



The Alaska School **Salad** **Book**



EVON ZERBETZ

Table of Contents

- Introduction i
- Meeting National School Lunch Program Standards ii
- Why Salad Bars? ii
- Let’s Move! Salad Bars to Schools ii
- Going Local ii
- Play It Safe iii
- Budgeting Tips iii
- Resources iii
- References iv
- Recipes (see below) 1-36
- Tutorials (see below) 37-40

Recipes

Broccoli Salad



Carrot & Mandarin Orange Salad



Crispy Ranch Chickpeas



Croutons



Curried Barley Salad



Fruit & Cucumber Salad with Fresh Herbs



Hearty Greens & Fruit with Strawberry Basil Dressing



Italian Dressing



Italian Seasoning Powder



Mediterranean Couscous



Pink Potato Salad



Pizza Salad



Recipes

Quinoa Tabbouleh



Ranch Dressing



Ranch Seasoning Powder



**Red Cabbage
Asian Slaw**



**Southwestern
Black Bean Salad**



Superfood Salad



Two Bean Salad



**White Bean
Ranch Dip**



Tutorials

Cucumber Tutorial



Kale Tutorial



Introduction

Fruits and vegetables are a part of a healthy diet and are important for optimal child growth, weight management and chronic disease prevention.^{1,2} Unfortunately, our children are not eating enough fruits and veggies. Only 20% of Alaska high school students eat the minimum recommended amount of five servings of fruits and vegetables per day.³

This resource, *The Alaska School Salad Book*, contains recipes and tips to help schools help kids eat more fruits and vegetables. These recipes were developed to:

- help schools meet the National School Lunch Program nutrition standards for more fruits, vegetables, legumes and whole grains;
- highlight where Alaska products can be used;
- use fresh, frozen, canned and dried fruits and vegetables to increase variety and options;
- show where USDA commodity foods can be incorporated to help reduce the cost of serving more fruits and vegetables; and
- appeal to kids - these recipes were tested and approved by Alaska students! Comments from testers included:
 - **"It is epic and good."**
 - **"Awesome"**
 - When asked to rate on a scale of 1-6 with 6 being the best: **"999,999"**
 - **"It's the best thing in the world."**

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- Danielle Flaherty and Kathryn Idzorek, UAF Cooperative Extension Service
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Meeting National School Lunch Program Standards

The USDA National School Lunch Program (NSLP) recently implemented new nutrition standards for school meals. These new standards double the amount of fruits and vegetables served and emphasize a colorful variety. There are now weekly requirements for dark green, red and orange vegetables, and legumes.

Salads and salad bars are an easy way for schools to meet some of these new nutrition standards and can effectively be used for NSLP reimbursable meals. Salads can include fruits, vegetables, proteins, legumes, and whole grains. Salad bars can be used to provide all the USDA meal components for reimbursable meals, or be limited to serving only the fruit and/or vegetable component.

The recipes in this book are written with these new standards in mind. Nutrition information labels are provided for each recipe. For more information about the USDA NSLP nutrition standards, visit the [Alaska Department of Education and Early Development, Child Nutrition Programs](#) website.⁴

Why Salad Bars?

Incorporating salad bars into school lunches increases children's consumption of fruits and vegetables.⁵ Schools with salad bars typically offer students a wider variety and choice of fruits and vegetables than schools without salad bars. Salad bars help kids learn how to make healthy food choices that can carry over to healthy eating habits at home and for a lifetime.

A salad bar can be as simple or elaborate as your school chooses or can afford. It can be a free-standing, wheeled insulated bar, an insulated table top bar, or a steam table retrofitted with chill units.

The USDA encourages the use of salad bars in schools to meet the NSLP nutrition standards. Salad bars can be used for every meal, several days per week, or for special occasions, such as "taco salad" day. Salad bars can bring excitement and revenue to a school nutrition program, especially when marketed to students, school staff and parents.

Let's Move! Salad Bars to School

Let's Move! Salad Bars to Schools is working to increase the number of salad bars in schools.⁶ Their goal is to give every child access to a wide variety of healthy fruit and vegetable choices at school. The White House Task Force on Childhood Obesity has endorsed schools using salad bars as a way to promote a healthy food environment for children. Schools and school districts can sign up on the [Let's Move! Salad Bars to Schools](#) website for one or more free salad bars.



Going Local

Salads and salad bars are an excellent way to incorporate local foods grown or harvested in Alaska. This book highlights foods that can be found in Alaska. [The Alaska Farm to School Program](#) and the [Alaska Division of Agriculture](#) have great information on seasonal availability of Alaska produce and local producers.⁷



If your school has a garden, there are many creative ways to incorporate the produce into your menu plan, salad bar, or cafeteria event to get kids excited and take ownership of food they helped grow. The Alaska Farm to School program developed the [School Garden Food Safety Guide](#) to help school nutrition programs use their school garden produce.⁸


Schools can accept donated wild harvested foods, such as wild game, fish, wild greens, seaweed and berries, provided certain conditions are met. The Alaska Department of Education and Early Development has information on the Alaska State Food Code Regulations and other information on accepting and using [Traditional Foods and Donated Fish and Game](#).⁹

Play it Safe

Salads and salad bar items are considered to be potentially hazardous foods that can lead to foodborne illness, since they may contain cut fruits and vegetables, cooked grains, meats and dairy products. To ensure food is safe, follow all food safety and sanitation guidelines and best practices. The Alaska Department of Environmental Conservation, Food Safety and Sanitation Program provides a guide on the [Safe Use of Salad Bars in Schools](#).¹⁰ Be sure to teach students about salad bar etiquette, which includes proper handwashing and use of serving utensils.

Budgeting Tips

Fruits and vegetables can be expensive in Alaska. Some tips to help reduce the cost include:

- Use canned, frozen and dried products. These can be ordered in bulk if you have storage capacity. Canned and frozen fruits and vegetables can often be used in place of fresh in recipes.
- Buy fresh fruits and vegetables in season. Produce cost can vary depending on the time of year. See the Alaska Farm to School website for the [Alaska Produce Availability Chart](#).¹¹ For other produce, find what's in season on the [Fruits & Veggies More Matters](#) website.¹²
- Use foods available through the [USDA Food Distribution Commodity Program](#), such as frozen chicken, canned beans and frozen corn.¹³ Commodity foods available for schools can vary each year. This book highlights typical commodity foods (look for the  symbol) that may be used in the salad recipes.
- Grow your own fresh herbs. Herbs, and other vegetables, such as tomatoes, can grow year-round indoors in small containers with grow lights and a little care. Check out [Kids Gardening](#) website for more information about indoor and outdoor gardening with kids for schools and families.¹⁴

Other Resources

Alaska Salad Bars to Schools Resource - Alaska Department of Health and Social Services, Obesity Prevention and Control Program: <http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/nutrition/SchoolNutrition.aspx>.

"Make It Local. Recipes for Alaska's Children." - Alaska Department of Education and Early Development Child Nutrition Programs. 2015: https://education.alaska.gov/tls/cnp/cookbook/Make_It_Local.pdf.

Nutrition Foundations for Alaska School Meals: A Nutrition Guide for the National School Lunch Program and School Breakfast Program
Alaska Department of Education and Early Development Child Nutrition Programs. August 2011: <https://education.alaska.gov/TLS/CNP/pdf/AkNutritionFoundations.pdf>.


USDA Fruits & Vegetables Galore - A tool for school nutrition professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables: <http://www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more>.

USDA Healthier School Day: Fruits and Vegetables - An excellent list of resources for school nutrition programs: <http://www.fns.usda.gov/healthierschoolday/tools-schools-offering-fruits-and-vegetables>.

Terminology and Symbols

Alaska Foods: **bold & green** recipe ingredients listed are "Alaska Foods" or foods that can be grown or harvested in Alaska.

CCP = Critical Control Point for food safety.

CFP = USDA Commodity Food Program: Foods that may be purchased through CFP are highlighted with this symbol .

EED/CNP = Alaska Department of Education and Early Development, Child Nutrition Programs.

