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Sloppy Joe on a Roll - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Sloppy Joe on a Roll features a truly delectable combination of lean ground turkey and lean ground beef cooked in a flavorful tomato sauce featuring green onions and spices. All this nutritious deliciousness is served on a whole grain roll.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 10% fat)	1 lb 12 oz	3 1/2 cups	3 lb 8 oz	1 qt 3 cups
Raw ground turkey (no more than 15% fat)	3 lb	1 qt 2 cups	6 lb	3 qt
*Fresh onions, chopped	5 oz	1 cup	10 oz	2 cups
Garlic powder		1 1/2 tsp		1 Tbsp
Dry mustard		1 Tbsp		2 Tbsp
Ground black or white pepper		1/2 tsp		1 tsp
Brown sugar		1/8 cup 1 Tbsp	3 oz	1/4 cup 2 Tbsp
Water		1 cup		2 cups
White vinegar		1/2 cup 1 Tbsp		1 cup 2 Tbsp
Catsup	14 1/2 oz	1 1/3 cups 1 1/4 tsp	1 lb 13 oz	2 2/3 cups 2 1/2 tsp
Canned no-salt-added tomato paste	14 oz	1 1/2 cups 2/3 tsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 1 1/3 tsp (1/4 No. 10 can)
*Fresh green onions, tops and bottoms, chopped	2 oz	1/4 cup 2 1/4 tsp	4 oz	1/2 cup 1 Tbsp 1 1/2 tsp
Whole-grain hamburger buns (at least 1.8 oz each)	2 lb 13 oz	25 each	5 lb 10 oz	50 each

Directions

- Place ground turkey and ground beef in a large stock pot. Heat uncovered over high heat for 5-8 minutes. Stir often until meat is well done.
- Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.
- Add onions, garlic powder, dry mustard, pepper, and sugar. Cook uncovered over medium-high heat for 1-2 minutes, stirring occasionally.
- Add water, vinegar, catsup, and tomato paste. Stir well. Heat uncovered over medium-high heat for 1-2 minutes.

6. Reduce heat to medium. Add green onions. Simmer uncovered for 5-10 minutes.
7. Pour 2 qt 2 cups (5 lb 3 oz) sloppy joe mixture into a steam table pan (12" x 20" x 2 1/2"). Set aside for step 9. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
8. Place bottom half of each bun on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
9. Using a No. 12 scoop, portion 1/3 cup 2 1/2 tsp (about 3 oz) sloppy joe mixture onto bottom half of each bun.
10. Place top half of bun on top of each sandwich.
11. Critical Control Point: Hold for hot service 140 °F or higher.
12. Serve 1 sandwich.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 sandwich provides 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1.75 oz equivalent grains.

CACFP Crediting Information: 1 sandwich provides 2 oz meat/meat alternate, 1/4 cup vegetable, and 1.75 serving grains/bread.

My Notes

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	260	Mature yellow onions	6 oz	12 oz
Total Fat	7 g	Mature green onions	3 oz	6 oz
Saturated Fat	2 g	Meal Components		
Cholesterol	40 mg	Vegetables		
Sodium	420 mg	Red & Orange	1/8 cup	
Total Carbohydrate	32 g	Grains	1 3/4 ounces	
Dietary Fiber	2 g	Meat / Meat Alternate	2 ounces	
Total Sugars	11 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Added Sugars included	N/A			
Protein	17 g			
Vitamin D	3 IU			
Calcium	99 mg			
Iron	4 mg			
Potassium	430 mg			

N/A - data is not available



United States Department of Agriculture
 What's Cooking? USDA Mixing Bowl

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Nachos with Diced Chicken USDA Recipe for CACFP

Makes: 17 or 33 Servings

Nachos with Diced Chicken – Diced chicken, cheese, pinto beans and Mexican spices over whole grain tortilla chips.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Frozen, cooked diced chicken, thawed, 1/2" pieces	2 lb 8 oz	2 qt 2/3 cup	5 lb	1 gal 1 1/3 cups
Ancho chili powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Mexican seasoning mix (See Notes Section)		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Chili powder		2 Tbsp		1/4 cup

