

STANDARDIZED



Multicultural
RECIPES



FOR CHILD CARE CENTERS, FAMILY DAY HOMES
& ADULT DAYCARE CENTERS

ACKNOWLEDGMENT



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Introduction

Included in this packet are multicultural recipes standardized for groups of 12 and 24. They have been tested for quality, consistency, and yield. Most recipes contribute toward the meal pattern requirements for 3- to 5-year-olds but can be adjusted for any age group including adults for some or all of the following food components:

- Meat or meat alternate
- Vegetables
- Fruits
- Grains

All contain moderate levels of fat, sugar and salt. They were tested among preschoolers of various cultural backgrounds for acceptability. The recipes have been designed to use with other USDA-standardized recipes; you may need to adjust them to complement other menu items or to accommodate meal pattern age groups.

Menus planned to appeal to preschoolers and seniors can increase their food (and thus nutrient) intake. Multicultural dishes encourage children and seniors to eat because they:

- Add variety to meals;
- Provide familiar foods; and
- Introduce new foods, food combinations, and preparation methods.

Here are some suggestions for planning menus for children:

- Introduce only one new food item per week;
- Offer the new food in a pleasant, relaxed dining atmosphere along with familiar, well-liked foods;
- Make sure the children are hungry and not overly tired when introducing a new food; and
- Encourage children to sample a small portion of the new dish.

Here are some suggestions for planning menus for adults:

- Include a variety of vegetables
- Use herbs and spices
- Offer water with meals



This icon represents locally sourced ingredients in Texas.

ABBREVIATIONS & COMMON MEASURES



ABBREVIATIONS

tsp.teaspoon
Tbsp.tablespoon
oz.ounce
fl. oz.fluid ounce
lb. or #pound
pt.pint
qt.quart
gal.gallon
wt.weight
No./ #number
pkg.package
°F.degrees Fahrenheit
"inch
cyl.cylinder
Approx.approximately

TEASPOONS TO TABLESPOONS

3 tsp. = 1 Tbsp.
2 ½ tsp. = ¾ Tbsp.
2 ¼ tsp. = ¾ Tbsp.
2 tsp. = ⅔ Tbsp.
1 ⅞ tsp. = ⅝ Tbsp.
1 ½ tsp. = ½ Tbsp.
1 ⅓ tsp. = ⅔ Tbsp.
1 tsp. = ⅓ Tbsp.

TABLESPOONS TO CUPS

16 Tbsp. = 1 cup
14 Tbsp. = ⅞ cup
12 Tbsp. = ¾ cup
10 ⅔ Tbsp. = ⅔ cup
10 Tbsp. = ⅝ cup
8 Tbsp. = ¼ cup
6 Tbsp. = ⅜ cup
5 ⅓ Tbsp. = ⅓ cup

DUNCES TO POUNDS

16 oz. = 1 lb.
14 oz. = ⅞ lb.
12 oz. = ¾ lb.
10 ⅔ oz. = ⅔ lb.
10 oz. = ⅝ lb.
8 oz. = ½ lb.
6 oz. = ⅜ lb.
5 ⅓ oz. = ⅓ lb.
4 oz. = ¼ lb.
2 oz. = ⅙ lb.
1 oz. = ⅙ lb.

QUARTS TO GALLONS

4 qt. = 1 gal.
3 ½ qt. = ⅞ gal.
3 qt. = ¾ gal.
2 ⅔ qt. = ⅔ gal.
2 ½ qt. = ⅝ gal.
2 qt. = ½ gal.
1 ½ qt. = ⅜ gal.
1 ¼ qt. = ⅓ gal.

CUPS TO QUARTS

4 cups = 1 qt.
3 ½ cups = ⅞ qt.
3 cups = ¾ qt.
2 ⅔ cups = ⅔ qt.
2 ½ cups = ⅝ qt.
2 cups = ½ qt.
1 ½ cups = ⅜ qt.
1 ¼ cups = ⅓ qt.
1 cup = ¼ qt.
½ cup = ⅙ qt.
¼ cup = ⅙ qt.

SCOOPS

6 = ⅔ cup
8 = ½ cup
10 = ⅜ cup
12 = ⅓ cup
16 = ¼ cup



Main Dishes



MAIN DISHES



Main Dishes



Meat/meat alternates are required at lunch/supper, may take the place of the entire grain requirement at breakfast three times a week, and are optional as part of a reimbursable snack for the Child and Adult Care Food Program (CACFP). Meat/meat alternates include meat, poultry, fish, cheese, yogurt, dry beans and peas, whole eggs, alternate protein products, peanut butter or other nuts or seed butters, and nuts and seeds.

- The meat or meat alternate for the lunch/supper must be served in the main dish or in the main dish and one other menu item.
- A serving of an eatable food served as part of a meal must contribute a minimum of 0.25 ounces of meat or meat alternate to be eligible to count towards the meat/meat alternate requirement.

For more information and assistance regarding the requirements and creditability of specific food items, reference the Food Buying Guide (FBG) for Child Nutrition Programs, Crediting Handbook for the CACFP or contact your State agency.

CHICKEN CHALUPAS

SERVING/One chalupa provides the equivalent of 1½ oz. cooked lean meat/meat alternates, ½ cup vegetable, and ½ slice grains.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
* Cooked chicken, diced 🌱	7 oz.	1 ½ cups	14 oz.	2 ¾ cups	<div style="text-align: center;"> 12 12 servings: 12 chalupas 24 24 servings: 24 chalupas </div>
Canned tomato sauce		1 ½ cups		3 cups	
Oregano 🌱		1 Tbsp.		2 Tbsp.	
Canned refried beans	1 lb.	2 cups	2 lbs.	1 qt.	
* Fresh lettuce, shredded 🌱	2 ¾ oz.	1 ¾ cups	5 ¼ oz.	3 ½ cups	
Cheddar cheese, grated 🌱	4 oz.	1 cup	10 oz.	2 cups	
Sour cream, low fat		¼ cup		½ cup	
* Fresh tomato, chopped 🌱	¼ lb.	¾ cup	½ lb.	1 ½ cups	
Corn tortillas, 6" enriched, crisp or soft 🌱		12		24	



DIRECTIONS

- In a 10" skillet, simmer cooked chicken in tomato sauce and oregano over low heat for 15 minutes. Use a 20" skillet or a 6-qt. saucepan for 24 servings.
- In a saucepan, heat refried beans.
- Layer each tortilla with about ½ oz. chicken mixture, 1 oz. beans, and 1 Tbsp. plus 1 tsp. cheese. Divide lettuce and tomatoes evenly among all chalupas.

- Top with 1 tsp. sour cream.
- Serve one chalupa.

*** Ingredients may be served family style to allow participants to assemble their own chalupas.*





SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh head lettuce	3 ¾ oz.	7 oz.
* Fresh tomato	4 ¼ oz.	8 ¼ oz.
* Whole, raw, ready-to-cook chicken with skin (without neck meat and giblets)	1 lb. 3 ¾ oz.	2 lbs. 8 oz.