IQF = Individually Quick Frozen

M/MA = Meat/Meat Alternate in the National School Lunch Program.

WGR grain = Whole Grain-Rich in the National School Lunch Program.

References

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9. Alaska Department of Education and Early Development Child Nutrition Programs. Traditional Food and Donated Fish and Game. <https://education.alaska.gov/TLS/CNP/TFDFG.html>.
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11. Alaska Department of Natural Resources Division of Agriculture, Farm to School Program. Produce Availability Chart. <http://dnr.alaska.gov/ag/FarmToSchool/NewFTSPProdChart.pdf>.
12. Produce for Better Health Foundation. <http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>.
13. Alaska Department of Education and Early Development Child Nutrition Programs, Commodity Food Program. <https://education.alaska.gov/TLS/CNP/how.html>.
14. Kids Gardening. <http://www.kidsgardening.org/node/13761>.

Broccoli Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume

Dressing

Yogurt, plain, non-fat	1 pound, 6 ounces	2 1/2 cups	3.5 pounds	6 1/4 cups
Mayonnaise, light	10 ounces	1 1/4 cups	1.5 pounds	3 cups
Water		2/3 cup		1 1/2 cups
White vinegar		2 tablespoons		1/3 cup
White sugar		5 teaspoons		1/4 cup
Salt		1/2 teaspoon		1 1/2 teaspoons

Salad

Broccoli, stems and florets, chopped into small 1-inch pieces*	2.5 pounds	10 cups	6.5 pounds	1 1/2 gallons
Carrots, grated	9.75 ounces	3 1/4 cups	1.5 pounds	8 cups
Raisins	10 ounces	1 2/3 cups	1.5 pounds	4 cups
Red onion, thinly sliced	2.5 ounces	2/3 cup	6 ounces	1 1/2 cups
Cooked bacon, crumbled	2.5 ounces	1/4 cup	6 ounces	3/4 cup

Instructions:

- ❶ Combine yogurt, mayonnaise, water, vinegar, sugar and salt. Whisk together well.
- ❷ In a separate bowl, combine broccoli, carrots, raisins, onions and bacon.
- ❸ Pour dressing on top of broccoli mixture. Toss well to coat.

CCP: Cool to 41° F or lower within 4 hours

- ❹ Cover and refrigerate for at least 30 minutes prior to serving. Under proper refrigeration this salad will keep up to 2 days. Toss gently prior to service.

*Thawed, IQF Broccoli Florets may be used, however florets will need to be chopped into smaller pieces. To use frozen broccoli, thaw overnight in the refrigerator.



Broccoli Salad

Ingredients	100 Servings	
	weight	volume
Dressing		
Yogurt, plain, non-fat 	7 pounds	3/4 gallons
Mayonnaise, light	3 pounds	6 cups
Water		3 cups
White vinegar		2/3 cup
White sugar		1/2 cup
Salt		1 tablespoon
Salad		
Broccoli , stems and florets, chopped into small 1-inch pieces*	13 pounds	3 gallons
Carrots , grated	3 pounds	1 gallon
Raisins	3 pounds	1/2 gallon
Red onion , thinly sliced	12 ounces	3 cups
Cooked bacon, crumbled	12 ounces	1 1/2 cups

This recipe is from *Make It Local. Recipes for Alaska's Children* published by the Alaska EED/CNP, 2015. Reprinted with permission.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 40**

Total Fat 4.5g **% Daily Value***

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 310mg **13%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 14g

Protein 5g

Vitamin A 20% • Vitamin C 90%

Calcium 10% • Iron 4%



*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 1/2 cup
1 Serving: 1/2 cup mixed vegetable OR 1/3 cup dark green vegetable

Carrot & Mandarin Orange Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Carrots, grated	1.5 pounds	1/2 gallon	3.75 pounds	1 1/4 gallons
Mandarin oranges, canned in extra light syrup, drained, juice reserved	2 pounds, 1 ounce	5 cups	5 pounds, 3 ounces	3/4 gallon
Yogurt, plain, non-fat 		1 2/3 cups		1 cup
Raisins 	6 ounces	1 1/4 cups	1 pound	3 cups
Juice, reserved from canned mandarin oranges		5 tablespoons		3/4 cup
Salt		1/4 teaspoon		3/4 teaspoon


Instructions:

① Combine all ingredients, mix well.

CCP: Cool to 41° F or lower within 4 hours



② Cover and refrigerate until service. Under proper refrigeration this salad will keep up to 2 days. Toss gently prior to service.

Variation: Carrot and Peach Salad

Substitute canned, diced peaches  for oranges. Substitute reserved juice from peaches for reserved juice from oranges.



Carrot & Mandarin Orange Salad

Ingredients	100 Servings	
	weight	volume
Carrots, grated	7.5 pounds	2 1/2 gallons
Mandarin oranges, canned in extra light syrup, drained, juice reserved	10 pounds, 5 ounces	1 1/2 gallons
Yogurt, plain, non-fat 		1/2 gallon
Raisins 	2 pounds	6 cups
Juice, reserved from canned mandarin oranges		1 1/2 cups
Salt		1 1/2 teaspoons

Carrot & Mandarin Salad

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Sugars 16g

Protein 2g

Vitamin A 150% • Vitamin C 20%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carrot & Peach Salad

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 8%

Sugars 9g

Protein 2g

Vitamin A 150% • Vitamin C 8%

Calcium 6% • Iron 2%


*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 1/2 cup
1 Serving: 1/3 cup red/orange vegetable and 1/8 cup fruit


Crispy Ranch Chickpeas

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Chickpeas or garbanzo beans, canned, low sodium* 	4 pounds	10 cups, or about 1 #10 can	10.5 pounds	1 1/2 gallons or about 2 1/3 #10 cans
Ranch Seasoning Powder**, or other seasoning of choice		3 tablespoons		1/2 cup
Cooking oil spray		20 seconds		50 seconds

Instructions:

- ❶ Drain and rinse chickpeas. Drain well after rinsing.
- ❷ Place in bowl and toss with seasoning mix.
- ❸ Pour onto prepared (sprayed or lined) sheet pans. For 20 servings use 1 full sheet pan. For 50 use 2. For 100 use 4.
- ❹ Spray oil evenly over the top of chickpeas and gently shake pan(s) to distribute.
- ❺ Bake at 350°F for one hour or until peas are dry and crunchy.
- ❻ Cool completely. Store in an airtight container for up to 1 week.


Suggestion: Try using Crispy Ranch Chickpeas in place of croutons or crackers in salads and soups.

*Use dry chickpeas  that have been cooked and cooled, instead of canned.

**See page 26 for Ranch Seasoning Powder recipe.



Crispy Ranch Chickpeas

Ingredients	100 Servings	
	weight	volume
Chickpeas or garbanzo beans, canned, low sodium* 	20 pounds, 13 ounces	3 gallons, or about 5 #10 cans
Ranch Seasoning Powder**, or other seasoning of choice		1 cup
Cooking oil spray		1 minute, 40 seconds

Nutrition Facts

Serving Size 1/4 cup
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**
Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 270mg **11%**

Total Carbohydrate 13g **4%**
Dietary Fiber 4g **16%**

Sugars 2g

Protein 5g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 1/4 cup
1 Serving: 1/4 cup beans/peas (legume)

Croutons

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Whole grain bread, any variety including but not limited to sandwich bread, rolls or buns; cut roughly into 1/2 inch cubes.*	1 pound	3/4 gallon	2.5 pounds	2 gallons
Parsley flakes, dried		1 3/4 teaspoons		4 teaspoons
Onion powder		3/4 teaspoon		2 teaspoons
Dill weed, dried		1/2 teaspoon		1 teaspoon
Garlic powder		1/2 teaspoon		1 teaspoon
Salt		1/2 teaspoon		1 teaspoon
Black pepper, ground		1/4 teaspoon		1/2 teaspoon
Cooking oil spray		20 seconds		50 seconds

Instructions:

- ❶ Place cubed bread in a large bowl, working in batches if necessary.
- ❷ In a smaller bowl, combine parsley, onion powder, dill weed, garlic powder, salt and black pepper.
- ❸ Spray bread cubes with 1/3 of cooking spray, then sprinkle with 1/3 of seasoning mixture.
- ❹ Toss to combine, then repeat until all of cooking spray and seasoning has been combined with bread cubes.
- ❺ If working with large batches (50 or more servings), you may want to use less than 1/3 of spray and seasoning each time to ensure the croutons are evenly seasoned. Simply repeat process as many times as is necessary until all of the cooking spray and seasoning has been used.
- ❻ Pour on to prepared (lined or sprayed) sheet pans in a single layer.
- ❼ Bake at 300°F for 40 minutes, rotating pans halfway through cook time, or until bread is dry and crunchy. Oven temperatures may vary, take care not to burn.
- ❽ Cool completely and store at room temperature in an airtight container for up to one week.

