Banana Muffins

Helpful Notes

These may be made the day ahead. Once completely cooled, store in airtight container.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley flour	2 cups	1 quart + 2 cups
All–purpose flour	1 3/4 cups	1 quart + 1 1/4 cups
Salt	1 tsp	1 Tbsp
Baking soda	2 1/4 tsp	2 Tbsp + 1 tsp
Canola oil or other transfat free oil	3/4 cup	2 1/4 cup
Sugar	1 cup	3 1/4 cups
Eggs	4 each	12 each
Vanilla extract	2 tsp	2 Tbsp
Bananas, very ripe, mashed	2 1/4 cups	1 quart + 2 1/4 cups
Water	1/2 cup	1 1/2 cups

Serving Size: 1 muffin
Credit As: 2 oz WGR grain

DIRECTIONS

1. In large bowl, combine barley flour, all-purpose flour, salt and baking soda. Stir until fully combined and set aside.
2. In mixer with paddle attachment, place canola oil, sugar, eggs and vanilla. Mix on medium–low speed, 2–3 minutes or until fully combined.
3. Add mashed bananas and water and mix on medium–low, another 2–3 minutes until fully combined.
4. Add dry ingredients and mix on medium speed until just combined. Batter may still have a few lumps.
5. Pour 1/3 cup batter into prepared muffin tins. (Muffin tins can either be lined with paper liners or sprayed with pan release spray and coated in flour).
6. Bake:

   Conventional oven: 325°F for 20–25 minutes

   Convection oven: 300°F for 16–18 minutes

   Or until a toothpick inserted into the center of one comes out clean.

Cool on wire rack until completely cooled.

Nutrition Facts
Serving Size (64g)
Calories 180
Calories from Fat 70

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 8g	**12%**	**Total Carbohydrate** 25g	**8%**
Saturated Fat 1g	**5%**	Dietary Fiber 2g	**8%**
Trans Fat 0g		Sugars 11g	
Cholesterol 30mg	**10%**	**Protein** 3g	**6%**
Sodium 220mg	**9%**		

Vitamin A 2% • Vitamin C 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Carrot Muffins

Cook's Tip

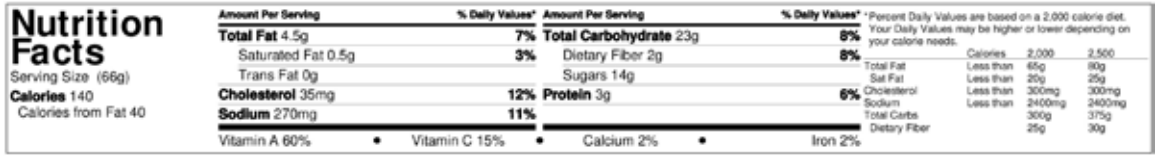
Muffins may be made the day ahead. Once cooled, place in airtight container until ready to serve.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley flour	2 cups + 2 Tbsp	1 qt + 2 1/4 c. + 2 Tbsp
Baking soda	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Salt	1 1/4 tsp	1 Tbsp + 3/4 tsp
Cinnamon	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Nutmeg (optional)	1/2 tsp	1 1/2 tsp
Ginger	1 1/4 tsp	1 Tbsp + 3/4 tsp
Sugar	1 1/2 cups	1 quart + 1/2 cup
Canola or other Trans fat free oil	1/3 cup	1 cup
Applesauce	1 1/4 cups	3 3/4 cups
Eggs	5 each (1 1/4 c.)	15 each (3 3/4 c.)
Carrots, shredded	3 3/4 cups	11 1/4 cups

Serving Size: 1 muffin
Credit As: 2 oz WGR Grain and 1/8 cup red/orange vegetable

DIRECTIONS

1. In large bowl, combine barley flour, baking soda, salt, cinnamon, nutmeg and ginger. Stir until combined. Set aside.
2. In mixer with paddle attachment, combine sugar, canola oil and applesauce. Mix on medium–low speed until fully combined, 2–3 minutes.
3. Add egg and mix until fully combined, 2–3 minutes more.
4. Add carrots and mix until fully combined, 2–3 minutes.
5. Add dry ingredients and mix on medium until fully combined, 2–3 more minutes.
6. Pour 1/3 cup batter into prepared muffin tins (Use paper cups or spray tins with pan release spray and coat with flour).
7. Bake:
   Conventional oven: 350°F for 20–25 minutes
   Convection oven: 325°F for 16–18 minutes
   Or until a toothpick inserted into the center of a muffin comes out clean.
8. Cool completely on wire rack.



