



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

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Peach Cobbler - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Put the pizzazz in dessert! Try this peach cobbler with plump peaches coated in cinnamon, sugar and nutmeg; all housed in a whole grain crust



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	12 3/4 oz	2 2/3 cups	1 lb 9 1/2 oz	1 qt 1 1/3 cups
Enriched all purpose flour	8 3/4 oz	2 cups	1 lb 1 1/2 oz	1 qt
Salt		1 1/2 tsp		1 Tbsp
Canola oil		2/3 cup 2 Tbsp		1 1/2 cups 1 Tbsp 1 tsp
Nonfat milk		2/3 cup		1 1/3 cups
Iced Water		1/3 cup		2/3 cup
Canned diced peaches, in 100% juice, drained (reserve juice)	4 lb 13 oz	2 qt 3/4 cup (approx. 3/4 No. 10 can)	9 lb 10 oz	1 gal 1 1/2 cups (approx. 1 1/2 No. 10 can)
Peach juice (from reserve)		3 1/2 cups		1 qt 3 cups
Cornstarch	4 oz	2/3 cup 2 Tbsp 2 tsp	8 oz	1 2/3 cups
Sugar	7 oz	3/4 cup 2 Tbsp	14 oz	1 3/4 cups
Orange juice concentrate		1/8 cup		1/4 cup
Ground cinnamon		1 tsp		2 tsp
Ground nutmeg		1/2 tsp		1 tsp

Directions

1. Combine flour, salt, and oil in a large bowl. Stir well.
2. Add milk. Stir well.
3. Slowly add iced water to dough, 1 tablespoon at a time. Stir well until dough begins to form.
4. Once dough ball is smooth, let rest for 15-30 minutes. Cover to prevent dough from drying out. Set aside for step 14.
5. Critical Control Point: Cool to 40 °F or lower within 4 hours.

6. Critical Control Point: Hold at 40 °F or below.
7. Drain peaches. Reserve 3 1/2 cups peach juice. Set peach juice aside for step 8. Set peaches aside for step 12. Recommended to cook in batches of 25.
8. Combine cornstarch and 1/4 cup peach juice in a large bowl. Stir well until smooth. Set remaining peach juice aside for step 9. Set cornstarch mixture aside for step 10.
9. In a large stock pot, add remaining peach juice and 1/3 cup 1 Tbsp 1 tsp (about 3 1/2 oz) sugar in a large stock pot. Stir well. Bring to a boil. Set remaining sugar aside for step 11.
10. Slowly add cornstarch mixture. Heat uncovered over high heat for 1 minute, stirring constantly until mixture thickens.
11. Remove from heat. Add remaining sugar, orange juice concentrate, cinnamon, and nutmeg. Stir well.
12. Combine sugar mixture and peaches in a large bowl. Stir lightly.
13. Pour 1 gal 2 cups (about 10 lb 15 1/2 oz) filling into a steam table pan (12" x 20" x 2 1/2"). Set aside for step 14. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
14. Roll 1 qt (about 2 lb 5 1/2 oz) dough out onto a lightly floured surface. Place dough on top of each pan of filling.
15. Bake: Conventional oven: 425 °F for 1 hour. Convection oven: 375 °F for 40 minutes.
16. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

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 Crediting Information: 1 piece provides 1/4 cup fruit and 1.5 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1/4 cup fruit.

The Dietary Guidelines identify grain-based desserts as sources of added sugars and saturated fats. To better align the CACFP meal patterns with the Dietary Guidelines, grain-based desserts cannot count towards the grain requirement at any meal or snack under the updated CACFP meal patterns (7 CFR 226.20(a)(4)(iii)).

My Notes

Source: USDA Standardized Recipe Project



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Chicken Fajitas - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Chicken Fajitas – Diced chicken breast, combined with salsa, vegetables, Mexican spices and lime juice served in a whole grain tortilla.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen chicken strips, cooked, thawed	3 lb 4 oz	3 qt 2 cups	6 lb 8 oz	1 gal 3 qt
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Garlic powder		2 tsp		1 Tbsp 1 tsp
Chili powder		1 Tbsp		2 Tbsp
Ground cumin		1 Tbsp		2 Tbsp
Dried oregano		1 tsp		2 tsp
Ancho chili powder		3 Tbsp		1/4 cup 2 Tbsp
Mexican seasoning mix (See Notes Section)		3 Tbsp		1/4 cup 2 Tbsp
*Fresh green bell peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups
*Fresh onions, diced	6 oz	1 cup 2 Tbsp 2 1/4 tsp	12 oz	2 1/4 cups 1 Tbsp 1 1/2 tsp
Frozen corn, thawed, drained	1 lb 2 oz	3 cups 1 Tbsp 2 3/4 tsp	2 lb 4 oz	1 qt 2 cups 3 Tbsp 2 1/2 tsp
Canned no-salt-added diced tomatoes, drained	8 oz	3/4 cup 1 Tbsp 2 1/2 tsp	1 lb	1 1/2 cups 3 Tbsp 2 tsp (approx. 1/8 No. 10 can)
Canned low-sodium salsa	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp (approx. 1/8 No. 10 can)
Sugar		1 Tbsp		2 Tbsp
Canola oil		1/4 cup		1/2 cup
Paprika		1 tsp		2 tsp
*Fresh limes	6 oz	2 each	12 oz	4 each
Fresh lime juice		1/4 cup		1/2 cup
Whole-grain tortillas, 8" (1.5 oz each)	2 lb 5 1/2 oz	25 each	4 lb 11 oz	50 each

Directions

1. Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and ancho chili powder in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.
2. Critical Control Point: Cool to 40 °F or lower within 4 hours.