*This recipe was developed as a way to utilize leftover rolls, buns and bread products. Any variety of bread may be used, though it is recommended to use whole grain-rich breads. Leftover bread products may be stored in the freezer until ready to use. They should be thawed under refrigeration prior to slicing.

Croutons

Ingredients	100 Servings	
	weight	volume
Whole grain bread, any variety including but not limited to sandwich bread, rolls or buns; cut roughly into 1/2 inch cubes.*	5 pounds	3 gallons
Parsley flakes, dried		2 tablespoons
Onion powder		1 1/4 tablespoons
Dill weed, dried		1 3/4 teaspoons
Garlic powder		1 3/4 teaspoons
Salt		1 3/4 teaspoons
Black pepper, ground		3/4 teaspoon
Cooking oil spray		1 minute, 20 seconds

The Nutrition Facts label is an estimate that depends on the type of bread used. The Croutons Nutrition Facts label is based on whole wheat sandwich bread. The Seasoning Nutrition Facts label is only for the added seasonings and oil.

Croutons	
Nutrition Facts	
Serving Size 1/2 ounce Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	


Seasoning	
Nutrition Facts	
Serving Size (5g) Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Serving Size: 1/2 ounce
1 Serving: 1/3 ounce WGR Grain


Curried Barley Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume

Salad

Hulless barley, dry quantity	1 pound	2 cups	2.5 pounds	5 1/3 cups
(OR fully cooked whole, hulled barley*)		6 2/3 cups		1 gallon + 1 cup
Dried fruit (raisins, dried cranberries, or mixed dried fruit), chopped 		2/3 cup		1 1/2 cups
Green onion, white and green parts, diced		2/3 cup		1 1/2 cups
Nuts or seeds, chopped (optional)		1/2 cup		1 cup

Dressing

Yogurt, plain, non-fat 		3/4 cup		2 cups
Olive oil or canola oil		1/2 cup		1 1/3 cups
Lemon juice		1/4 cup		1/2 cup
White sugar		1/4 cup		1/2 cup
Curry powder		1 3/4 teaspoons		4 teaspoons
Salt		3/4 teaspoon		2 teaspoons

Instructions:

❶ Cook barley according to package directions and cool completely.

CCP: Cool to 41° F or lower within 4 hours

❷ Combine cooled barley with dried fruit, green onions and chopped nuts or seeds (if using).

❸ In a separate bowl, combine yogurt, oil, lemon juice, white sugar, curry powder and salt, whisking together to dissolve sugar and salt.



❹ Pour dressing over barley mixture and toss to combine.

CCP: Cool to 41° F or lower within 4 hours

❺ Cover and refrigerate until service. Under proper refrigeration this salad will keep up to 2 days. Toss gently prior to service.

*This recipe was developed and tested with **Alaska Grown® whole, hulless barley**. Other varieties of whole barley may not have the same yield increase percentage, so the cooked quantity is provided as an alternative.

Curried Barley Salad

Ingredients	100 Servings	
	weight	volume
Salad		
Hulless barley, dry quantity	4 pounds	11 cups
(OR fully cooked whole, hulled barley*)		2 gallons + 1 cup
Dried fruit (raisins, dried cranberries, or mixed dried fruit), chopped 		3 cups
Green onion, white and green parts, diced		3 cups
Nuts or seeds, chopped (optional)		2 cups
Dressing		
Yogurt, plain, non-fat 		4 cups
Olive oil or canola oil		2 3/4 cups
Lemon juice		1 cup
White sugar		1 cup
Curry powder		3 tablespoons
Salt		4 teaspoons

Nutrition Facts
 Serving Size about 1/3 cup
 Servings Per Container

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**
 Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 24g **8%**
 Dietary Fiber 5g **20%**
 Sugars 6g

Protein 4g

Vitamin A 2% • Vitamin C 2%
 Calcium 4% • Iron 6%


*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: rounded 1/3 cup
1 Serving: 2 ounces WGR grain

Fruit Salad with Cucumber & Fresh Herbs


Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Mixed fruit, canned in extra light syrup (with juice)* 	6 pounds	10 1/2 cups	14.75 pounds	1 2/3 gallons
Cucumbers , chopped**	2 pounds	6 cups	4.75 pounds	14 cups
Green onions , white and green parts, diced	2 ounces	1 cup	5 ounces	2 1/2 cups
Mint , fresh, chopped***		1/2 cup		1 1/3 cups
Salt		1/2 teaspoon		1 1/4 teaspoons

Instructions:

① Combine all ingredients.

CCP: Cool to 41° F or lower within 4 hours

② Cover and refrigerate for at least one hour until service. Under proper refrigeration this salad will keep 2-3 days. Toss gently prior to service.


*This recipe was developed using USDA Foods canned mixed fruit (peaches, pears and grapes) in extra light syrup . Any mixed fruit in light or extra light syrup may be substituted.

**Larger cucumbers with tough skin and pulpy centers may need to be peeled and seeded prior to dicing. See page 37 for a photo tutorial.

***Try substituting other fresh herbs such as **basil** or **cilantro**.



Fruit Salad with Cucumber & Fresh Herbs

Ingredients	100 Servings	
	weight	volume
Mixed fruit, canned in extra light syrup (with juice)* 	30 pounds	5 1/4 gallons
Cucumbers , chopped**	9.5 pounds	2 3/4 gallons (If seeding and peeling, start with approximately 16 pounds cucumbers.)
Green onions , white and green parts, diced	10 ounces	5 cups
Mint , fresh, chopped***		2 3/4 cups
Salt		2 3/4 teaspoons

Nutrition Facts

Serving Size 2/3 cup
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Cholesterol 0mg **0%**
Sodium 75mg **3%**
Total Carbohydrate 21g **7%**
Dietary Fiber 2g **8%**
Sugars 16g

Protein 1g

Vitamin A 8% • Vitamin C 10%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 2/3 cup
1 Serving: 1/3 cup fruit and 1/8 cup mixed vegetable

Hearty Greens with Fruit

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume

Dressing

Strawberry puree, unsweetened*		3 1/4 cups		1/2 gallon
Olive oil (light) or canola oil		7 1/2 tablespoons		1 1/4 cups
Lemon juice		7 1/2 teaspoons		1/3 cup
White sugar		3 1/4 teaspoons		2 1/2 tablespoons + 1 teaspoon
Basil leaf, dried**		1 1/4 teaspoons		3 teaspoons
Salt		1/2 teaspoon		1 teaspoon

Salad

Greens, mixed, shredded & loosely packed***	1.25 pounds	1 1/4 gallons	3 pounds, 2 ounces	3 gallons
Peaches, diced, canned in extra light syrup, drained	2 pounds, 13 ounces	5 cups	7 pounds, 7 ounces	3/4 gallon
Pears, diced, canned in extra light syrup, drained	2 pounds, 3 ounces	5 cups	5.5 pounds	3/4 gallon
Sunflower seeds, hulled, unsalted (optional)		1 cup		2 1/3 cups



Instructions:


- ❶ To prepare dressing, combine strawberry puree with oil, lemon juice, sugar, basil and salt. This may be done in a blender, food processor, or by whisking well by hand.
- ❷ In a separate bowl, combine greens, peaches, pears, and sunflower seeds (if using).
- ❸ Pour dressing over greens mixture. Toss well to combine.