Crab Cake

Helpful Hint

Replace dried parsley flakes with fresh parsley. Use 3 Tbsp fresh parsley for 25 servings. Use 1/2 cup + 1 Tbsp fresh parsley for 75 servings.

Replace coriander with fresh cilantro. Use 1 1/2 Tbsp of fresh cilantro for 25 servings. Use 1/4 cup fresh cilantro for 75 servings.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crab meat or immitation crab meat, fully cooked	2 quarts + 2 cups	1 gal + 3 qts + 2 cups
Celery, diced	1 1/4 cups	3 2/3 cups
Onion, diced	1 1/4 cups	3 2/3 cups
Green pepper, diced	1 1/4 cups	3 2/3 cups
Eggs	6 each	18 each
Bread crumbs	2 cups	1 quart + 2 cups
Worchestershire sauce	2 Tbsp	1/4 cup + 2 Tbsp
Lemon juice	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Mayonnaise, lite	1/2 cup	1 1/2 cups
Garlic powder	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Parsley flakes, dried	1 Tbsp	3 Tbsp
Coriander, dried, ground	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Mustard, dried, ground	3/4 tsp	2 1/4 tsp
Black pepper	1/4 tsp	3/4 tsp

Serving Size: 1 cake (2/3 cup)
Credit As: 2 oz M/MA and 1/8 cup other vegetables

DIRECTIONS

1. In large mixing bowl, combine all ingredients. Stir by hand until fully combined, or mix on low in a large mixer fitted with a paddle attachment.
2. Spray baking sheet or muffin tin with pan release spray. To make the cakes: Use a rounded 2/3 cup (#6 scoop) for each patty. Either form by hand or gently press into muffin tins.
3. Bake at 400°F for 25 minutes.
   CCP: Heat to 145°F or above for 15 seconds.
4. Serve or hold for hot service.
   CCP: Hot hold at 135°F or higher.

Nutrition Facts
Serving Size (96g)
Calories 120
Calories from Fat 30

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3g	**5%**	**Total Carbohydrate** 12g	**4%**
Saturated Fat 0.5g	**3%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 1g	
Cholesterol 45mg	**15%**	**Protein** 11g	**22%**
Sodium 200mg	**8%**		

Vitamin A 2% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Crab Salad

Serving Secrets

Dark leafy greens may be substituted with romaine or other lettuce.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crab meat or immitation crab meat, fully cooked	3 quarts	9 quarts
Celery, diced finely	1/2 cup	1 1/2 cups
Onion, diced finely	1/2 cup	1 1/2 cups
Green bell pepper, diced finely	1 cup	3 cups
Yogurt, plain, fat free	2 cups	1 quart + 2 cups
Mayonnaise, lite	1 cup	3 cups
Lemon juice	1 Tbsp	3 Tbsp
Parsley, dried	2 tsp	2 Tbsp
Garlic, dried, powder	1 tsp	1 Tbsp
Dill, dried	1 tsp	1 Tbsp
Pepper, black, ground	1/4 tsp	3/4 tsp
Salt	1/4 tsp	3/4 tsp
Dark leafy greens, shredded (such as **Swiss chard**, **kale**, **spinach**, etc.)	1 gal + 2 qts + 1 c.	4 gals + 3 cups

Serving Size: 1 cup dark leafy greens + 1/2 cup crab salad
Credit As: 2 oz M/MA and 1/2 cup dark green vegetable

DIRECTIONS

1. In a large bowl, mix together crab, celery, onion, green bell pepper, yogurt, mayonnaise, lemon juice, parsley, garlic, dill, pepper and salt. Place in refrigerator for a minimum of 1 hour before serving to allow flavors to combine.
2. To serve: Place 1 cup of dark leafy greens onto plate. Top with 1/2 cup (No. 8 scoop) of crab salad.