VERACRUZ BEAN TORTILLAS

SERVING/One tortilla provides the equivalent of 1½ oz. cooked lean meat/meat alternate and ½ slice grains.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Ground pork sausage, bulk, mild (no more than 50 percent fat) 🌱	1 ¼ lbs.		2 ½ lbs.		 12 servings: 12 tortillas
* Fresh onion, chopped 🌱	1 oz.	¼ cup	2 ½ oz.	½ cup	
Canned refried beans	12 oz.	1 ½ cups	1 lb. 10 oz.	3 ¼ cups	 25 servings: 25 tortillas
Corn tortillas, 6" thin, enriched or whole grain 🌱		12		25	
Cheddar cheese, grated 🌱	4 oz.	1 cup	8 oz.	2 cups	

 DIRECTIONS

- In a 10" skillet, heat pork sausage and onion about 10 minutes, or until done. Drain off excess fat. Use a 20" skillet or a 6-qt. saucepan for 25 servings.
- Add refried beans; stir until hot, about 5 minutes.
- Soften the tortillas in a microwave or on a hot grill.**
- Spread each tortilla with ¼ cup bean and sausage mixture.
- Divide cheese evenly over all tortillas, about 1 Tbsp. +1 tsp. each.
- Roll tortillas and place them in a 9" x 13" baking pan for 12 servings or two 9" x 13" pans for 25 servings.
- Sprinkle with water and cover with foil.
- Place in 250°F oven until serving.
- Serve one tortilla per participant.

***Microwave time varies with power wattage (about 1-3 minutes for 12 tortillas).*

 SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.

TORTILLA AND CHEESE CASSEROLE

SERVING/One piece (about 2" x 2½") provides the equivalent of 1½ oz. meat/meat alternate, ⅛ cup vegetable, and ½ slice grains.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Corn tortillas, 6" thin, enriched or whole grain ➡		12		24	12 12 servings: 12 pieces
Canned tomato sauce	15 oz.	2 cups	1 lb. 14 oz.	1 qt.	
Canned green chili peppers, chopped	2 oz.	¼ cup	4 oz.	½ cup	24 24 servings: 24 pieces
Monterey Jack cheese, grated ➡	1 lb.	1 qt.	2 lbs.	2 qt.	
Sour cream, low fat ➡	8 oz.	1 cup	1 lb.	2 cups	
Parmesan cheese, grated ➡	2 ⅔ oz.	1 cup	5 ⅔ oz.	2 cups	



DIRECTIONS

- Cut each tortilla into eight pieces.
- Place a layer of tortillas in the bottom of an 8" x 8" baking pan for 12 servings or two 8" x 8" baking pans for 24 servings.
- Layer tomato sauce, Monterey Jack cheese, sour cream, chilies, and remaining tortillas.
- Repeat all layers until all ingredients are used, ending with sour cream.
- Bake at 350°F for 30 minutes.
- Sprinkle with Parmesan cheese; bake until cheese melts, about 10 minutes.
- Cut each piece 2" x 2 ½" for even portioning of pans.



VARIATIONS

- **Tortilla and Beef Casserole:** Use 1 ½ lbs. of ground beef instead of Monterey Jack cheese. Serving is same as for basic recipe. Brown ground beef in a 10" skillet until done, about 10 minutes. Drain off excess fat and juices.
- **Tortilla and Cheesy Casserole:** Use ¾ lb. of ground beef and ½ lb. of Monterey Jack cheese. Serving is same as for basic recipe. Brown ground beef in a 10" skillet until done, about 10 minutes. Drain off excess fat and juices.

CHILI CORN CHIP BAKE

SERVING/One $\frac{3}{8}$ cup serving provides 1½ oz. cooked lean meat and $\frac{1}{8}$ cup vegetable.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Ground beef (no more than 30 percent fat) 🍃	¾ lb.		1 ½ lbs.		<p style="text-align: center;">12</p> <p style="text-align: center;"><i>12 servings: 12 $\frac{3}{8}$ cup servings (1 qt. 1 cup)</i></p> <p style="text-align: center;">24</p> <p style="text-align: center;"><i>24 servings: 24 $\frac{3}{8}$ cup servings (2 qt. 2 cups)</i></p>
* Fresh onion, chopped 🍃	1 oz.	¼ cup	2 oz.	½ cup	
* Fresh green pepper, chopped 🍃	2 ½ oz.	½ cup	5 oz.	1 cup	
Canned pinto beans	1 lb.	2 cups	2 lbs.	1 qt.	
Canned tomato sauce	8 oz.	1 cup	1 lb.	2 cups	
Garlic powder		½ tsp.		1 tsp.	
Chili powder		1 Tbsp.		2 Tbsp.	
Salt		½ tsp.		1 tsp.	
Cheddar cheese, grated 🍃	4 oz.	1 cup	8 oz.	2 cups	
Corn chips 🍃		2 cups		1 qt.	

 **DIRECTIONS**

- In a 10" skillet, brown ground beef, onion, and green pepper. Drain off excess fat. Use a 20" skillet or 6-qt. saucepan for 24 servings.
- Add beans, tomato sauce, garlic and chili powders, and salt to skillet; simmer over medium heat for 5 minutes.
- Stir cheese into meat mixture.
- Spread one cup of corn chips in greased 8" x 8" baking pan for 12 servings or two 8" x 8" baking pans for 24 servings.
- Pour meat mixture into pan; top with remaining corn chips.
- Bake for 30 minutes at 350°F.
- Portion with a No. 10 scoop or $\frac{3}{8}$ cup.

 **SHOPPING GUIDE FOR SELECT ITEMS**

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh green pepper	3 ½ oz.	7 ½ oz.
* Fresh onion	1 ½ oz.	3 ½ oz.

CRUNCHY CHINESE TUNA SALAD

SERVING/One $\frac{3}{8}$ cup serving provides $1\frac{1}{2}$ oz. cooked lean meat/meat alternate.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Canned tuna, water-packed chunk, drained	1 lb. 6 oz.	2 $\frac{3}{4}$ cups	3 lbs. 6 oz.	1 qt. 1 $\frac{1}{2}$ cups	<div style="text-align: center;"> 12 12 servings: 12 $\frac{3}{8}$ cup servings (1 qt. $\frac{1}{2}$ cup) </div>
Mayonnaise		$\frac{1}{2}$ cup		1 cup	
Soy sauce		1 tsp.		2 tsp.	
* Fresh celery, chopped 🌱	1 oz.	$\frac{1}{4}$ cup	2 oz.	$\frac{1}{2}$ cup	<div style="text-align: center;"> 24 24 Servings: 24 $\frac{3}{8}$ cup servings (2 qt. 1 cup) </div>
Canned water chestnuts, drained, chopped	2 $\frac{1}{4}$ oz.	$\frac{1}{2}$ cup	4 $\frac{1}{2}$ oz.	1 cup	
Chow Mein noodles	1 oz.	$\frac{1}{2}$ cup	2 oz.	1 cup	

 DIRECTIONS

- In a large mixing bowl, combine all ingredients except noodles.
- Refrigerate until serving time.
- Add noodles and blend well.
- Portion with a No. 10 scoop or $\frac{3}{8}$ cup.
- Serve immediately to prevent noodles from becoming soggy.