CCP: Cool to 41° F or lower within 4 hours

- ❹ Cover and refrigerate for at least 12 hours before serving. The acidity in the dressing gently breaks down the tough fibers in the hearty greens, making them more tender and pleasant to eat. Under proper refrigeration, this salad will keep for 3-4 days. Toss gently before service.

Hearty Greens with Fruit

Ingredients	100 Servings	
	weight	volume
Dressing		
Strawberry puree, unsweetened*		1 gallon
Olive oil (light) or canola oil		2 1/3 cups
Lemon juice		3/4 cup
White sugar		1/3 cup
Basil leaf, dried**		2 tablespoons
Salt		2 1/4 teaspoons
Salad		
Greens, mixed, shredded & loosely packed***	6.25 pounds	6 1/4 gallons
Peaches, diced, canned in extra light syrup, drained 	15 pounds	1 1/2 gallons, or 3 #10 cans
Pears, diced, canned in extra light syrup, drained 	11 pounds	1 1/2 gallons, or about 2 1/2 #10 cans
Sunflower seeds, hulled, unsalted (optional)		4 1/2 cups

* Use 9 ounces, or 2 1/4 cups, whole fresh **strawberries** or frozen IQF strawberries  to yield approximately 1 cup strawberry puree. If using frozen berries, thaw in refrigerator before pureeing.

** To substitute fresh basil, use three times the quantity chopped fresh as is called for dried.

*** Recommend using half **kale** plus a mixture of any of the following: **collard greens, mustard greens, beet or turnip tops, Swiss chard**, etc. See pages 39-40 for a photo tutorial on how to shred kale and other hearty greens.

Nutrition Facts

Serving Size 1 cup
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat 80**

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 16g	
Protein 3g	

Vitamin A 50% • Vitamin C 80%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 1 cup
1 Serving: 1/2 cup dark green vegetable and 1/3 cup fruit

Italian Dressing

Ingredients	20 Servings	50 Servings	100 Servings
	Yield = 2 1/2 Cups	Yield = 6 Cups	Yield = 3/4 Gallon
Water	1 cup	2 3/4 cups	5 1/2 cups
Olive oil (light) or canola oil	3/4 cup	2 cups	4 cups
Red wine vinegar	2/3 cup	1 1/2 cups	3 cups
Italian Seasoning Powder*	1/4 cup	3/4 cup	1 1/2 cups

Instructions:

- ❶ Mix all ingredients together and combine well in a bowl with a whisk or by shaking in a container with a tightly sealed lid.
- ❷ Hold in refrigerator until service.
- ❸ Some oils may solidify under refrigeration. To re-liquefy, leave at room temperature for 20 minutes and shake well before serving.

*See page 16 for Italian Seasoning Powder recipe.

Nutrition Facts

Serving Size 2 ounces
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 70**

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 2 ounces



Italian Seasoning Powder

Ingredients	20 Servings	50 Servings	100 Servings
	Yield = 5 Tablespoons	Yield = 3/4 Cup	Yield = 1 1/2 Cups
Chives, freeze dried	2 1/2 tablespoons	1/4 cup	1/2 cup
Oregano leaf, dried	2 1/2 tablespoons	1/4 cup	1/2 cup
Onion powder	2 1/2 teaspoons	2 tablespoons	1/4 cup
Parsley flakes, dried	2 1/2 teaspoons	2 tablespoons	1/4 cup
White sugar	2 1/2 teaspoons	2 tablespoons	1/4 cup
Garlic powder	2 teaspoons	1 1/2 tablespoons	3 tablespoons
Salt	1 1/2 teaspoons	1 tablespoon	2 1/2 tablespoons
Basil leaf, dried	1 1/4 teaspoons	1 tablespoon	2 tablespoons
Black pepper, ground	1/2 teaspoon	1 1/2 teaspoons	1 tablespoon
Thyme, ground	1/4 teaspoon	3/4 teaspoon	1 1/2 teaspoons

Instructions:

- 1 Combine all ingredients in a blender or food processor. It is important that all equipment be completely dry.
- 2 Pulse together until mixture is a coarse powder.
- 3 Allow to sit undisturbed for 5 minutes before removing the lid from blender.
- 4 Store in an airtight container for up to 1 month.

Suggestion:


Make more seasoning blend than is needed and store in an airtight container until ready for use.

Nutrition Facts

Serving Size (2g)		Servings Per Container	
Amount Per Serving			
Calories 5	Calories from Fat 0		
	% Daily Value*		
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 180mg			8%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 0g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



Mediterranean Couscous

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Barley couscous , dry measure	15 ounces	1 2/3 cups	2 pounds, 6 ounces	4 cups
(OR fully cooked whole grain couscous*)		4 1/4 cups		10 1/2 cups
Chickpeas or garbanzo beans, canned, low sodium, drained and rinsed** 	1 pound, 5 ounces	3 1/3 cups	3 pounds	1/2 gallon
Green pepper , diced	12 ounces	2 3/4 cups	1.75 pounds	7 cups
Feta cheese, fat free, crumbled	2 ounces	1/3 cup	5.5 ounces	1 cup
Olive oil		1/3 cup		1 cup
Lemon juice		2 1/2 tablespoons		1/3 cup
Salt		1 teaspoon		2 teaspoons
Oregano leaf, dried		3/4 teaspoon		2 teaspoons
Coriander seed, ground		1/2 teaspoon		1 teaspoon
Black pepper, ground		1/2 teaspoon		1 teaspoon


Instructions:

- 1 Cook couscous according to package directions.
- 2 Mix remaining ingredients with couscous while still warm. If allowed to cool completely couscous will become very sticky, making it difficult to mix in remaining ingredients evenly.


CCP: Cool to 41° F or lower within 4 hours

- 3 Cover and refrigerate at least one hour before service. Under proper refrigeration this salad will keep for 3-4 days. Serve salad chilled. Toss gently before service.

* This recipe was developed and tested using **Alaska Grown® Barley Couscous**. Other types of couscous may not have the same yield increase percentage, so the cooked quantity is provided as an alternative. Traditional couscous is not whole grain rich. Be aware of whole grain content if selecting an alternate type of couscous.

**Use dry chickpeas  that have been cooked and cooled, instead of canned.

Mediterranean Couscous

Ingredients	100 Servings	
	weight	volume
Barley couscous , dry measure (OR fully cooked whole grain couscous*)	4 pounds, 11 ounces	1/2 gallon
Chickpeas or garbanzo beans, canned, low sodium, drained and rinsed** 	6 pounds, 10 ounces	1 gallon
Green pepper , diced	3 pounds, 10 ounces	3/4 gallon
Feta cheese, fat free, crumbled	11 ounces	2 cups
Olive oil		2 cups
Lemon juice		2/3 cup
Salt		4 teaspoons
Oregano leaf, dried		4 teaspoons
Coriander seed, ground		2 teaspoons
Black pepper, ground		2 teaspoons

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 2% • Vitamin C 25%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 1/2 Cup

1 Serving: 2 ounces WGR grain and 1/4 cup mixed vegetable;
OR 2 ounces WGR grain and 1/8 cup beans/peas (legume) and 1/8 cup mixed vegetable;
OR 2 ounces WGR grain and 1 ounce M/MA and 1/8 cup mixed vegetable.