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Ground cumin		2 Tbsp		1/4 cup
Salt		1/4 tsp		1/2 tsp
Paprika		2 tsp		1 Tbsp 1 tsp
Onion powder		2 tsp		1 Tbsp 1 tsp
Canned low-sodium pinto beans, drained	1 lb 6 oz	3 cups 1 tsp (1/3 No. 10 can)	2 lb 12 oz	1 qt 2 cups 2 tsp (2/3 No. 10 can)
*Dry pinto beans	1 lb 6 oz	3 cups 1 tsp	2 lb 12 oz	1 qt 2 cups 2 tsp
Water		1/2 cup		1 cup
Water		3/4 cup		1 1/2 cups
Whole-grain tortilla chips	1 lb 10 oz	250 chips	3 lb 4 oz	500 chips
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt
(Optional) Low-fat sour cream	1 lb 9 oz	2 1/4 cups 3 Tbsp	3 lb 2 oz	1 qt 3/4 cup 2 Tbsp

Directions

1. Place chicken and spices in a medium stock pot. Heat over medium heat uncovered for 2 minutes.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Critical Control Point: Hold for hot service at 140 °F or higher.
4. Set chicken aside for step 12.
5. Pour beans into a food processor.
6. Pour water slowly in processor while beans are pureeing on medium speed for 1-2 minutes.
7. Add remaining water and puree on low for 3 minutes until beans have a smooth consistency.

8. Pour pureed beans into a large stock pot uncovered over medium heat for 15 seconds.
9. Transfer beans into a steam table pan (12" x 20" x 2 1/2"). Set aside for step 11. For 17 servings, use 1 pan. For 33 servings, use 2 pans.
10. First layer: Arrange 16 chips on a plate.
11. Second layer: Portion about 3 oz beans on top of chips.
12. Third layer: Portion 2 oz chicken on top of beans.
13. Fourth layer: Sprinkle 1 Tbsp (about 1/3 oz) cheese on top of chicken.
14. (Optional) Portion about 1.5 oz sour cream.
15. (Optional) Portion pico de gallo with 1/4 cup. See G-15 for recipe ingredients and directions.
16. Serve 1 plate of chicken nachos.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Serving

NSLP/SBP Crediting Information: 1 plate of chicken nachos provides:

Legume as Meat/Meat Alternate: 3 oz equivalent meat/meat alternate and 1.5 oz equivalent grains.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 3/8 cups dry or 5 ¼ cups cooked beans.

My Notes

Source: USDA Standardized Recipe Project



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Pico De Gallo - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Pico de Gallo recipe features fresh tomatoes, red onions, garlic, cilantro, green onions, jalapeno peppers and Mexican spices.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh tomatoes, chopped	2 lb 8 oz	1 qt 1 1/3 cups	5 lb	2 qt 2 2/3 cups
*Fresh red onions, diced 1/4"	12 oz	2 1/3 cups	1 lb 8 oz	1 qt 2/3 cups
*Fresh jalapeno peppers, seeded, diced 1/4"	3 oz	1/2 cup	6 oz	1 cup
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups
*Fresh green onions, finely chopped	2 oz	1/3 cup	4 oz	2/3 cup
Salt		1/3 tsp		2/3 tsp
Ground black pepper		1/3 tsp		2/3 tsp
Garlic powder		1 Tbsp		2 Tbsp

Directions

1. Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
2. Critical Control Point: Cool to 40 °F or lower within 4 hours.
3. Critical Control Point: Hold at 40 °F or below.
4. Serve in small 2 oz souffle cups.
5. Portion with No. 16 scoop (1/4 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/8 cup other vegetable.

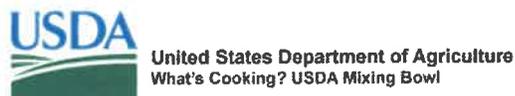
CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/4 vegetable serving.