 VARIATIONS

Substitute chopped apples for water chestnuts in equal measure $\frac{1}{2}$ cup for 12 servings.

 SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh celery	1 $\frac{1}{4}$ oz.	2 $\frac{1}{4}$ oz.

TUNA CHOW MEIN CASSEROLE

SERVING / One ½ cup serving provides 1½ oz. cooked lean meat/meat alternate and ¼ cup grains.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Boiling water	3 ½ oz.	1 ¼ cups	7 oz.	2 ½ cups	<div style="text-align: center;"> 12 12 servings: 12 ½ cup servings (1 ½ qt.) </div> <div style="text-align: center; margin-top: 20px;"> 25 25 Servings: 25 ½ cup servings (3 qt.) </div>
Regular enriched rice, uncooked 🌱		½ cup		1 cup	
Canned tuna, water-packed chunk, drained	1 lb. 6 oz.	3 cups	2 lbs. 12 oz.	1 qt. 2 cups	
* Fresh celery, chopped 🌱	3 oz.	¾ cup	6 oz.	1 ½ cups	
* Fresh onion, chopped 🌱	1 oz.	¼ cup	2 ½ oz.	½ cup	
Chicken with rice soup	10 ½ oz.		1 lb. 5 oz.		
Soy sauce		2 Tbsp.		¾ cup	
Margarine, melted		1 tsp.		2 tsp.	
Chow Mein noodles	2 ¾ oz.	1 ½ cups	5 ½ oz.	3 cups	



DIRECTIONS

- Pour boiling water over rice in a greased 2-qt. casserole for 12 servings or two 2-qt. casseroles for 25 servings.
- Stir in tuna, celery, onion, soup, soy sauce, and margarine.
- Cover with foil and cook at 350°F for 30 minutes; stir.
- Cook uncovered 15 minutes longer.
- Stir in noodles; serve immediately.
- Portion with a No. 8 scoop or ½ cup.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.
* Fresh celery	4 ¼ oz.	8 ½ oz.

CHINESE BEEF PATTIES

SERVING/One 2-oz. patty provides 1½ oz. cooked lean meat/meat alternate.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Ground beef (no more than 30 percent fat) 🇺🇸	1 ½ lbs.		3 ½ lbs.		<div style="text-align: center;"> 12 12 servings: 12 2-oz. patties </div>
Canned bean sprouts, chopped, drained	3 oz.		6 oz.		
Canned water chestnuts, chopped, drained	1 oz.		2 oz.		
Soy sauce		2 Tbsp.		¼ cup	<div style="text-align: center;"> 24 24 Servings: 24 2-oz. patties </div>
Salt		¼ tsp.		½ tsp.	
Pepper		½ tsp.		1 tsp.	
Flour 🇺🇸		2 Tbsp.		¼ cup	



DIRECTIONS

- Place ground beef in mixing bowl.
- Add all ingredients; mix well.
- Portion meat using a No. 16 scoop ($\frac{1}{4}$ cup).
- Roll each portion in flour; using a spatula, flatten into a patty approx. $\frac{1}{2}$ " thick.
- Spray a 10" skillet with vegetable spray or use 1 Tbsp. vegetable oil. Pan fry patties over medium heat until done, approx. 10 minutes. Use a 20" skillet or 6-qt. saucepan for 24 servings.

ITALIAN FISH ROLL-UPS

SERVING/One roll-up (about 2 oz.) provides 1½ oz. cooked lean meat/meat alternate and ⅛ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Frozen cod fillets	1 ¾ lbs.		3 ½ lbs.		<div style="text-align: center;"> 12 12 servings: 13 roll-ups 25 25 Servings: 26 roll-ups </div>
Frozen French-style green beans	5 oz.		10 oz.		
Boiling water		2 cups		1 qt.	
Canned tomato sauce	8 oz.	1 cup	1 lb.	2 cups	
Oregano		¼ tsp.		½ tsp.	
Basil		¼ tsp.		½ tsp.	
Garlic powder		⅞ tsp.		¼ tsp.	
Dried minced onion		¼ tsp.		½ tsp.	
Grated Parmesan cheese 🇵🇸	¼ oz.	1 Tbsp.	½ oz.	2 Tbsp.	



DIRECTIONS

- Cut fish into 2" x 3" strips (approx 2 oz. each).
- In a saucepan, add beans to boiling water; cover and simmer until beans are tender, about seven minutes.
- Place $\frac{1}{8}$ cup of green beans in the middle of each fish portion.
- Roll, beginning with narrow end of fillet.
- Place fillets with open ends down in a 9" x 13" baking dish for 12 servings or two 9" x 13" dishes for 25 servings.
- In a small mixing bowl, combine tomato sauce, oregano, basil, garlic powder, and onion. Pour over roll-ups.
- Sprinkle with cheese.
- Bake at 350°F for 45 minutes.
- Fish is done if it flakes when tested with a fork.
- Spoon tomato sauce over roll-ups before serving.

TURKEY FRITTATA

SERVING/One piece (about 2" x 2 1/2") provides 1 1/2 oz. cooked lean meat/meat alternate and 1/8 cup vegetable.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Turkey, ground 🍴	3/4 lb.	2 1/4 cups	1 1/2 lbs.	1 qt. 1/2 cup	<div style="text-align: center;"> 12 12 servings: 12 pieces (about 2" x 2 1/2") </div>
Large eggs 🍴		6		12	
* Fresh green pepper, chopped 🍴	1 oz.	1/4 cup	2 1/2 oz.	1/2 cup	<div style="text-align: center;"> 24 24 Servings: 24 pieces (about 2" x 2 1/2") </div>
* Fresh onion, chopped 🍴	1 oz.	1/4 cup	2 1/2 oz.	1/2 cup	
Canned tomatoes, drained	12 oz.	1 1/2 cups	1 1/2 lbs.	3 cups	
Oregano		1 tsp.		2 tsp.	
Salt		1 tsp.		2 tsp.	
Paprika		1 tsp.		2 tsp.	



DIRECTIONS

- In a 10" skillet, brown ground turkey on medium heat for 5 minutes; drain excess fat. Use a 20" skillet for 24 servings.
- In a large mixing bowl, combine all ingredients.
- Spray an 8" x 8" baking pan for 12 servings or two 8" x 8" baking pans for 24 servings with vegetable spray, or use 1 Tbsp. vegetable oil per pan. Spread mixture in pan(s).
- Bake at 350°F for 45 minutes or until set.
- Cut each piece approximately 2" x 2 ½" for even portioning of pans.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh green pepper	1 ½ oz.	3 ½ oz.
* Fresh onion	1 ½ oz.	3 ½ oz.

HOPPING JOHN

SERVING / One ½ cup serving provides ¼ cup vegetable and ¼ cup grains or one ½ cup serving provides the equivalent of 1 oz. cooked lean meat/meat alternate and ¼ cup grains.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Mild-cured bacon, diced (optional)	4 oz.	6 strips	8 oz.	12 strips	<div style="text-align: center;"> 12 12 servings: 12 ½ cup servings (1 qt. 3 ½ cups) </div>
* Fresh onion, chopped 🍅	1 oz.	¼ cup	2 ½ oz.	½ cup	
Regular enriched rice, uncooked 🍅	7 oz.	1 cup	14 oz.	2 cups	
Salt		¼ tsp.		½ tsp.	<div style="text-align: center;"> 25 25 Servings: 26 ½ cup servings (3qt. 1 ½ cups) </div>
Water		2 cups		1 qt.	
Canned black-eyed peas, undrained	2 lbs.	1 qt.	4 lbs.	2 qt.	
Sugar		⅛ tsp.		¼ tsp.	