Pink Potato Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume

Salad

Red potatoes,* skin on	2 pounds 9 ounces		7 pounds	
Whole beets**	1 pound		2.5 pounds	
Canola oil		2 1/2 teaspoons		2 tablespoons
Celery, diced	8 ounces	1 2/3 cups	1 pound 4 ounces	4 cups
Eggs, hard cooked, chopped	10 ounces	5 eggs	1.5 pounds	13 eggs
Red onion, thinly sliced	2.5 ounces	2/3 cup	6.25 ounces	1 1/2 cups

Dressing

Yogurt, plain, non-fat 	5.6 ounces	3/4 cup	14 ounces	1 3/4 cups
Sour cream, fat free	5.6 ounces	3/4 cup	14 ounces	1 3/4 cups
Mayonnaise, light		2/3 cup		1 1/2 cups
Water		2/3 cup		1 1/2 cups
Apple cider vinegar		1/4 cup		1/2 cup
Salt		2 1/2 teaspoons		2 tablespoons
White sugar		1 1/4 teaspoons		1 tablespoon
Garlic powder		1 1/4 teaspoons		1 tablespoon
Onion powder		1 1/4 teaspoons		1 tablespoon

Instructions:

- Trim greens from beets if necessary. Rinse/scrub potatoes and beets well.
- Toss beets and potatoes in canola oil, coating evenly.
- Roast at 400° F for about 1 hour, or until a fork may be easily inserted but potatoes are still firm. **CCP: Cool to 41° F or lower within 4 hours**
- Prepare dressing by combining yogurt, sour cream, mayonnaise, water, vinegar, salt, sugar, garlic powder and onion powder. Whisk to combine well.
- When potatoes and beets have cooled enough to handle, peel beets. Gloves are recommended as beets will stain your hands. A regular spoon works well for this process. Chop potatoes and peeled beets into roughly 1/2 inch cubes.
- Gently mix dressing with chopped potatoes and beets, celery, eggs, and onion. **CCP: Cool to 41° F or lower within 4 hours**
- Cover and refrigerate at least 12 hours prior to service. Under proper refrigeration this salad will keep for up to 3 days. Toss gently before service.

Pink Potato Salad

Ingredients	100 Servings	
	weight	volume
Salad		
Red potatoes,* skin on	11.25 pounds	
Whole beets**	4 pounds	
Canola oil		1/4 cup
Celery, diced	2 pounds	8 cups
Eggs, hard cooked, chopped	2.5 pounds	20 eggs
Red onion, thinly sliced	10 ounces	2 1/2 cups
Dressing		
Yogurt, plain, non-fat 	1.5 pounds	3 cups
Sour cream, fat free	1.5 pounds	3 cups
Mayonnaise, light		2 1/2 cups
Water		2 1/2 cups
Apple cider vinegar		3/4 cup
Salt		4 tablespoons
White sugar		5 teaspoons
Garlic powder		5 teaspoons
Onion powder		5 teaspoons

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*Use **red potatoes**, **Yukon Gold potatoes** or another **'waxy' variety**. Starchy varieties such as russets will create a very sticky, unappealing final product.

**Whole beets and potatoes should be of similar size when roasting. If using differing sizes, roast on separate pans according to size. Remove pans with smaller items as they finish cooking, so that all beets and potatoes are cooked evenly.

Nutrition Facts

Serving Size 2/3 cup
Servings Per Container

Amount Per Serving

Calories 110 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 330mg **14%**

Total Carbohydrate 17g **6%**

 Dietary Fiber 2g **8%**

 Sugars 4g

Protein 4g

Vitamin A 4% • Vitamin C 10%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g


Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 2/3 cup

1 serving: 1/2 cup

mixed vegetables

Pizza Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Wheat berries, dry measure	10 ounces	1 2/3 cups	1.5 pounds	1/2 gallon
(OR fully cooked wheat berries*)	1.25 pounds	3 1/3 cups	3 pounds, 2 ounces	9 cups
Tomatoes, diced, canned, drained (NOT rinsed) 	1.75 pounds	3 1/3 cups	1.25 pounds	1/2 gallon
Green pepper, diced	10 ounces	2 cups	1.5 pounds	4 2/3 cups
Mozzarella cheese, shredded 	3.75 ounces	1 1/4 cups	9.5 ounces	3 cups
Pepperoni, small diced	1.75 ounces	3/4 cup	4.5 ounces	2 cups
Black olives, sliced, drained	1.25 ounces	1/4 cup	3 ounces	1/2 cup
Olive oil		1 tablespoon		3 tablespoons
Oregano leaf, dried		1 teaspoon		1 tablespoon
Garlic powder		3/4 teaspoon		2 teaspoons
Black pepper, ground		1/8 teaspoon		1/4 teaspoon

Instructions:

❶ Cook wheat berries according to package directions. Cool completely.

CCP: Cool to 41° F or lower within 4 hours

❷ Combine cooled wheat berries with remaining ingredients.



CCP: Cool to 41° F or lower within 4 hours

❸ Cover and refrigerate for at least one hour prior to serving. Under proper refrigeration this salad will keep for up to 3 days. Toss gently before service.

* This recipe was developed and tested with [Alaska Grown® wheat berries](#). Other varieties of wheat berries may not have the same yield increase percentage, so the cooked quantity is provided as an alternative.

Wheat berries are whole kernels of wheat. Whole wheat flour comes from ground wheat berries. In their whole form, wheat berries are cooked and used much like brown rice. They have a mild flavor and are chewier than rice. There are many different varieties of wheat berries, the most common being hard red and soft white. Any variety may be used in this recipe.

Pizza Salad

Ingredients	100 Servings	
	weight	volume
Wheat berries , dry measure (OR fully cooked wheat berries*)	3 pounds	1 gallon
Tomatoes, diced, canned, drained (NOT rinsed) 	6.25 pounds	1 gallon + 2 cups
Green pepper , diced	2.5 pounds	1 gallon
Mozzarella cheese, shredded 	3 pounds	9 cups
Pepperoni , small diced	1 pound, 3 ounces	6 cups
Black olives, sliced, drained	9.25 ounces	4 cups
Olive oil	6 ounces	1 cup
Oregano leaf, dried		1 1/2 tablespoons
Garlic powder		4 teaspoons
Black pepper, ground		1/2 teaspoon

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Cholesterol 5mg 2%

Sodium 200mg 8%

Total Carbohydrate 13g 4%

Dietary Fiber 2g 8%

Sugars 2g

Protein 5g

Vitamin A 6% • Vitamin C 25%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 1/2 Cup

1 Serving: 1 ounce WGR grain

and 1/4 cup mixed vegetable

OR 1 ounce WGR grain and 1/8

cup red/orange vegetable.

Quinoa Tabbouleh

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Quinoa, dry measure, rinsed well in a fine mesh strainer until water runs clear, not cloudy	1 pound, 5 ounces	2 1/4 cups	3 pounds, 5 ounces	5 2/3 cups
(OR fully cooked quinoa*)		1/2 gallon		1 gallon + 3 cups
Parsley**, fresh, minced		1/4 cup		3/4 cup
Mint, fresh, minced		3 tablespoons		1/2 cup
Cherry or grape tomatoes***	13 ounces	3 1/4 cups	2 pounds	1/2 gallon
Cucumbers, chopped****	13 ounces	3 1/4 cups	2 pounds	1/2 gallon
Feta cheese, fat free, crumbled	10 ounces	1 1/4 cups	1.5 pounds	4 cups
Olive oil		3 tablespoons		1/2 cup
Lemon juice		1 1/2 tablespoons		1/4 cup
Salt		3/4 teaspoon		1 1/2 teaspoons
Black pepper, ground		1/4 teaspoon		3/4 teaspoon

Instructions:

- 1 Cook quinoa according to package directions. Drain any remaining water if necessary.
- 2 While quinoa is cooking, mince herbs and prepare cucumbers and tomatoes.
- 3 Allow quinoa to cool slightly, but not completely. If cooled completely it will become starchy and stick together, and if it is still piping hot it will cook the herbs.
- 4 Gently mix remaining ingredients with cooked quinoa.

CCP: Cool to 41° F or lower within 4 hours

- 5 Cover and refrigerate for at least one hour prior to serving. Under proper refrigeration this will keep for up to 2 days. Toss gently before service.

* Some kitchens may find it easier to determine the quantity of grain needed based on the cooked quantity, so it is provided as an alternative.

** Flat leaf Italian parsley will lend the best flavor to this dish, however any fresh parsley will do. Do not substitute dried parsley flakes in this recipe.