My Notes

Source: USDA Standardized recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	16	Mature onions	1 lb 4 oz	2 lb 8 oz
Total Fat	0 g	Jalapenos	4 oz	8 oz
Saturated Fat	0 g	Green onions	3 oz	6 oz
Cholesterol	0	Tomatoes	2 lb 14 oz	5 lb 12 oz
Sodium	35 mg	Meal Components		
Total Carbohydrate	4 g	Vegetables		
Dietary Fiber	1 g	Red & Orange	1/8 cup	
Total Sugars	2 g	Other	1/8 cup	
Added Sugars included	N/A	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Protein	1 g			
Vitamin D	0 IU			
Calcium	11 mg			
Iron	0 mg			
Potassium	128 mg			
N/A - data is not available				



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Mexicali Corn - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Mexicali Corn – Sweet, canned corn combined with red and green bell peppers, pimientos and Mexican spices.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh onions, diced	3 oz	1/2 cup 1 Tbsp 1 1/8 tsp	6 oz	1 cup 2 Tbsp 2 1/4 tsp
*Fresh green bell peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups
*Fresh red bell peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups
Ancho chili powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Mexican seasoning mix (See Notes Section)		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Margarine, trans fat-free		1/8 cup	2 oz	1/4 cup
Ground cumin		3/4 tsp		1 1/2 tsp
Frozen corn, thawed, drained	2 lb 2 oz	1 qt 2 cups	4 lb 4 oz	3 qt
Canned pimientos, chopped, drained	2 oz	1/4 cup 1 1/8 tsp	4 oz	1/2 cup 2 1/4 tsp

Directions

1. In a large stock pot, add onions, green bell peppers, red bell peppers, ancho chili powder, margarine, and cumin. Saute uncovered over high heat for 2-3 minutes or until onions are translucent, stirring occasionally.
2. Add corn and pimientos. Saute uncovered over medium heat for 2 minutes. Stir well.
3. Critical Control Point: Heat to 140 °F or higher.
4. Pour 2 qt 1/4 cup (about 2 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. Critical Control Point: Hold for hot service at 140 °F or higher.
6. Portion with No. 16 scoop (1/4 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Serving

NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup starchy vegetable and 1/8 cup additional vegetable.

CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/4 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	40	Mature onions	4 oz	8 oz
Total Fat	1 g	Red bell peppers	5 oz	10 oz
Saturated Fat	0 g	Green bell peppers	5 oz	10 oz
Cholesterol	0 mg	Meal Components		
Sodium	72 mg	Vegetables		
Total Carbohydrate	8 g	Starchy	1/8 cup	
Dietary Fiber	1 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Sugars	2 g			
Added Sugars included	N/A			
Protein	1 g			
Vitamin D	0 IU			
Calcium	3 mg			
Iron	0 mg			
Potassium	112 mg			
N/A - data is not available				

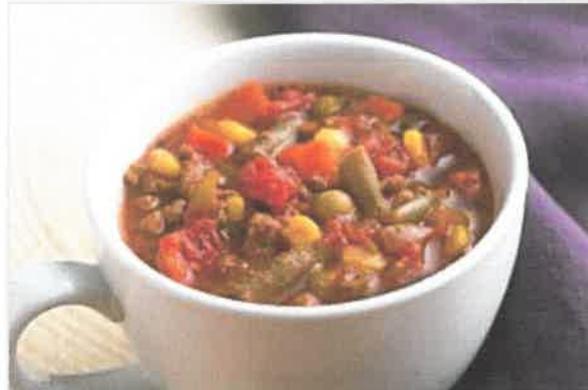


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Beef Vegetable Soup - USDA Recipe for Schools

Makes: 50 or 100 Servings

Our Beef Vegetable Soup has a base of beef broth enhanced with ground beef, a variety of vegetables and chili powder for a subtle kick of spice.



