

Recipes for Success

MEATLESS MONDAY



THE HUMANE SOCIETY
OF THE UNITED STATES

Baja Bean Tacos

Provided by Savannah Chatham County Schools, Savannah, Ga., one of the first schools in the nation to introduce Meatless Monday

Yield: 100 Tacos

Ingredients

1 quart diced yellow onions
1 fluid ounce canola oil
6 #10 cans red kidney beans
6 #10 cans baby lima beans
2 teaspoons chili powder
2 tablespoons ground cumin
1 teaspoon granulated garlic
1 teaspoon granulated onion
1 teaspoon black pepper
100 whole grain 8" tortillas
6 counts romaine lettuce (1 gallon, 2 quarts)
1 quart, 1 pint mild flavor, chunky salsa



Preparation:

1. Sauté onion in canola oil in braising pan until tender, about 5 minutes.
2. Line steam table pan with parchment paper.
3. Rinse and drain beans.
4. Combine onions, beans, spices; pour into steam table pan.
5. Bake uncovered, at 350 degrees F or until heated through, about 30-45 minutes.
6. Use No. 16 Scoop (1/4 cup) to spoon mixture onto each tortilla; top each with 1/4 cup shredded lettuce and 1 tablespoon each salsa.

Serving size: 2 tacos per student

Nutrition information:

Calories: 395 calories
Total Fat: 7.89 grams
Saturated Fat: 2.08 grams
Trans Fat: 0 grams
Protein: 14.54 grams
Sodium: 1,161.54 milligrams
Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 2 M/MA; 2 Grain/Bread

Black Bean Casserole

50 Servings

For school cooks in New York City, and for the students, this Caribbean recipe is the favorite.

Ingredients:

- 1 cup vegetable oil
- 3 yellow onions, small diced
- ¼ cup minced garlic
- 4 #10 cans black beans, drained and rinsed or 26 ½ cups cooked beans (13 ¼ cups dry)
- 4 cups uncooked brown rice
- 1 six pound bag frozen plantains, defrosted and chopped into small bits
- ½ cup cumin
- ½ cup paprika
- 2 tablespoons salt
- 1 tablespoon black pepper
- 2 quarts water

Suggested Garnish: Salsa, chopped tomatoes or chopped scallions

Preparation:

1. Heat oil in a large roasting pan, pot, kettle or skillet. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product.
2. Sauté onions; then add garlic. Cook until soft. Do not brown.
3. Mix in the black beans, rice, plantains, cumin, paprika, salt and pepper.
4. Add water and bring to a boil. Simmer for 25 to 30 minutes or until rice is tender.
5. Transfer to steam table and serve with 6 ounce spoodle.

For one serving: 6 ounces

Nutrition information:

- Calories: 444 calories
- Total Fat: 6.2 grams
- Saturated Fat: .1 grams
- Trans Fat: 0.0 grams
- Protein: 7.2 grams
- Sodium: 278 milligrams
- Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 2 M/MA

Recipe created by Chefs Angel Ramos, Jorge Pineda, and Joy Pierson of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City.



Fiesta Mexican Lasagna

50 Servings

In this south of the border recipe, chips replace of noodles, and black beans and roasted squash and vegetables increase the nutrient density. This delicious lasagna was chosen for the USDA cookbook created from the Recipes for Kids Challenge contest. Olé!

Ingredients:

2 cups peppers, sweet green, raw, chopped
3 pounds yellow onions, fresh, chopped
½ gallon corn, canned, whole-kernel, drained
5 tablespoons vegetable oil, canola
1 gallon butternut squash (3 ½ pounds)
1 gallon plus 2 quarts plus 2 cups cooked unsalted black beans (9 ½ pounds)
5 ½ teaspoons cumin, ground
½ cup plus 4 teaspoons oregano, ground (1 ½ ounces)
4 teaspoons garlic, granulated
4 teaspoons chili powder
4 teaspoons paprika
5 pounds tomato sauce
3.5 pounds mild salsa, tomato, canned
3 pounds tortilla chips, unsalted



Preparation:

1. Combine peppers, 1/2 the onions, and corn in 1 tablespoon of oil. Roast at 350 degrees uncovered for 20 minutes.
2. Peel squash, remove seeds, cut in chunks and steam for 15 minutes or until tender.
3. Mash squash and add roasted vegetables. Add 4 teaspoons cumin and ½ cup of oregano (reserving 1 ½ teaspoons cumin and 4 teaspoons oregano for next step).
4. Sauté remaining onions, remaining cumin, granulated garlic, chili powder, remaining oregano, paprika, and salt in remaining oil until soft. Combine with black beans in food processor until smooth.
5. Combine tomato sauce and salsa.
6. Layer sauce, chips, bean mixture, squash/vegetable filling, chips, beans, chips, and then sauce in 2 four inch deep full hotel pans (spray pans to prevent sticking).
7. Bake at 350 degrees for 40 minutes.