*** For best results, slice grape tomatoes in half. Diced fresh or no salt added canned tomatoes may be substituted.

**** Larger cucumbers with tough skins and pulpy centers should be peeled and seeded prior to dicing. See page 37 for a step-by-step photo tutorial.

Quinoa Tabbouleh

Ingredients	100 Servings	
	weight	volume
Quinoa, dry measure, rinsed well in a fine mesh strainer until water runs clear, not cloudy (OR fully cooked quinoa*)	5.25 pounds	9 cups 2 1/3 gallons
Parsley**, fresh, minced		1 1/4 cups
Mint, fresh, minced		3/4 cup
Cherry or grape tomatoes***	2.5 pounds	3/4 gallon
Cucumbers, chopped****	2.5 pounds	3/4 gallon
Feta cheese, fat free, crumbled	3 pounds	6 1/2 cups
Olive oil		3/4 cup
Lemon juice		1/2 cup
Salt		2 1/2 teaspoons
Black pepper, ground		1 1/2 teaspoons

Tabbouleh (tah-BOO-ley) is a grain salad from the Middle East. It is traditionally made with bulgur wheat, but this recipe substitutes the grain quinoa (KEEN-wah). Dry quinoa contains a natural coating of saponin, a soap-like substance, so it is important that it be rinsed well prior to cooking. Cooked quinoa is light, fluffy, and slightly nutty.

Try substituting bulgur wheat or **barley couscous** for the quinoa. Be sure to substitute for the fully cooked quantity.

Nutrition Facts

Serving Size about 1/2 cup
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**
Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 17g **6%**
Dietary Fiber 2g **8%**

Sugars 2g

Protein 7g

Vitamin A 8% • Vitamin C 10%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: generous 1/2 cup
1 Serving: 2 ounces WGR grain and 1/4 cup mixed vegetable.

Ranch Dressing

Ingredients	20 Servings	50 Servings	100 Servings
	Yield = 5 Cups	Yield = 12 Cups	Yield = 1 1/2 Gallons
Yogurt, plain, non-fat	2 1/2 cups	6 1/4 cups	3/4 gallon
Mayonnaise, light	1 1/4 cups	3 cups	6 1/2 cups
Milk, non-fat*	1 1/4 cups	3 cups	6 1/2 cups
Ranch Seasoning Powder**	1/3 cup	3/4 cup	1 3/4 cups

Instructions:

1 Combine all ingredients well.

CCP: Cool to 41° F or lower within 4 hours

2 Cover and refrigerate for at least one hour prior to serving. Under proper refrigeration this dressing will keep for up to 5 days. Stir well before service.

* May use reconstituted non-fat dry powdered milk.

** See page 26 for Ranch Seasoning Powder recipe.

Nutrition Facts

Serving Size 2 ounces
Servings Per Container

Amount Per Serving

Calories 60 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0.5g 3%

Cholesterol 5mg 2%

Sodium 440mg 18%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Sugars 3g

Protein 2g

Vitamin A 4% • Vitamin C 2%

Calcium 8% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 2 ounces



Ranch Seasoning Powder

Ingredients	20 Servings	50 Servings	100 Servings
	Yield = 1/3 Cup	Yield = 1 1/2 Cups	Yield = 3 1/4 Cups
Parsley flakes, dried	3 tablespoons	1/2 cup	1 cup
Onion powder	2 tablespoons	1/3 cup	2/3 cup
Chives, freeze dried	2 tablespoons	1/3 cup	2/3 cup
Dill weed, dried	1 tablespoon	2 1/2 tablespoons	1/3 cup
Garlic powder	1 tablespoon	2 1/2 tablespoons	1/3 cup
Salt	2 1/2 teaspoons	2 tablespoons	1/4 cup
Black pepper, ground	3/4 teaspoon	2 teaspoons	4 teaspoons

Instructions:

- 1 Combine all ingredients in a blender or food processor. It is important that all equipment be completely dry.
- 2 Pulse together until mixture is a coarse powder.
- 3 Allow to sit undisturbed for 5 minutes before removing the lid from blender.
- 4 Store in an airtight container for up to 1 month.

Suggestion:

Make more seasoning blend than is needed and store in an airtight container until ready for use.



Nutrition Facts

Serving Size (2.5g)		Servings Per Container	
Amount Per Serving			
Calories 5	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 290mg		12%	
Total Carbohydrate 1g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 0g			
Vitamin A 2%		Vitamin C 2%	
Calcium 0%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



Red Cabbage Asian Slaw

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume

Dressing

Rice vinegar*		1 3/4 cups		4 2/3 cups
Sesame oil*		3/4 cup		2 cups
Olive oil		1/3 cup		1 cup
White sugar		1/4 cup		3/4 cup
Salt		2 1/2 teaspoons		2 tablespoons

Salad

Red cabbage , shredded**	3 pounds	3/4 gallon	7.5 pounds	2 gallons
Sunflower sprouts (optional)		6 1/4 cups		1 gallon
Red onion , thinly sliced	10 ounces	1 2/3 cups	1.5 pounds	4 cups
Sesame seeds, toasted		3/4 cup		2 cups

Instructions:

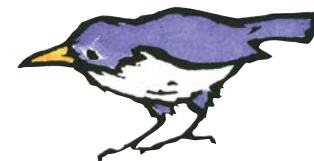
- ❶ Combine rice vinegar, sesame oil, olive oil, sugar and salt.
- ❷ In a separate bowl, combine cabbage, sprouts (if using) and onion.
- ❸ Pour dressing over cabbage mixture, add sesame seeds, and toss well to coat.

CCP: Cool to 41° F or lower within 4 hours

- ❹ Cover and refrigerate for at least one hour before service. Under proper refrigeration this salad will keep for 3-4 days. Toss gently before service.

* Asian style slaws get their distinct flavor from the rice vinegar and the sesame oil. Other types of oils and vinegars should not be substituted.

** **Napa cabbage** may be substituted.



Red Cabbage Asian Slaw

Ingredients	100 Servings	
	weight	volume
Dressing		
Rice vinegar*		7 1/2 cups
Sesame oil*		3 cups
Olive oil		1 2/3 cups
White sugar		1 1/4 cups
Salt		1/4 cup
Salad		
Red cabbage , shredded**	12 pounds	3 gallons
Sunflower sprouts (optional)		1 1/2 gallons
Red onion , thinly sliced	2.5 pounds	6 1/2 cups
Sesame seeds, toasted		3 cups

This recipe is from *Make It Local. Recipes for Alaska's Children* published by the Alaska EED/CNP, 2015. Reprinted with permission.

Nutrition Facts

Serving Size 1 cup (or 3/4 cup - see recipe)
Servings Per Container

Amount Per Serving

Calories 250 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 2g **10%**

Cholesterol 0mg **0%**

Sodium 710mg **30%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 13g

Protein 5g

Vitamin A 20% • Vitamin C 40%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 caloric diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serving Size: 3/4 cup

1 Serving:

3/4 cup other vegetable

Southwestern Black Bean Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Black beans, canned, low sodium, drained and rinsed* 	2.75 pounds	7 1/2 cups	6 pounds, 14 ounces	1 1/4 gallons
Tomatoes, diced, canned, low sodium, drained and rinsed 	11.5 ounces	2 cups	1 pound, 13 ounces	5 cups
Green onions , white and green parts, diced	2.75 ounces	1 1/2 cups	7 ounces	3 3/4 cups
Corn, whole-kernel, canned, low sodium, drained** 	7 ounces	1 cup	1 pound	2 1/2 cups
Lime juice		2 1/2 tablespoons		1/3 cup
Olive oil (light) or canola oil		2 teaspoons		5 teaspoons
Chili powder		2 teaspoons		5 teaspoons
Salt		1 1/2 teaspoons		4 teaspoons
Garlic powder		1 teaspoon		2 1/2 teaspoons
Cumin seed, ground		3/4 teaspoon		2 teaspoons
Coriander seed, ground		3/4 teaspoon		2 teaspoons
Black pepper, ground		1/2 teaspoon		1 1/4 teaspoons

Instructions:

① Combine all ingredients.