 DIRECTIONS

- In a 10" skillet, fry bacon and onion until bacon is done, about 10 minutes.** Use a 20" skillet or 6-qt. saucepan for 25 servings.
- Drain off excess fat.
- In a large saucepan, boil water. Add rice and salt. Reduce heat, cover, and cook for 15 minutes.
- Add undrained peas and sugar to bacon and onion mixture. Simmer for 15 minutes.
- Toss cooked rice with bacon and pea mixture. Heat if necessary to serving temperature.
- Portion with a No. 8 scoop or ½ cup.

***Bacon may be cooked in microwave oven for approx. 4 minutes.*

 SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.

CREOLE RED BEANS

SERVING/One $\frac{3}{8}$ cup serving provides the equivalent of 1½ oz. of cooked lean meat/meat alternate.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Dry kidney beans 🍃	½ lb.	1 ¼ cups	1 ¼ lbs.	3 ⅝ cups	<p>12 12 servings: 12 $\frac{3}{8}$ cup servings (1 qt. ½ cup)</p> <p>24 24 Servings: 24 $\frac{3}{8}$ cup servings (2 qt. 1 cup)</p>
Water		1 qt. 1 cup		2 qt. 2 cups	
* Fresh onion, chopped 🍃	2 ½ oz.	½ cup	5 oz.	1 cup	
* Fresh celery, chopped 🍃	1 oz.	¼ cup	2 ½ oz.	½ cup	
* Fresh green pepper, chopped 🍃	1 oz.	¼ cup	2 ½ oz.	½ cup	
Garlic powder		1 tsp.		2 tsp.	
Black pepper		¼ tsp.		½ tsp.	
Salt		¼ tsp.		½ tsp.	
Sugar		1 ½ tsp.		1 Tbsp.	
Link pork sausage, smoked, sliced 🍃	¾ lb.		1 ¼ lbs.		

 DIRECTIONS

- Wash beans; soak overnight in 5 cups of water in a large stockpot.
- Add all remaining ingredients except sausage to beans and water. Heat mixture until it boils.
- Reduce heat to low; cover and cook for 1 hour.
- Add sausage to beans; simmer for 1 additional hour, stirring occasionally.
- Portion with a No. 10 scoop or $\frac{3}{8}$ cup.**

** Serve over steamed rice.

 SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh onion	3 ½ oz.	6 ½ oz.
* Fresh green pepper	1 ¼ oz.	3 ½ oz.
* Fresh celery	1 ¼ oz.	3 ¼ oz.

CREOLE WIENERS

SERVING/One $\frac{1}{3}$ cup serving provides $1\frac{1}{2}$ oz. cooked lean meat/meat alternate and $\frac{1}{4}$ cup vegetable.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Turkey ham, diced	$\frac{1}{2}$ lb.		1 lb.		<div style="text-align: center;"> 12 12 servings: 12 $\frac{1}{3}$ cup servings (1 qt. $\frac{1}{2}$ cup) </div>
* Fresh onion, chopped 🍅	1 oz.	$\frac{1}{4}$ cup	2 $\frac{1}{2}$ oz.	$\frac{1}{2}$ cup	
Tomato sauce	1 lb. 12 oz.	3 $\frac{1}{2}$ cups	3 lbs. 8 oz.	1 qt. 3 cups	
Black pepper		$\frac{1}{8}$ tsp.		$\frac{1}{4}$ tsp.	<div style="text-align: center;"> 24 24 Servings: 24 $\frac{1}{3}$ cup servings (2 qt. 1 cup) </div>
Turkey frankfurters, 10 per lb., sliced	1 lb.	10	2 lbs.	20	



DIRECTIONS

- Cook diced turkey ham and onion in 10" skillet until onion is tender. Use a 20" skillet or 6-qt. saucepan for 24 servings.
- Add tomato sauce and pepper to turkey ham and onion. Heat to boiling; reduce heat.
- Simmer uncovered until tender, about 10 minutes. Drain off excess fat.
- Add frankfurters; cover and simmer 15 minutes longer.
- Portion with a No. 12 scoop or $\frac{1}{3}$ cup.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh onion	1 $\frac{1}{2}$ oz.	3 $\frac{1}{2}$ oz.

PIZZA DOUGH (FOR POLYNESIAN PIZZA)



INGREDIENTS	12 SERVINGS	24 SERVINGS
	Measure	Measure
Active dry yeast	1 ½ tsp.	1 Tbsp.
Warm water	3 Tbsp.	¾ cup
Enriched all-purpose flour ➔	1 ½ cups	3 cups
Instant non-fat dry milk	¼ cup	¼ cup
Sugar	½ tsp.	1 tsp.
Shortening	1 Tbsp.	2 Tbsp.
Water	¾ cup	¾ cup
Salt	½ tsp.	1 tsp.



DIRECTIONS

- In a mixing bowl, dissolve yeast in warm water.
- Blend dry ingredients with a mixer on low speed for 4 minutes. Add shortening.
- Add water while mixing on low speed for 1 minute. Add yeast mixture while mixing on low speed for 4 minutes. Mix on medium speed for 10 minutes.
- Set bowl of dough in a warm place (90°F) for about 30 minutes until dough has doubled in volume.

POLYNESIAN PIZZA

SERVING/One piece (about 3" x 3 1/4") provides the equivalent of 1/2 oz. cooked lean meat/meat alternate, 1/8 cup vegetable, 1/8 cup fruit, and 1/2 slice grains.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Canned tomato sauce	6 oz.	3/4 cup	12 oz.	1 1/2 cups	<div style="text-align: center;"> 12 12 servings: 12 pieces (3" x 3 1/4") </div>
Oregano		1 tsp.		2 tsp.	
Canned unsweetened pineapple chunks, drained	4 oz.	1/2 cup	8 oz.	1 cup	
Cooked ham, diced	10 oz.	2 cups	1 lb. 8 oz.	1 qt.	<div style="text-align: center;"> 24 24 Servings: 24 pieces (3" x 3 1/4") </div>
* Fresh green pepper, chopped 🍃	1 oz.	1/4 cup	2 1/2 oz.	1/2 cup	
* Fresh onion, chopped 🍃	1 oz.	1/4 cup	2 1/2 oz.	1/2 cup	
Cheddar cheese, grated 🍃	4 oz.	1 cup	12 oz.	3 cups	
Mozzarella cheese, grated 🍃	8 oz.	2 cups	1 lb.	1 qt.	

