb 13 oz	13 lb 10 oz
Mature onions	1 lb 9 oz	3lb 2 oz
Broccoli	5 lb 1 oz	10 lb 2 oz

SERVING:	YIELD:	VOLUME:
1/2 cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and 1/2 cup of vegetable.	50 Servings: about 23 lb 4 oz	50 Servings: about 2 gallons 2 quarts
	100 Servings: about 46 lb 8 oz	100 Servings: about 5 gallons

What you need to know:

For items marked with an asterisk, the quantity listed under “Weight” and “Measure” in the recipe is the EP (Edible Portion). This is the quantity required for production and therefore does not account for trimming loss.

The Marketing Guide shows the AP (As Purchased) quantity required when ordering. In our example, 5 pounds 1 ounce of broccoli must be **purchased** (AP) in order to yield 4 pounds 1 ounce (EP), the amount required in the recipe to produce 50 portions of Chicken Stir-Fry (D-39).

Meat/Meat Alternate-Vegetable		Main Dishes		D-39	
Chicken Stir-Fry					
Nutrients Per Serving					
Calories	199	Saturated Fat	1.47 g	Iron	1.26 mg
Protein	19.31 g	Cholesterol	46 mg	Calcium	44 mg
Carbohydrate	11.12 g	Vitamin A	11928 IU	Sodium	197 mg
Total Fat	8.64 g	Vitamin C	29.3 mg	Dietary Fiber	2.9 g

Nutrients Per Serving:

As you can see in the Chicken Stir-Fry (D-39) example, this section of the recipe format provides information on 12 nutrients.

The nutrients shown on each recipe are:

- Calories
- Protein
- Carbohydrate
- Total fat
- Saturated fat
- Cholesterol
- Vitamin A
- Vitamin C
- Iron
- Calcium
- Sodium
- Dietary fiber

All of the recipes in this collection were analyzed for their nutritive value. For a more detailed explanation of the nutrient analysis of these recipes, see page 33 of this manual.

For information on the steps taken to reduce the amount of fat in some of these recipes, see page 34.

Special Tips:

Some of the recipes include Special Tips. On the Chicken Stir-Fry (D-39) recipe, for example, you will find the following:

Special Tips:

- 1) For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to sauté chicken, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed chicken in step 7.

Here is another example of Special Tips, this one from the recipe for Chicken Fajitas (D-40):

Special Tips:

- 1) If a grill is not available, a steam jacketed kettle may be used to sauté the chicken.
- 2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.
- 3) This makes an attractive lunch plate when served with Refried Beans (I-15).

As you can see from these examples, the Special Tips offer information that can help you in a variety of ways. Some, like the first Special Tip in the Chicken Stir-Fry (D-39), offer advice on increasing the authenticity of the recipe. Others may:

- offer ways to make production easier
- suggest optimal methods for storage
- provide alternative serving suggestions
- suggest appropriate garnishes
- offer ways to improve the nutrient profile