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 10% fat)	3 lb	1 qt 2 cups	6 lb	3 qt
Low-sodium beef broth		1 gal		2 gal
Canned no-salt-added diced tomatoes, undrained	6 lb 6 oz	2 qt 3 cups (approx. 1 No. 10 can)	12 lb 12 oz	1 gal 1 qt 2 cups (approx. 2 No. 10 cans)
*Fresh celery, chopped	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups
*Fresh onions, chopped	1 lb	1 cup	2 lb	2 cups
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground black or white pepper		1 tsp		2 tsp
Onion powder		2 Tbsp		1/4 cup
Salt-free seasoning		2 Tbsp		1/4 cup
Garlic powder	3 3/4 oz	1/4 cup 2 Tbsp	7 1/2 oz	3/4 cup
Dried parsley		1/4 cup		1/2 cup
Ancho chili powder	2 1/2 oz	1/4 cup 2 Tbsp	5 oz	3/4 cup
Mexican seasoning mix (See Notes Section)	2 1/2 oz	1/4 cup 2 Tbsp	5 oz	3/4 cup
Frozen corn	1 lb 2 oz	3 cups 2 Tbsp	2 lb 4 oz	1 qt 2 1/4 cups
Frozen peas and carrots	2 lb 6 oz	1 qt 3 1/2 cups 2 Tbsp 2 tsp	4 lb 12 oz	3 qt 3 1/4 cups 1 Tbsp 1 tsp
Frozen green beans	14 oz	2 2/3 cups	1 lb 12 oz	1 qt 1 1/3 cups

Directions

1. Place ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove meat from heat. Drain beef in a colander.
4. Return meat to heat.

5. Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
6. Add corn, peas and carrots, and green beans.
7. Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
8. Critical Control Point: Heat to 165 °F or higher for 15 seconds.
9. Pour 1 gal 1 qt (about 9 lb 13 oz) soup into a half steam table pan (12 3/4" x 10 1/2" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
10. Critical Control Point: Hold for hot service at 135 °F or higher.
11. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides .5 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides .5 oz meat/meat alternate and 1/2 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	50 Servings	100 Servings
Calories	97	Mature onions	1 lb 4 oz	2 lb 8 oz
Total Fat	3 g	Celery	14 oz	1 lb 12 oz
Saturated Fat	1 g	Meal Components		
Cholesterol	20 g	Vegetables		
Sodium	270 mg	Red & Orange	1/8 cup	
Total Carbohydrate	10 g	Other	1/8 cup	
Dietary Fiber	2 g	Meat / Meat Alternate	1/2 ounce	
Total Sugars	4 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Added Sugars included	N/A			
Protein	8 g			
Vitamin D	0 IU			
Calcium	20 mg			
Iron	1 mg			
Potassium	210 mg			
N/A - data is not available				

White Bean Chicken Chili

Serves 25

Ingredients

- 6 tablespoons butter or margarine
- 3 large onions
- 6 cloves garlic, chopped
- 5 pounds cooked, diced chicken
- 3 teaspoons cumin
- 60 oz diced tomatoes with chilis, undrained
- 3 cans great northern beans
- Optional, sour cream

Directions

1. Cook onion and garlic in butter, stirring occasionally, until onion is tender.
2. Stir in remaining ingredients except sour cream. Heat to boiling; reduce heat to low. Simmer uncovered 2 to 3 minutes, stirring occasionally, until hot.
3. Top each serving with sour cream



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Quick Baked Sweet Potatoes - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Quick Baked Sweet Potatoes – Fresh sweet potato wedges coated with spices and baked.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh sweet potatoes, unpeeled	7 lb 8 oz	1 gal 3 qt 1/8 cup	15 lb	3 gal 2 qt 1/4 cup
Canola oil		1/4 cup		1/2 cup
Ground cinnamon		1 tsp		2 tsp
Granulated sugar	4 oz	1/2 cup	8 oz	1 cup
Ground nutmeg		2 tsp		1 Tbsp 1 tsp
Ground allspice		1 tsp		2 tsp

Directions

1. Cut 1 gal 3 qt 1/8 cup (about 7 lb 8 oz) sweet potatoes in half, and then cut into quarter wedges. Recommended to cook in batches of 25.
2. Combine sweet potato wedges, oil, cinnamon, sugar, nutmeg, and allspice in a large bowl. Spread evenly
3. Place 1 gal 3 qt 1 cup (7 lb 12 oz) spiced sweet potato wedges on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
4. Bake: Conventional oven: 450 °F for 35 minutes. Convection oven: 425 °F for 25 minutes.
5. Critical Control Point: Heat to 140 °F or higher.
6. Critical Control Point: Hold for hot service at 140 °F or higher.
7. Serve 1 portion (approx. 3 potato wedges per serving).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: One portion (approx. 3 potato wedges per serving) provides 1/2 cup red/orange vegetable.