 **DIRECTIONS**

- Prepare yeast dough as directed on page 31.
- Place dough in a 9" x 13" pan for 12 servings or two 9" x 13" pans for 24 servings. Roll dough thin, approx. 1/2" to line pan.
- In a small mixing bowl, combine tomato sauce and oregano; spread over dough.
- Top with pineapple chunks, ham, green pepper, and onion.
- Spread cheeses over pizza.
- Bake at 400°F for 15 minutes.
- Cut into approx 3" x 3 1/4" pieces for every portioning of pan(s).

 **SHOPPING GUIDE FOR SELECT ITEMS**

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh green pepper	1 1/2 oz.	3 1/2 oz.
* Fresh onion	1 1/2 oz.	3 1/2 oz.

HUNGARIAN GOULASH

SERVING/One $\frac{3}{8}$ cup serving provides 1 oz. cooked lean meat/meat alternate and $\frac{1}{4}$ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Round steak (without bone) 🍴	1 $\frac{1}{2}$ lbs.		2 $\frac{3}{4}$ lbs.		<div style="text-align: center;"> 12 12 servings: 12 $\frac{3}{8}$ cup servings (1 qt. $\frac{3}{8}$ cup) </div> <div style="text-align: center; margin-top: 20px;"> 25 25 Servings: 26 $\frac{3}{8}$ cup servings (2 qt. 1 $\frac{3}{4}$ cups) </div>
* Fresh onion, chopped 🍴	1 oz.	$\frac{1}{4}$ cup	2 $\frac{1}{2}$ oz.	$\frac{1}{2}$ cup	
Canned tomatoes, drained, chopped	1 lb.	2 cups	2 lbs.	1 qt.	
Salt		1 tsp.		2 tsp.	
Paprika		1 tsp.		2 tsp.	
Water		1 cup		2 cups	
* Fresh white potatoes, peeled, diced 🍴	8 oz.	1 $\frac{1}{2}$ cups	1 lb.	3 cups	



DIRECTIONS

- Cut steak into ½" cubes.
- In a 10" skillet, brown the steak and onion until steak is lightly brown on all sides. Use a 20" skillet or a 6-qt. saucepan for 25 servings.
- Drain off excess fat and juices.
- Add tomatoes, salt, paprika, and water to skillet. Mix well.
- Pour into an 8" x 8" baking pan for 12 servings or two 8" x 8" baking pans for 25 servings.
- Cover; bake at 350°F for one hour.
- Add potatoes to the stew and bake covered for 30 minutes longer.
- Portion with a No. 10 scoop or ¾ cup. **

** May be served over rice or noodles.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.
* Fresh white potatoes	10 oz.	1 lb. 3 ½ oz.

SPICY GROUND BEEF

SERVING / One $\frac{3}{8}$ cup serving provides $1\frac{1}{2}$ oz. cooked lean meat/meat alternate and $\frac{1}{8}$ cup fruit.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Ground beef (no more than 30 percent fat) 🍃	1 lb. 12 oz.		3 lbs. 8 oz.		<div style="text-align: center;"> 12 12 servings: 12 $\frac{3}{8}$ cup servings (1 qt. 1 cup) </div> <div style="text-align: center; margin-top: 20px;"> 25 25 Servings: 25 $\frac{3}{8}$ cup servings (2 qt. 2 cups) </div>
* Fresh onion, chopped 🍃	1 oz.	$\frac{1}{4}$ cup	2 $\frac{1}{2}$ oz.	$\frac{1}{2}$ cup	
Salt		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Pepper		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Oregano		1 tsp.		2 tsp.	
Crushed red pepper		$\frac{1}{2}$ tsp.		1 tsp.	
Orange juice 🍃		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Raisins	5 $\frac{1}{2}$ oz.	1 cup	10 oz.	2 cups	
Ketchup 🍃		1 cup		2 cups	
Water		1 cup		2 cups	

 **DIRECTIONS**

- In a 10" skillet, brown meat and onion, breaking up lumps. Use a 20" skillet or a 6-qt. saucepan for 25 servings.
- Drain off excess fat and juices.
- Combine seasonings and orange juice; mix with meat mixture and simmer 10 minutes.
- Add remaining ingredients, bring to a boil. Turn heat to low and simmer uncovered for 15 minutes, stirring frequently.
- Portion with a No. 10 scoop or $\frac{3}{8}$ cup **

** May be served over rice or noodles.

 **SHOPPING GUIDE FOR SELECT ITEMS**

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.

PASTITSIO (BAKED MACARONI WITH BEEF & CHEESE)

SERVING/One ½ cup serving provides the equivalent of 1 oz. cooked lean meat/meat alternate, ¼ cup grains, and ⅛ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni, uncooked 🍀	5 ½ oz.	1 ¼ cups	11 oz.	2 ½ cups	<p style="text-align: center;">12</p> <p style="text-align: center;"><i>12 servings: 13 ½ cup servings (1 qt. 3 cups)</i></p> <p style="text-align: center;">25</p> <p style="text-align: center;"><i>25 servings: 26 ½ cup servings (3 qt. 2 cups)</i></p>
Boiling water		1 qt.		2 qt.	
Salt		⅞ tsp.		¼ tsp.	
Ground beef (no more than 30 percent fat) 🍀	1 lb.		2 lbs.		
* Fresh onion, chopped 🍀	1 oz.	¼ cup	2 ½ oz.	½ cup	
Canned tomato sauce	15 oz.	2 cups	1 lb. 14 oz.	1 qt.	
Parmesan cheese, grated 🍀	1 ½ oz.	½ cup	3 oz.	1 cup	
Mozzarella cheese, grated 🍀	4 oz.	1 cup	8 oz.	2 cups	
Cinnamon		⅞ tsp.		¼ tsp.	
Skim milk 🍀		1 cup		2 cups	
Margarine		3 Tbsp.		¾ cup	
Large eggs, beaten 🍀		2		4	
Nutmeg (optional)		⅞ tsp.		¼ tsp.	



DIRECTIONS

- In a 2-qt. saucepan, combine water and salt and bring to a boil. Use a 6-qt. saucepan for 25 servings.
- Add macaroni; reduce heat, cover, and cook for 8 minutes.
- Drain.
- Cook beef and onion in a 10" skillet until lightly brown; drain off excess fat. Use a 20" skillet or 6-qt. saucepan for 25 servings.
- Stir in tomato sauce.
- Spread half the macaroni in a greased 2-qt. baking dish for 12 servings or two 2-qt. baking dishes for 25 servings.
- Cover with beef mixture.
- Combine cheeses and cinnamon; sprinkle one cup over beef mixture.
- Cover with remaining macaroni.
- Cook milk and margarine until margarine is melted, using a 2-qt. saucepan for 12 servings or a 6-qt. saucepan for 25 servings. Beat in eggs.
- Pour over macaroni and sprinkle with remaining cheese.
- Cook uncovered in 325°F oven for 1 hour.
- Sprinkle with nutmeg.
- Portion with a No. 8 scoop or ½ cup.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.



Grains



GRAINS

Grains

Each breakfast, lunch, or supper offered in the CACFP must include a grain, except if replacing the entire grain requirement at breakfast three times per week. Grains are optional as part of a reimbursable snack. Foods that qualify as grains are whole grain, whole-grain rich or enriched, or made from enriched or whole-grain meal and/or flour. Cereal products must be whole-grain, enriched or fortified. For more information and assistance regarding the requirements and creditability of specific food items, reference the Food Buying Guide (FBG) (Exhibit A) for Child Nutrition Programs, Crediting Handbook for the CACFP or contact your State agency.