CCP: Cool to 41° F or lower within 4 hours

② Cover and refrigerate at least 1 hour before service. Under proper refrigeration this salad will keep for up to 5 days. Gently toss before service.

* Use dry black beans  that have been cooked and cooled, instead of canned.




** Use frozen, whole-kernel corn , thawed, instead of canned.

Suggestion:

Serve over shredded **lettuce** for an easy taco salad, or in a tortilla with cheese for a quick wrap. Try adding chopped, fresh **cilantro**.



Southwestern Black Bean Salad

Ingredients	100 Servings	
	weight	volume
Black beans, canned, low sodium, drained and rinsed* 	13.75 pounds	2 1/2 gallons
Tomatoes, diced, canned, low sodium, drained and rinsed 	3.5 pounds	10 cups
Green onions , white and green parts, diced	14 ounces	7 1/2 cups
Corn, whole-kernel, canned, low sodium, drained** 	2 pounds	5 cups
Lime juice		3/4 cup
Olive oil (light) or canola oil		3 tablespoons
Chili powder		3 tablespoons
Salt		2 1/2 tablespoons
Garlic powder		5 teaspoons
Cumin seed, ground		4 teaspoons
Coriander seed, ground		4 teaspoons
Black pepper, ground		2 1/2 teaspoons

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container

Amount Per Serving

Calories 80 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 5g **20%**

Sugars 1g

Protein 4g

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving size: 1/2 cup
1 Serving: 1/3 cup beans/peas (legume); OR 1/2 cup mixed vegetable; OR 2 Ounces M/MA.

Superfood Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume

Dressing

Water		1 cup		2 1/3 cups
Olive oil (light) or canola oil		1/2 cup		1 1/2 cups
White sugar		5 tablespoons		3/4 cup
White vinegar		2 1/2 tablespoons		1/3 cup
Lemon juice		5 teaspoons		1/4 cup
Salt		1/2 teaspoon		1 1/2 teaspoons

Salad

Kale , finely shredded*	2.5 ounces	10 cups	6.25 ounces	1 1/2 gallons
Red cabbage , finely shredded	8 ounces	5 cups	1.25 pounds	3/4 gallon
Blueberries , fresh**	10 ounces	3 1/4 cups	1 pound, 9 ounces	1/2 gallon
Carrots , grated	5 ounces	2 1/2 cups	12 ounces	6 cups
Almonds, sliced (optional)	5 ounces	2 1/2 cups	12 ounces	6 cups
Red onion , very thinly sliced	2 ounces	1 1/4 cups	5 ounces	3 cups


Instructions:

- 1 Combine water, oil, sugar, vinegar, lemon juice and salt. Whisk together well to dissolve sugar and salt.
- 2 In a separate bowl, combine kale, cabbage, blueberries, carrots, almonds (if using) and onion.
- 3 Pour dressing over kale mixture and toss to coat evenly. This may be done with tongs or with gloved hands. It is important that the dressing coat all of the vegetables.

CCP: Cool to 41°F or lower with 4 hours

- 4 Cover and refrigerate at least 12 hours before serving. The acidity in the dressing gently breaks down the kale, making it more tender. Under proper refrigeration, this salad will keep for up to 2 days. Toss gently before serving.

* See pages 39-40 for a photo tutorial on shredding kale.

** **Alaska wild blueberries** can be harvested and donated to your school. Frozen IFQ blueberries  can also be used in this recipe (thaw and drain off liquid).

Superfood Salad



Ingredients	100 Servings	
	weight	volume
Dressing		
Water		3 3/4 cups
Olive oil (light) or canola oil		2 1/2 cups
White sugar		1 1/4 cups
White vinegar		2/3 cup
Lemon juice		1/3 cup
Salt		2 1/2 teaspoons
Salad		
Kale , finely shredded*	10 ounces	2 1/2 gallons
Red cabbage , finely shredded	2 pounds	1 1/4 gallons
Blueberries , fresh**	1.5 pounds	1 gallon
Carrots , grated	1.75 pounds	10 cups
Almonds, sliced (optional)	1.75 pounds	10 cups
Red onion , very thinly sliced	8 ounces	5 cups

This recipe was originally developed by the Alaska Division of Agriculture Farm to School Program and the UAF Cooperative Extension Service for the publication "Farm to School Recipes." It has been reprinted with permission.

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container			
Amount Per Serving			
Calories 120	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 0.5g	3%		
Cholesterol 0mg	0%		
Sodium 140mg	6%		
Total Carbohydrate 8g	3%		
Dietary Fiber 1g	4%		
Sugars 6g			
Protein 2g			
Vitamin A 35%		Vitamin C 20%	
Calcium 4%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4 • Protein 4	

Serving Size: 1 cup
1 Serving: 2/3 cup mixed vegetable OR 1/4 cup dark green vegetable and 1/3 cup mixed vegetable

Two Bean Salad

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
Kale, shredded & loosely packed*	6.6 ounces	5 cups	1 pound	12 1/2 cups
Green beans, canned, low sodium, drained and rinsed 	11.25 ounces	2 1/2 cups	1 pound, 12 ounces	6 1/4 cups
Kidney beans, canned, low sodium, drained and rinsed** 	28.25 ounces	4 cups	4.5 pounds	10 1/2 cups, or about 1 #10 can
Carrots, grated	5.75 ounces	1 1/2 cups	14 ounces	3 1/2 cups
Italian Dressing***		1 1/4 cups		3 cups

Instructions:

① Combine all ingredients.

CCP: Cool to 41° F or lower within 4 hours

② Cover and refrigerate for at least 12 hours. The acidity in the dressing gently breaks down the tough fibers in the kale, making it more tender. Under proper refrigeration this salad will keep for up to 3 days. Toss gently before service.

* See pages 39-40 for a step by step tutorial on shredding kale.

** Use dry kidney beans  that have been cooked and cooled, instead of canned.

*** See page 15 for Italian Dressing recipe, or use low sodium, reduced fat prepared dressing.



Two Bean Salad

Ingredients	100 Servings	
	weight	volume
Kale , shredded & loosely packed*	2 pounds	1 1/2 gallons
Green beans, canned, low sodium, drained and rinsed CFP	3.5 pounds	12 1/2 cups, or about 1 #10 can
Kidney beans, canned, low sodium, drained and rinsed** CFP	8 pounds, 13 ounces	1 1/4 gallons, or about 2 #10 cans
Carrots , grated	1 pound, 12 ounces	7 cups
Italian Dressing***		6 cups

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 260mg 11%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 12%

Sugars 2g

Protein 3g

Vitamin A 45% • Vitamin C 20%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 caloric diet. Your daily values may be higher or lower depending on your calorie needs:


	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serving size: generous 1/2 cup
1 Serving: 1/3 cup mixed vegetable; **OR** 1/8 cup dark green vegetable **and** 1/8 cup mixed vegetable **and** 1/8 cup beans/peas (legume); **OR** 1/8 cup dark green vegetable **and** 1/8 cup mixed vegetable **and** 1 ounce MMA; **OR** 1/4 cup vegetable **and** 1 ounce MMA.

White Bean Ranch Dip

Ingredients	20 Servings		50 Servings	
	weight	volume	weight	volume
White beans (navy, great northern, cannellini, garbanzo or any combination), canned, low sodium, drained and rinsed.* 	2 pounds, 10 ounces	6 2/3 cups	6 pounds, 10 ounces	1 gallon
Ranch Seasoning Powder**		1/3 cup		1 cup
Lemon juice		1/4 cup		2/3 cup
Dry milk powder, nonfat		2 tablespoons		1/3 cup
Water		2 cups		5 1/2 cups

Instructions:

- ❶ Place beans, seasoning mix, lemon juice, and dry milk powder in a blender or food processor.
- ❷ Pulse together while slowly pouring in water in a slow, steady stream.
- ❸ Puree together very well, scraping down sides as needed.