For one serving: 1 cup (5 x 5 inch square)

Nutrition Information:

Calories: 299
Total fat: 3 grams
Saturated fat: 0.5 gram
Protein: 6 grams
Sodium: 457 milligrams
Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 2 M/MA; 1 cup Vegetable; 1 Grain/Bread

Rockin' Whole Grain Pasta with Chick Peas

60 Servings

Pasta is always a hit, and children like chickpeas, so this recipe is a sure winner.

Ingredients:

6 pounds whole grain short pasta, cooked al dente

4 gallons water

1 cup oil

½ cup oil

¾ cup garlic, chopped in oil

3 Spanish onions, medium, diced small

1 #10 can diced tomatoes, drained* or 3 quarts (12 cups) fresh tomatoes, diced

½ cup jalapenos, de-seeded and finely chopped

3 #10 cans chick peas, drain two cans leaving one can un-drained or 16 cups dry garbanzo beans (32 cups cooked) plus 2 cups retained cooking water (or more as needed).

3 bunches basil, fresh

½ teaspoon salt

¼ teaspoon black pepper



Suggested garnish for pasta: Sautéed kale, pesto sauce, roasted broccoli or roasted peppers and onions

*For an enhanced flavor drain diced tomatoes well, coat with oil, sprinkle with a little salt and garlic powder, and roast in a 350 Fahrenheit oven for 20 minutes. Follow the rest of the recipe. Can be done the day ahead.

Preparation:

1. Cook pasta, drain well, coat with 1 cup of oil and cover to hold hot.
2. Heat ½ cup oil to medium high heat.
3. Add garlic, stir but do not brown.
4. Add diced onion, diced tomato and jalapenos.
5. Add all chick peas, including the liquid from the one can.
6. Simmer on medium low for 10 minutes or until heated through.
7. Stir in freshly chopped basil.
8. Adjust seasoning with salt and black pepper.

For one serving: 6 ounces whole grain pasta with chick peas for elementary and high school (two 3 ounce spoodles).

Nutrition Information:

Calories: 380

Total fat: 8.2 grams

Saturated fat: 1.2 grams

Trans fat: 0.0 grams

Protein: 6.3 grams

Sodium: 412 milligrams

Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 2 M/MA; ¼ cup Vegetable; ¾ cup Grain/Bread

The Whole Enchilada

24 Servings

Mexican foods are a favorite of children, and this recipe is no exception.

Ingredients:

1 teaspoon olive oil
2 tablespoons garlic, chopped
2 cups onions, chopped
2 cups green or red peppers, chopped
¼ cup jalapeno peppers, seeded and chopped
3 tablespoons cumin, ground
¼ teaspoon pepper
2 pounds kidney beans – soaked and cooked until tender
4 large butternut squashes (about 5 pounds each), peeled, seeded, and shredded
24 nine inch whole-wheat tortillas
1 #10 can mild salsa

Preparation:

1. Sauté garlic in oil until golden.
2. Add onion and cook until caramelized.
3. Add pepper and spices, sauté for 5 minutes.
4. Add beans and squash and mix thoroughly.
5. Place two #8 scoops of mixture in each tortilla and fold into purse shape.
6. Place salsa in hotel pan to cover bottom, and place enchiladas in pan and cover with remaining salsa.
7. Bake at 300 Fahrenheit for 30 minutes. Serve.

For one serving: 1 tortilla with filling

Nutrition information:

Calories: 240

Total fat: 1.8 grams

Saturated fat: 0.0 grams

Trans fat: 0.0 grams

Protein: 8.6 grams

Sodium: 479 milligrams

Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 2 M/MA; 1 cup Vegetable; 2 Grain/Bread

Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, for the Cool School Food Program of the New York Coalition for Healthy School Food.