MEXICAN RICE

SERVING / One $\frac{3}{8}$ cup serving provides $\frac{1}{8}$ cup vegetable and $\frac{1}{4}$ cup grains.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Canned tomatoes, drained	8 oz.	1 cup	1 lb.	2 cups	<div style="text-align: center;"> 12 12 servings: 12 $\frac{3}{8}$ cup servings (1 qt.) 25 25 Servings: 25 $\frac{3}{8}$ cup servings (2 qt.) </div>
Garlic powder		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
* Fresh onion, chopped 🌱	1 oz.	$\frac{1}{4}$ cup	2 $\frac{1}{2}$ oz.	$\frac{1}{2}$ cup	
Regular, enriched rice, uncooked 🌱	7 oz.	1 cup	14 oz.	2 cups	
* Fresh green pepper, chopped 🌱	1 oz.	$\frac{1}{4}$ cup	2 $\frac{1}{2}$ oz.	$\frac{1}{2}$ cup	
Canned chicken broth		2 cups		1 qt.	
Red pepper		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Oregano		$\frac{1}{2}$ tsp.		1 tsp.	
Salt		$\frac{1}{2}$ tsp.		1 tsp.	

 DIRECTIONS

- Spray a 10" skillet with vegetable cooking spray, or use 1 Tbsp. vegetable oil. Use a 20" skillet or a 6-qt. saucepan for 25 servings.
- Combine garlic, onion, and tomatoes in the skillet or saucepan.
- Cover and cook over medium heat for 3 minutes.
- Add rice; cook uncovered for 2 minutes, stirring until rice is shiny and hot.
- Stir in green pepper, chicken broth,** red pepper, oregano, and salt; bring to a boil.
- Pour into an 8" x 8" baking pan for 12 servings or two 8" x 8" pans for 25 servings.
- Cover and bake at 400° for 20 minutes.
- Portion with a No. 10 scoop or $\frac{3}{8}$ cup.

** *Chicken-flavored bouillon may be substituted.*

 SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh green pepper	1 ½ oz.	3 ½ oz.
* Fresh onion	1 ½ oz.	3 ½ oz.

BAKED CHEESE GRITS



SERVING/One $\frac{3}{8}$ cup serving provides the equivalent of $\frac{1}{2}$ oz. cooked lean meat/meat alternate and $\frac{1}{4}$ cup grains.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Water		1 qt. 1 cup		2 qt. 2 cups	<p style="text-align: center;">12</p> <p style="text-align: center;"><i>12 servings: 12 $\frac{3}{8}$ cup servings (1 qt. 1 cup)</i></p> <p style="text-align: center;">24</p> <p style="text-align: center;"><i>24 Servings: 24 $\frac{3}{8}$ cup servings (2qt. 2 cups)</i></p>
Quick grits		1½ cups		3 cups	
Large egg, beaten 🇺🇸		1		2	
Cheddar cheese, grated 🇺🇸	4 oz.	1 cup	8 oz.	2 cups	
Margarine, melted		4 Tbsp.		¼ cup	
Salt		½ tsp.		1 tsp.	
Dry mustard		2 tsp.		1 Tbsp. ½ tsp.	
Garlic powder		½ tsp.		1 tsp.	



DIRECTIONS

- Stir grits into briskly boiling water.
- Reduce heat; cook approx. 5 minutes.
- In a large bowl, mix together egg, cheese, margarine, salt, dry mustard, and garlic powder.
- Blend cheese mixture into cooked grits.
- Pour into a lightly greased 2-qt. casserole for 12 servings or two 2-qt. casseroles for 24 servings.
- Bake uncovered at 350°F for 1 hour.
- Portion with a No. 10 scoop or $\frac{3}{8}$ cup.

INDIAN PILAF

SERVING / One ¼ cup serving provides ¼ cup grains.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Regular, enriched rice, uncooked 🌱	7 oz.	1 cup	12 oz.	1 ¾ cups	<p>12 12 servings: 14 ¼ cup servings (3 ½ cups)</p> <p>25 25 Servings: 26 ¼ cup servings (1 qt. 3 cups)</p>
* Fresh onion, chopped 🌱	1 oz.	¼ cup	2 ½ oz.	½ cup	
Margarine		2 Tbsp.		⅞ cup	
Salt		¼ tsp.		½ tsp.	
Allspice		¼ tsp.		½ tsp.	
Turmeric		¼ tsp.		½ tsp.	
Curry powder		⅞ tsp.		¼ tsp.	
Black pepper		⅞ tsp.		¼ tsp.	
Chicken broth		2 cups		3 ½ cups	
Slivered blanched almonds (optional)	1 ¼ oz.	¼ cup	2 ¾ oz.	½ cup	

 **DIRECTIONS**

- In a 10" skillet, cook and stir rice and onion in margarine until rice is yellow and onion is tender, about 5 minutes. Use a 20" skillet or a 6-qt. saucepan for 25 servings.
- Stir in salt, allspice, turmeric, curry powder, and pepper.
- Pour rice mixture into an 8" X 8" pan for 12 servings or a 9" X 13" pan for 25 servings.
- In a large saucepan, heat broth to boiling; stir into rice mixture.
- Cover and bake at 350°F until liquid is absorbed, about 35 minutes.
- Stir in almonds (optional).
- Portion with a No. 16 scoop or ¼ cup.

 **SHOPPING GUIDE FOR SELECT ITEMS**

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.



Vegetables

A decorative white flourish consisting of a central diamond shape with symmetrical leaf-like patterns on either side, positioned below the main title.



VEGETABLES



Vegetables

Each breakfast must include a vegetable or fruit. Lunch/supper offered in the CACFP must include two different vegetables or a vegetable and a fruit. Vegetables and fruits are optional as part of a reimbursable snack. Foods that qualify as a vegetable or fruit: any fresh, frozen, canned or dried vegetable or fruit. A 100% full-strength juice may be used at any meal but served only once per day. A serving of cooked dry beans or peas may count as a vegetable or meat/meat alternate, but not as both components in the same meal. For more information and assistance regarding the requirements and creditability of specific food items, reference the Food Buying Guide (FBG) for Child Nutrition Programs, Crediting Handbook for the CACFP or contact your State agency.