CACFP Crediting Information: One portion (approx. 3 potato wedges per serving) provides 1/2 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	111	Sweet potatoes	9 lb 6 oz	18 lb 12 oz
Total Fat	2 g	Meal Components		
Saturated Fat	0 g	Vegetables		
Cholesterol	0 mg	Red & Orange 1/2 cup		
Sodium	29 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Carbohydrate	21 g			
Dietary Fiber	3 g			
Total Sugars	9 g			
Added Sugars included	N/A			
Protein	2 g			
Vitamin D	0 IU			
Calcium	33 mg			
Iron	1 mg			
Potassium	395 mg			
N/A - data is not available				

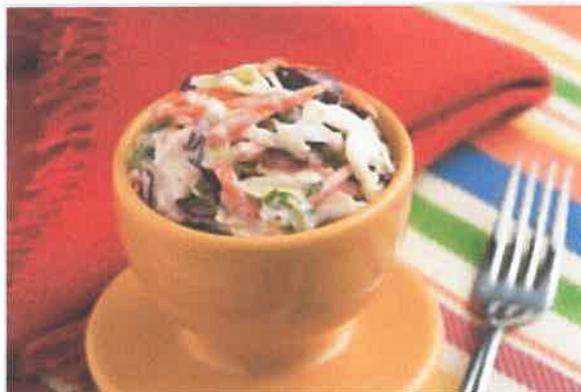


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Creamy Coleslaw - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Creamy Coleslaw is a healthy and fresh tasting combination of cabbage, carrots, green onions and cranberries in a yogurt based dressing.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Low-fat yogurt, plain	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup
Low-fat mayonnaise	8 oz	3/4 cup	1 lb	1 1/2 cups
Honey		1 cup		2 cups
Apple cider vinegar		1/4 cup 2 Tbsp		3/4 cup
Salt		3/4 tsp		1 1/2 tsp
Ground black pepper		1 tsp		2 tsp
*Fresh green cabbage, chilled, shredded	1 lb 9 oz	2 qt 2 1/2 cups 1 Tbsp	3 lb 2 oz	1 gal 1 qt 1 cup 2 Tbsp
*Fresh purple cabbage, chilled, shredded	5 oz	2 cups 2 Tbsp	10 oz	1 qt 1/4 cup
*Fresh carrots, shredded	8 oz	1 cup 3 Tbsp	1 lb	2 1/4 cups 2 Tbsp
*Fresh green onions, diced	4 oz	1/2 cup 1 Tbsp 1 1/2 tsp	8 oz	1 cup 3 Tbsp
Dried Cranberries	9 oz	1 3/4 cups 1 Tbsp	1 lb 2 oz	3 1/2 cups 2 Tbsp

Directions

1. Dressing: Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
2. Combine cabbage, carrots, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.
3. Pour 3 1/2 cups (about 2 lb) dressing over 3 qt 3 cups (about 2 lb 10 oz) vegetable mixture. Stir well.
4. Transfer 1 gal (about 5 lb) coleslaw to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. Critical Control Point: Cool to 40 °F or lower within 4 hours.
6. Critical Control Point: Hold at 40 °F or below.
7. Portion with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #1: No Cook

Serving

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup other vegetable, 1/8 cup additional vegetable and 1/8 cup fruit.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 5/8 cup vegetable and 1/8 cup fruit.

*Please note that the recipe contains differing crediting and serving size amounts. This is due to the coleslaw shrinking in volume after it has been prepared.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	128	Carrots	8 oz	1 lb
Total Fat	2 g	Mature green onions	5 oz	10 oz
Saturated Fat	0 g	Green cabbage	1 lb 9 oz	3 lb 2 oz
Cholesterol	4 mg	Purple cabbage	5 oz	10 oz
Sodium	179 mg	Meal Components		
Total Carbohydrate	27 g	Fruits	1/8 cup	
Dietary Fiber	2 g	Vegetables		
Total Sugars	21 g	Other	1/2 cup	
Added Sugars included	N/A	Meat / Meat Alternate	1/4 ounce	
Protein	2 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Vitamin D	0 IU			
Calcium	62 mg			
Iron	0 mg			
Potassium	90 mg			

N/A - data is not available