Three Bean Chili

Provided by Savannah Chatham County Schools in Savannah, Ga., one of the first schools in the nation to introduce Meatless Monday.

Ingredients

1 tablespoon canola oil
1 tablespoon granulated garlic
1 cup yellow onions
1-1/2 tablespoons chili powder
1-1/2 tablespoons ground oregano
1 teaspoon ground cumin
6 #10 15-ounce cans red kidney beans
6 #10 15-ounce cans garbanzo beans
6 #10 15-ounce cans black beans
1 cup whole kernel yellow corn
1-1/2 Tablespoons crushed red pepper
1 quart and 1 pint mild, chunky salsa
5 pounds, 1 pint shredded carrots
5 pounds, 1 pint celery sticks



Preparation:

1. Heat oil on medium heat. Stir in onion, carrots, peppers and celery. Add chili powder, oregano, cumin, and granulated garlic. Cook for about 5 minutes or until tender.
2. Reduce heat to low. Add the salsa, kidney beans, garbanzo beans and black beans. Bring to a boil, reduce heat to low, simmer for approximately 1 hour. Stir in the corn, and crushed red pepper and cook for an additional 5-10 minutes.

Serving size 1 cup

Nutrition information:

Calories: 240
Total fat: 3.02 grams
Saturated fat: 0.31 grams
Trans fat: 0.0 grams
Protein: 9.23 grams
Sodium: 1,872.53 milligrams
Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 2 M/MA, 1 cup Vegetable

Tofu and Broccoli Teriyaki

Provided by Oakland Unified School District. Oakland is excited that not only does Meatless Monday introduce healthy options to students, but “has a direct beneficial impact on the environment. Meatless Mondays will reduce the District’s carbon footprint.”

Ingredients

12-1/2 ounces baked tofu
50 cups frozen, broccoli, chopped, boiled, drained
12-1/2 cup frozen carrots, boiled, drained, sliced
6-1/4 cups Otafuku sauce. Do not dilute.



Preparation:

1. Place tofu along the bottom of the portion boat (6 pieces each serving)
2. Top with 1 cup broccoli and ¼ cup carrots;
3. Spread 2 tablespoons sauce over each portion

Secure with covering; store in freezer until ready to serve. Serve over brown rice.

Serving size 1 cup

Nutrition information:

Calories: 195
Total fat: 6.14 grams
Saturated fat: 0.47 grams
Trans fat: 0.0 grams
Protein: 10.45 grams
Sodium: 662.03 milligrams
Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 1 M/MA, 1¼ cup Vegetable

Hearty Vegetable Soup

Provided by the USDA's Healthy Meals Resource System.

Ingredients (60 servings)

2 gallons vegetable stock
14 oz dry lentils
1 lb, 4oz dry barley
1 lb, 3oz finely diced onions
2 lb diced carrots
8 oz diced celery
8 oz cubed potatoes
1 lb, 2.5 oz tomato paste
1 tsp ground black pepper
5 lb, 9.5oz canned pinto beans
1 lb frozen whole-kernel corn
1 lb frozen cut green beans
1 lb fresh shredded cabbage (optional)
1 qt water



Preparation

1. Heat vegetable stock to a boil.
2. Add lentils and barley. Reduce heat and simmer for 20 minutes.
3. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered for 25 minutes over low heat.
4. Add pinto beans, corn, green beans, cabbage (optional). Simmer covered for 15 minutes over medium heat. CCP: Heat to 165 degrees fahrenheit or higher for at least 15 seconds.
5. Pour 1 gallon, 2/3 cup into medium steamtable pan (12" x 20" x 4").
6. CCP: Hold for hot service at 135 degrees fahrenheit or higher.

Serving size 1 cup

Nutrition information:

Calories: 146
Total Fat: .62 grams
Protein: 6.72 grams
Carbohydrates: 29.96 grams
Saturated Fat: .12 grams
Vitamin A: 3.3 mg
Vitamin C: 12.6 mg
Iron: 2.23 mg
Calcium: 58 mg
Sodium: 283 mg
Dietary Fiber: 6.6 grams

Contributes to NSLP meal pattern: 1 M/MA, 1/2 serving of grains, 3/8 cup fruit/veg