CHILI RICOTTA POTATOES

SERVING / One $\frac{1}{3}$ cup serving provides $\frac{1}{4}$ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Water		3 cups		1 qt. 2 cups	<p>12 12 servings: 12 $\frac{1}{3}$ cup servings (1 qt.)</p> <p>25 25 Servings: 25 $\frac{1}{3}$ cup servings (2 qt.)</p>
* Fresh onion, chopped 	1 oz.	$\frac{1}{4}$ cup	2 $\frac{1}{2}$ oz.	$\frac{1}{2}$ cup	
Garlic powder		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Red pepper		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Chili powder		$\frac{1}{2}$ tsp.		1 tsp.	
Vegetable oil		1 tsp.		2 tsp.	
Potato flakes	4 $\frac{1}{3}$ oz.	2 cups	8 $\frac{2}{3}$ oz.	1 qt.	
Salt		$\frac{1}{2}$ tsp.		1 tsp.	
Canned green chili peppers, chopped		1 tsp.		2 tsp.	
Ricotta cheese (cottage cheese may substitute) 	8 $\frac{3}{4}$ oz.	1 cup	1 lb. 1 oz.	2 cups	



DIRECTIONS

- Boil water.
- In a 10" skillet, cook onion, garlic powder, red pepper, and chili powder in oil until tender, about 5 minutes.
- Pour boiling water in mixing bowl; slowly add potato flakes and salt. Whip until fluffy.
- Add onion and spice mixture to potatoes; stir well.
- Stir in chilies and ricotta cheese.
- Place mixture in an 8" X 8" baking pan for 12 servings or two 8" x 8" pans for 25 servings.
- Broil until lightly brown, about 5 minutes.
- Portion with a No. 12 scoop or ½ cup.







SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.

CORN AND GREEN CHILI CASSEROLE

SERVING/One $\frac{3}{8}$ cup serving provides the equivalent of $\frac{1}{2}$ oz. cooked lean meat/meat alternate and $\frac{1}{4}$ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Flour 	1 oz.	$\frac{1}{4}$ cup	2 oz.	$\frac{1}{2}$ cup	<div style="text-align: center;">  <p>12 servings: 12 $\frac{3}{8}$ cup servings (1 qt. 1 cup)</p>  <p>25 Servings: 25 $\frac{3}{8}$ cup servings (2 qt. 2 cups)</p> </div>
Sugar		2 tsp.		1 Tbsp. 1 tsp.	
Salt		1 tsp.		2 tsp.	
Oregano		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Large eggs, beaten 		4		8	
Canned cream-style corn	2 lbs.	1 qt.	4 lbs.	2 qt.	
Canned, chopped green chili peppers	4 oz.	$\frac{1}{2}$ cup	8 oz.	1 cup	





DIRECTIONS

- In a large mixing bowl, blend together dry ingredients. Beat in eggs.
- Gradually add corn and chilies; stir until well blended.
- Pour into a lightly greased 2-qt. casserole for 12 servings or two 2-qt. casseroles for 25 servings.
- Bake uncovered at 350°F for 1 hour or until set.
- Portion with a No. 10 scoop or $\frac{3}{8}$ cup.

CORN AND ZUCCHINI MEXICANA

SERVING/One $\frac{1}{3}$ cup serving provides $\frac{1}{4}$ cup vegetable.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Margarine		2 Tbsp.		$\frac{1}{8}$ cup	<div style="text-align: center;"> 12 12 servings: 12 $\frac{1}{3}$ cup servings (3 cups) </div>
* Fresh zucchini, sliced 	$\frac{1}{2}$ lb.		1 lb.		
Dried minced onion		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Canned whole-kernel corn, drained	10 oz.	1 $\frac{3}{4}$ cups	1 lb. 4 oz.	3 $\frac{1}{2}$ cups	<div style="text-align: center;"> 24 24 Servings: 24 $\frac{1}{3}$ cup servings (1 qt. 2 $\frac{1}{4}$ cups) </div>
Natural cheese 	$\frac{1}{2}$ lb.	1 cup	1 lb.	2 cups	
Canned, chopped green chili peppers	$\frac{3}{4}$ oz.	2 Tbsp.	1 $\frac{3}{4}$ oz.	$\frac{1}{8}$ cup	



DIRECTIONS

- Melt margarine in a 10" skillet for 12 servings or a 20" skillet or 6-qt. saucepan for 24 servings. Add zucchini and onion; cook for 5 minutes.
- Combine corn, cheese, and green chilies; add to zucchini mixture.
- Cook over low heat until cheese is melted, approx. 2 minutes.
- Pour into an 8" x 8" baking pan for 12 servings or two 8" x 8" pans for 24 servings.
- Bake uncovered at 350°F for 30 minutes.
- Portion with a No. 12 scoop or 1/3 cup.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh zucchini	9 1/2 oz.	1 lb. 3 oz.

GINGERED CARROTS



SERVING / One $\frac{1}{4}$ cup serving provides $\frac{1}{4}$ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
* Fresh carrots, peeled 🌱	1 lb.		2 lbs.		<div style="text-align: center;"> 12 12 servings: 12 $\frac{1}{4}$ cup servings (3 cups) </div> <div style="text-align: center; margin-top: 10px;"> 25 25 Servings: 25 $\frac{1}{4}$ cup servings (1 qt. 3 cups) </div>
Honey 🌱		$\frac{1}{2}$ tsp.		1 tsp.	
Lemon juice		1 Tbsp.		2 Tbsp.	
Dried parsley		2 tsp.		4 tsp.	
Margarine		2 Tbsp.		$\frac{1}{4}$ cup	
Ground ginger		$\frac{1}{8}$ tsp.		$\frac{1}{4}$ tsp.	



DIRECTIONS

- Cut carrots diagonally into thin slices.
- Steam until tender. **
- In a small mixing bowl, combine remaining ingredients; pour over carrots.

- Serve immediately.
- Portion with a No. 16 scoop or ¼ cup.

** Various methods of steaming include using a double boiler, microwave, or steamer. Time will vary according to the method used.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh carrots	1 lb. 10 ⅔ oz.	3 lbs. 5 ½ oz.

CHINESE MIXED VEGETABLES

SERVING / One ¼ cup serving provides ¼ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp.		¼ cup	<div style="text-align: center;"> 12 12 servings: 12 ¼ cup servings (1 qt.) 25 25 Servings: 25 ¼ cup servings (1 qt. 3 cups) </div>
* Fresh carrots, peeled, sliced 🍅	5 oz.		10 oz.		
Ground ginger		¼ tsp.		½ tsp.	
Frozen, cut green beans	8 oz.		1 lb.		
Frozen broccoli spears, chopped	8 oz.		1 lb.		
Sugar		½ tsp.		1 tsp.	
Cornstarch		1 Tbsp.		2 Tbsp.	
Water		2 Tbsp.		¼ cup	
Salt		1 tsp.		2 tsp.	



DIRECTIONS

- Heat oil on high in wok or large skillet.
- Add carrots and ginger; cook uncovered for 3 minutes,** stirring constantly.
- Add cut green beans; cook uncovered for 3 minutes.**
- Add broccoli; cook uncovered for 3 minutes.**
- Turn heat to low and cover pan.

- Mix sugar, cornstarch and water; sprinkle over vegetables.
- Sprinkle salt over vegetables.
- Bring to a boil; cook 1 more minute.
- Serve immediately.
- Portion with a No. 16 scoop or ¼ cup.

*** For 25 servings, cook 5 minutes instead of 3 minutes in each step.*



VARIATIONS

- **Green Beans Asian Style:** Eliminate carrots and broccoli. Increase frozen cut green beans to 1 ¼ lbs. for 12 servings.
- **Chinese Broccoli:** Eliminate carrots and green beans. Increase broccoli to 1 ¼ lbs. for 12 servings.



SHOPPING GUIDE FOR SELECT ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh carrots	8 ½ oz.	1 lb. 1 oz.