Nutrition Facts
Serving Size (172g)
Calories 120
Calories from Fat 25

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3g	**5%**	**Total Carbohydrate** 10g	**3%**
Saturated Fat 0g	**0%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 3g	
Cholesterol 25mg	**8%**	**Protein** 13g	**26%**
Sodium 350mg	**15%**		

Vitamin A 70% • Vitamin C 40% • Calcium 8% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Halibut Olympia

Helpful Hint

Use 3 oz portions, if using individual fish portions.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Breadcrumbs	3 cups	2 quarts + 1 cup
Cheddar cheese, shredded	1 1/2 cups	1 quart + 1/2 cup
Margarine	1/4 cup	3/4 cup
Parsley, dried flakes	1 Tbsp	3 Tbsp
Garlic powder	1/2 tsp	1 1/4 tsp
Pan release spray		
Red onion, thinly sliced (optional)	3 cups	2 qts + 1 1/3 cups
Halibut	4 lbs 11 oz	14 lbs
Salt	3/4 tsp	2 1/4 tsp
Lemon juice	1 Tbsp	2 1/4 tsp
Yogurt, Greek, plain, fat free	3 cups	9 cups
Salt	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Black pepper	3/4 tsp	2 1/4 tsp

Serving Size: 2 1/2 oz of halibut, cooked
Credit As: 2 oz M/MA

DIRECTIONS

1. In medium bowl or food processor, combine breadcrumbs, cheddar cheese, margarine, parsley and garlic powder. Combine by rubbing between gloved hands, or pulse in food processor until fully combined and fluffy looking. Set aside.
2. Spray pan release spray on steamtable pans (12' x 20' x 2 1/2'). Use 1 pan for 25 servings. Use 3 pans for 75 servings. If using individual fish portions (3 oz raw portions, place 25 portions per pan.)
3. Spread onions evenly on bottom of steamtable pan and sprinkle with salt and lemon juice.
4. Gently spray top of onion layer with pan release spray.
5. Place halibut fillets on onions, place each fillet touching the one next to it. Overlap as necessary to make one continuous layer of halibut on top of the onions.
6. Sprinkle second quantity of salt.
7. Spread the yogurt evenly over the top of fish.
8. Sprinkle the breadcrumb mixture evenly over the yogurt.
9. Bake uncovered:
   Conventional oven: 400°F for 20 minutes
   Convection oven: 375°F for 16–18 minutes
   CCP: Heat to 145°F or higher for at least 15 seconds.
10. To serve: cut each pan 5 x 5.

Nutrition Facts
Serving Size (155g)
Calories 180
Calories from Fat 40

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 4g	**6%**	**Total Carbohydrate** 12g	**4%**
Saturated Fat 1g	**5%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 3g	
Cholesterol 45mg	**15%**	**Protein** 22g	**44%**
Sodium 450mg	**19%**		

Vitamin A 4% • Vitamin C 2% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Oven Stir Fry

Meal Idea

Make this recipe a complete meal by serving with Sweet and Sour Salmon from page 93, or Salmon and Vegetable Burgers (patties only) from page 89. Add canned, drained pineapple to the stir fried vegetables before serving. For 25 servings add 8 1/2 cups. For 75 servings add 25 cups. Toss together and serve over rice.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Vegetables (total below)*	3 gals + 2 cups	9 gals + 1 qt + 2 cups
***Carrots**, diced*	*2 quarts + 1/2 cup*	*1 gal + 2 qts + 2 cups*
***Onion**, diced*	*1 quart*	*3 quarts*
***Celery**, diced*	*1 quart*	*3 quarts*
***Cabbage**, red, chopped*	*3 quarts + 1 cup*	*2 gals + 1 qt + 2 cups*
***Zucchini**, diced*	*1 quart*	*3 quarts*
***Turnip**, diced*	*1 quart*	*3 quarts*
***Cauliflower**, diced*	*2 quarts + 1/2 cup*	*1 gal + 2 qts + 2 cup*
***Green bell pepper**, diced*	*1 quart*	*3 quarts*
Canola oil	3/4 cup	2 cups
Soy sauce	1/2 cup	1 1/2 cups
Garlic powder	1 Tbsp + 1 1/4 tsp	1/4 cup
Ginger, ground	2 tsp	2 Tbsp
Coriander, ground	1 tsp	1 Tbsp
Thyme, ground	1/2 tsp	1 1/2 tsp
Black pepper	1/2 tsp	1 1/2 tsp
Brown rice, cooked	17 cups	50 cups