CCP: Cool to 41° F or lower within 4 hours

- ❹ Cover and refrigerate at least 12 hours. Under proper refrigeration this dip will keep for up to 5 days. Stir before service.

Suggestion:


For a thicker, spreadable consistency, reduce water slightly.

* Dry white beans  that have been cooked and cooled can be used instead of canned.

** See page 26 for Ranch Seasoning Powder recipe.



White Bean Ranch Dip

Ingredients	100 Servings	
	weight	volume
White beans (navy, great northern, cannellini, garbanzo or any combination), canned, low sodium, drained and rinsed.* 	13 pounds, 5 ounces	2 gallons
Ranch Seasoning Powder**		2 cups
Lemon juice		1 1/3 cups
Dry milk powder, nonfat		2/3 cup
Water		2/3 gallon

Nutrition Facts			
Serving Size 1/3 cup			
Servings Per Container			
Amount Per Serving			
Calories 80	Calories from Fat 0		
	% Daily Value*		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 340mg		14%	
Total Carbohydrate 14g		5%	
Dietary Fiber 3g		12%	
Sugars 1g			
Protein 5g			
Vitamin A 2%	•	Vitamin C 4%	
Calcium 6%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

Serving size: 1/3 cup
1 Serving: 1/3 cup beans/peas (legume) **OR** 2 ounces M/MA.

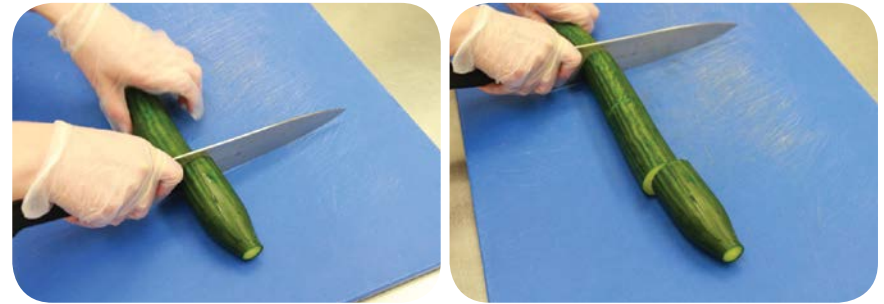
Cucumber Tutorial

Large cucumbers with tough skins and pulpy centers should be peeled and seeded. The texture of the pulpy, seeded center can be mushy and unappealing, especially to children. Many recipes will tell you to cut the cucumber in half then scoop out the seeds with a spoon. While this is the most effective method to remove *all* of the seeds, it can be very time consuming when working with large quantities of cucumbers. For most recipes it is not necessary to clean the centers completely; removing most of the seeds and pulp is sufficient. This step by step photo tutorial will show how to efficiently seed (if desired) and dice, or chop, cucumbers. This same method will also work on other vegetables such as zucchini or summer squash:

Step 1. Cut the ends off of the cucumbers and discard.



Step 2. Slice the cucumber into sections, roughly 4 inches each.

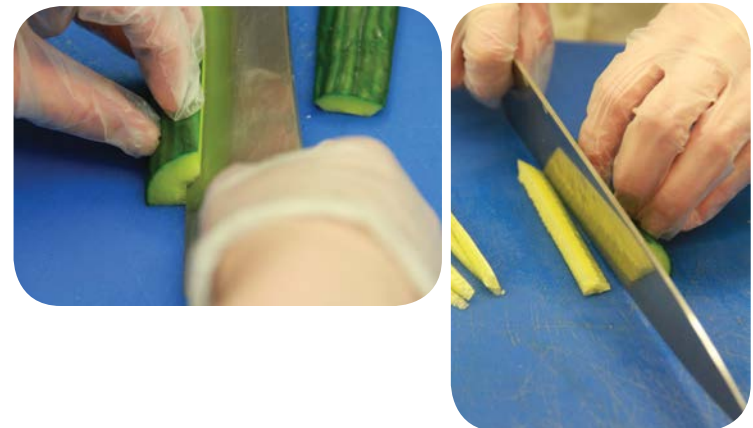


Step 3. Working with one section at a time, cut each section in half lengthwise. Then cut each half again lengthwise so you have cut four spears from each section.



If you are not seeding the cucumber skip to **step 5**.

Step 4. To efficiently remove a majority of the seeds, work with one spear at a time. With the spear flat on the cutting board, run the knife through the cucumber where the pulpy center meets the fleshy part of the cucumber. Hold the knife at an angle roughly parallel to the skin or outer edge, removing a triangle shaped section of pulp and seeds from the center. Repeat with each spear.

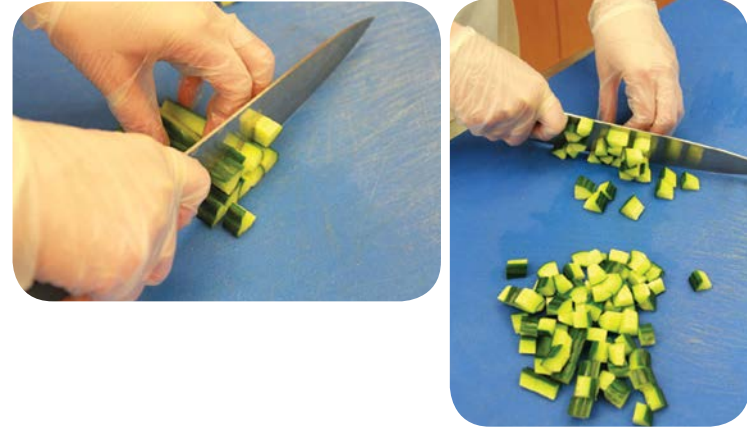


Cucumber Tutorial

Step 5. Once all of the sections have been halved, quartered and seeded, cut spears in half lengthwise again. If working with large cucumbers you may need to cut the spears into thirds or even quarters at this point, depending on how large of a dice you want on your final product.



Step 6. Now you are ready to dice or chop the cucumber. Line up as many spears as you feel comfortable working with next to each other and cut into the desired sized pieces.



Step 7. The cucumber is now ready to use in your recipe.

END of TUTORIAL



Kale Tutorial

Kale is abundant in Alaska and is highly nutritious. Kale is an excellent choice for salad bars because of its ability to withstand salad dressing for extended periods of time without wilting. It can, however, be time consuming to work with in large quantities. All of the recipes in this book which use kale call for it to be shredded. A food processor for this process is recommended. While kale may certainly be shredded with a knife, it takes only a fraction of the time to run it through a food processor. Furthermore, it is easier to get thin ribbons in a food processor than it is with a knife. In our experience, kids are more receptive to kale when it is thinly shredded. This step-by-step tutorial will help you understand how to clean and process kale efficiently:

Step 1. Wash the kale well. If the kale is coming directly from a farmer, it may need to soak it in cold water first. This will help loosen any dirt and make it easier to clean.



Step 2. To remove the leaves from the stems, simply rip them off. Fold each leaf in half at the stem. Grasping the leafy portion firmly with one hand and the stem with the other, pull the leaves off.



Step 3. Continue this process until you have removed all of the leafy portions from the stems. Kale stems are very fibrous and woody and should be discarded.



Step 4. Select the slicing blade/attachment of the food processor. If using a blade with an adjustable slicer select one of the smaller settings.



Kale Tutorial

Step 5. Fill the feeder tube with kale. It does not need to be fed through evenly; simply place it in by the handful. Use the plunger to push the kale through while running the processor. NEVER put your fingers in the feeder tube of a food processor. Repeat until all of the kale is shredded. If working with a large quantity, work in batches, emptying the processor as it fills.




Step 6. Remove the lid and the blade and empty the kale from the food processor. It is now ready to use in any recipe.



END of TUTORIAL



Alaska School **Salad Book**



The recipes and design of this publication were developed and produced by the Alaska Department of Health and Social Services Obesity Prevention and Control Program and the University of Alaska Fairbanks Cooperative Extension Service.

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