VEGETABLE CURRY



SERVING/One ¼ cup serving provides ¼ cup vegetable.

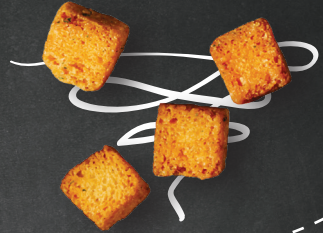
INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
* Fresh onion, chopped 🍅	1 oz.	¼ cup	2 ½ oz.	½ cup	<div style="text-align: center;"> 12 12 servings: 12 ¼ cup servings (3 cups) </div>
Canned tomatoes, drained	8 oz.	1 cup	1 lb.	2 cups	
Frozen, cut green beans	9 oz.	1 ½ cups	1 lb.	3 cups	
* Fresh white potatoes, peeled and cubed 🍅	6 oz.	1 cup	12 oz.	1 ¾ cups	<div style="text-align: center;"> 25 25 Servings: 25 ¼ cup servings (1 qt. 2 cups) </div>
Garlic powder		½ tsp.		1 tsp.	
Curry powder		½ tsp.		1 tsp.	

 **DIRECTIONS**

- Spray a 10" skillet with vegetable spray or use 1 Tbsp. vegetable oil. Use a 20" skillet or a 6-qt. saucepan for 25 servings.
- Cook onion until tender, about 3 minutes.
- Add tomatoes; stir well.
- Add beans; simmer 1 minute.
- Add potatoes and garlic and curry powders; Simmer covered until potatoes are tender, about 15 more minutes.
- Serve immediately.
- Portion with a No. 16 scoop or ¼ cup.

 **SHOPPING GUIDE FOR SELECT ITEMS**

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh onion	1 ½ oz.	3 ½ oz.
* Fresh white potatoes	½ lb.	1 lb.



Soup



SOUP




Soup

Serving a soup as a main dish or a side is a great way to easily disguise many vegetables that picky eaters typically avoid. Soups can also be easy to make, relatively inexpensive, and full of fiber and vitamins and minerals that can aid in overall health. Remember when determining if the soup fits the meal pattern developed for Child and Adult Care Food Program (CACFP) each serving must contain a minimum amount of vegetables, fruits and/or meat/meat alternate. Please refer to the Food Buying Guide for Child Nutrition Programs or contact your State agency for more information.



MEXICAN CORN SOUP

SERVING / One $\frac{5}{8}$ cup serving (about 5 oz.) provides $\frac{3}{8}$ cup vegetable.

INGREDIENTS	12 SERVINGS		24 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
* Fresh white potatoes, peeled, chopped 	1 lb.		2 lbs.		 12 servings: 12 5-oz. servings (2 qt.)
Dried minced onion		1 Tbsp.		2 Tbsp.	
Water		2 $\frac{3}{4}$ cups		1 qt. 1 $\frac{1}{2}$ cups	
Salt		$\frac{3}{4}$ tsp.		1 $\frac{1}{2}$ tsp.	
Canned whole kernel corn	1 lb.	2 cups	2 lbs.	1 qt.	 24 Servings: 24 5-oz. servings (1 gal.)
Canned condensed tomato soup	15 oz.		1 lb. 9 oz.		
Chili powder		$\frac{3}{4}$ tsp.		1 $\frac{1}{2}$ tsp.	
Garlic powder		$\frac{1}{4}$ tsp.		$\frac{1}{2}$ tsp.	
Black pepper		$\frac{1}{8}$ tsp.		$\frac{1}{4}$ tsp.	
Canned evaporated milk	12 oz.	1 $\frac{1}{2}$ cups	1 lb. 8 oz.	3 cups	

 **DIRECTIONS**

- In a large stock pot, combine potatoes, onion, water, and salt.
- Bring to a boil and cover. Reduce heat and simmer for 30 minutes.
- Add corn, tomato soup, chili and garlic powders, and black pepper.
- Bring to a boil; stir in milk. Reduce heat and do not allow the milk to boil.
- Portion with a 5 oz. ladle.
- Stir before portioning each serving.

 **SHOPPING GUIDE FOR SELECT ITEMS**

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 24-SERVING RECIPE
* Fresh white potatoes	1 lb. 3 ¼ oz.	2 lbs. 6 ½ oz.

Dessert



DESSERT

Dessert

For centuries, desserts have served as a way to signify that a meal is over and gives the consumer a sense of goodness and completion. For this reason, desserts can be a crucial part of an enjoyable meal experience. Many of these foods however, can be high in salt, sugar, and/or fat. For this reason, it is important to carefully consider the serving size and how often these foods are served. It is also important to keep in mind the total amount of salt, sugar, and fat in the meal when serving a dessert. As of October 1, 2017, grain-based desserts are no longer a creditable grains and will not credit in a reimbursable meal. Grain-based desserts may be served as an extra. Please reference the Food Buying Guide for Child Nutrition Programs or contact your State agency.



CORNMEAL COOKIES

SERVING/Grain-based desserts are not a creditable grains as of 10/1/2017. These cookies may be used as a non-creditable food item for celebrations or at a meal service.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
* Shortening	1 ⅓ oz.	¼ cup	3 ⅓ oz.	½ cup	<div style="text-align: center;"> 12 12 servings: 12-14 cookies </div> <div style="text-align: center; margin-top: 20px;"> 25 25 Servings: 25-30 cookies </div>
Sugar	2 oz.	¼ cup	4 oz.	½ cup	
Large eggs 🍳		1		2	
Vanilla		¼ tsp.		½ tsp.	
All-purpose, enriched flour 🍷	3 oz.	¾ cup	6 oz.	1 ½ cups	
Cornmeal, enriched 🍷	1 ¼ oz.	¼ cup	2 ½ oz.	½ cup	
Baking powder		¼ tsp.		½ tsp.	
Salt		⅛ tsp.		¼ tsp.	
Nutmeg		⅛ tsp.		¼ tsp.	



DIRECTIONS

- Cream shortening in a mixing bowl, gradually add sugar.
- Add egg(s); beat until light and fluffy.
- Add vanilla.
- Sift dry ingredients.
- Add flour mixture to creamed mixture. Mix thoroughly.
- Scoop dough 1-Tbsp. measure. Drop onto a lightly greased cookie sheet. Press with a fork.
- Bake at 400°F for 7 to 10 minutes or until lightly browned.
- One cookie is a serving.

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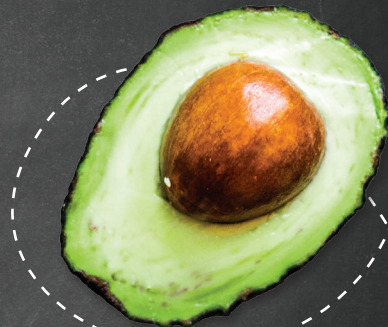
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MULTICULTURAL RECIPES



This cookbook contains recipes featuring foods that reflect the cultural diversity of the Lone Star State. Children and adults have tested and approved these delicious and healthy recipes. Try a few of the recipes and enjoy a fun, educational and very tasty multicultural dining experience.



Food and Nutrition Division
Child and Adult Care Food Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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