Serving Size: 2/3 cup rice + 1 cup vegetables
Credit As: 1 oz WGR grain and 1 cup other vegetables

DIRECTIONS

1. In large bowl, combine all vegetables. Toss together and set aside.
2. In small bowl, combine canola oil, soy sauce, garlic powder, ginger, coriander, thyme and black pepper. Whisk to combine. Pour over vegetable mixture in large bowl.
3. Toss vegetable mixture until evenly coated with dressing.
4. Prepare sheet pans with pan release spray. Dump vegetables onto sheet pans spreading out so that vegetables are only 1 layer deep.
5. Bake:

   Conventional oven: 400°F for 20–22 minutes until vegetables are roasted

   Convection oven: 375°F for 16–19 minutes

   CCP: Heat to 165°F or higher for 15 seconds.

   Serve immediately or hold for hot service.

   CCP: Hold at 135°F or higher
6. To serve: place 2/3 cup brown rice (No. 6 scoop) per plate. Top with 1 cup (No. 4 scoop) of vegetables.

Nutrition Facts
Serving Size (413g)
Calories 290
Calories from Fat 70

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 8g	12%	**Total Carbohydrate** 49g	16%
Saturated Fat 1g	5%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 8g	
Cholesterol 0mg	0%	**Protein** 7g	14%
Sodium 280mg	12%		

Vitamin A 190% • Vitamin C 150% • Calcium 10% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

* Any variety of mixed vegetables may be used, however the listed mix was tested and kid approved. Broccoli is NOT recommended as a substitution as it tested very poorly in this recipe.

Zucchini Muffins

Serving Secrets

These can be made up to two days in advance. Store in airtight container after they are completely cooled.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Sugar	1 2/3 cup	1 quart + 1 cup
Canola oil	1/2 cup	1 1/2 cups
Applesauce	1/2 cup	1 1/2 cups
Eggs	3 each	9 each
Zucchini, shredded	3 1/3 cups	2 quarts + 2 cups
Vanilla	1 Tbsp	3 Tbsp
All-purpose flour	1 1/4 cups	3 3/4 cups
Whole wheat flour	1 1/4 cups	3 3/4 cups
Barley flour	1 1/4 cups	3 3/4 cups
Salt	1 tsp	1 Tbsp
Baking soda	1 tsp	1 Tbsp
Baking powder	1/4 tsp	3/4 tsp
Cinnamon	1 Tbsp	3 Tbsp

Serving Size: 1 muffin (2.15 oz.)
Credit As: 2 oz WGR grain and 1/8 cup of other vegetable

DIRECTIONS

1. Prepare muffin tins by spraying liberally with pan release spray or line with paper muffin cups. Set aside.
2. Combine sugar, canola oil, applesauce, eggs, zucchini and vanilla in large bowl or mixer fitted with paddle attachment. Stir or mix on low to combine.
3. In separate bowl, combine all purpose flour, whole wheat flour, barley flour, salt, baking soda and cinnamon. Stir to combine.
4. Pour dry ingredients into wet ingredients. Stir or mix on medium for 1–2 minutes to combine. Do not overmix. Batter may be slightly lumpy.
5. Pour 1/3 cup batter (No. 12 scoop) (2.25 oz) into each prepared muffin cup.
6. Bake:

   Conventional oven: 350°F for 20–25 minutes
   Convection oven: 325°F for 16–20 minutes

   Or until toothpick inserted into center comes out clean
   CCP: Heat to 165°F for 15 seconds.
7. Cool completely and serve.

Nutrition Facts
Serving Size (67g)
Calories 180
Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 7g	11%	**Total Carbohydrate** 28g	9%
Saturated Fat 0.5g	3%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 14g	
Cholesterol 20mg	7%	**Protein** 3g	6%
Sodium 105mg	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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g