3. Critical Control Point: Hold at 40 °F or below.
4. Place marinated chicken in a large stock pot. Cook uncovered over medium-high heat for 2 minutes.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Set aside for step 9.
7. In a medium stock pot, add peppers and onions. Cook uncovered over medium-high heat until onions are translucent. Set aside for step 9.
8. In a medium stock pot, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes. Stir occasionally. Set aside for step 9.
9. Combine chicken, peppers, onions, and corn mixture in a large bowl. Toss well.
10. Using a No. 8 scoop, portion 1/2 cup 2 1/3 tsp (about 4.2 oz) chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in other half like a taco. Place 25 fajitas on each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
11. Critical Control Point: Hold for hot service at 140 °F or higher.
12. Serve 1 fajita.

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 #3: Complex Food Preparation

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: One fajita provides 2 oz equivalent meat/meat alternate, 1/8 cup starchy vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

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

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount
Calories	267
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	39 mg
Sodium	415 mg
Total Carbohydrate	28 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	0 IU
Calcium	12 mg
Iron	0 mg
Potassium	75 mg
N/A - data is not available	

Marketing Guide

Foods as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz
Green bell peppers	5 oz	10 oz
Limes	5 oz	10 oz

Meal Components

Vegetables

Starchy 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

5. Transfer 3 qt (about 5 lb 13 oz) three bean salad to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. Sprinkle cilantro over each pan.
7. Critical Control Point: Cool to 40 °F or lower within 4 hours.
8. Critical Control Point: Hold at 40 °F or below.
9. 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 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable.

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 kidney beans = about 2 1/2 cups dry or 6 ¼ cups cooked beans.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	57	Mature red onions	5 oz	10 oz
Total Fat	2 g	Tomatoes	2 lb 14 oz	5 lb 12 oz
		Jalapeno peppers	3 oz	6 oz
Saturated Fat	0 g	Dry kidney beans	9 oz	1 lb 2 oz
Cholesterol	0 mg	Meal Components		
Sodium	163 mg	Vegetables		
Total Carbohydrate	9 g	Red & Orange	1/8 cup	
Dietary Fiber	2 g	Other	1/8 cup	
Total Sugars	6 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	1 g			
Vitamin D	0 IU			
Calcium	14 mg			
Iron	1 mg			
Potassium	128 mg			
N/A - data is not available				



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Baby Potatoes Persillade - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Baby Potatoes Persadille – Small baby potatoes with a light butter sauce.



25 Servings

Ingredients	Weight	Measure
Canned whole baby potatoes, drained	5 lb	2 qt 2 3/4 cups (approx. 1 1/8 No. 10 cans)
Canola oil		1/4 cup
Garlic, minced	3 oz	1/4 cup
Salt		1/2 tsp
Ground white pepper		1/2 tsp
Fresh parsley, minced		2/3 cup

50 Servings

Weight	Measure
10 lb	1 gal 1 qt 1 1/2 cups (approx. 2 1/4 No. 10 cans)
	1/2 cup
6 oz	1/2 cup
	1 tsp
	1 tsp
	1 1/3 cups

Directions

- Place 2 qt 2 3/4 cups (about 5 lb) potatoes on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Bake until golden brown: Conventional oven: 425 °F for 25-30 minutes. Convection oven: 400 °F for 15-20 minutes.
- Critical Control Point: Heat to 140 °F or higher.
- Transfer 3 qt (about 3 lb 15 oz) roasted potatoes to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Critical Control Point: Hold for hot service at 140 °F or higher.
- Set aside for step 12.
- Heat oil in a medium stock pot.
- Add garlic, salt, and pepper. Simmer uncovered over medium-high heat for 30 seconds - 1 minute.
- Critical Control Point: Heat to 140 °F or higher.
- Remove from heat, and allow to cool for 1 minute.

11. Add parsley. Stir well.
12. Pour 1 cup (about 4 oz) persillade over each pan. Stir well.
13. Critical Control Point: Hold for hot service at 140 °F or higher.
14. Portion 1 serving (approx. 2-3 baby potatoes 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: 1 serving (approx. 2-3 baby potatoes per serving) provides 1/4 cup starchy vegetable.

CACFP Crediting Information: 1 serving (approx. 2-3 baby potatoes per serving) provides 1/4 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	66	Vegetables
Total Fat	2 g	Starchy 1/4 cup
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 ml	
Sodium	201 mg	
Total Carbohydrate	8 g	
Dietary Fiber	1 g	
Total Sugars	0 g	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	0 IU	
Calcium	4 mg	
Iron	1 mg	
Potassium	162 mg	
N/A - data is not available		



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Apple Crisp - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Add this amazing apple crisp to your menu! Tangy frozen apples are sweetened with a light simple syrup then topped with a crumbled whole-grain flour, oats, brown sugar and cinnamon mixture.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup
Oats, rolled, dry	4 1/2 oz	1 2/3 cups 2 tsp	9 oz	3 1/3 cups 1 Tbsp 1 tsp
Brown sugar	9 oz	1 1/8 cups	1 lb 2 oz	2 1/4 cups
Ground cinnamon		1 Tbsp		2 Tbsp
Ground nutmeg		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Salt		1/4 tsp		1/2 tsp
Margarine, trans fat-free	8 oz	1 cup	1 lb	2 cups
Water		3/4 cup		1 1/2 cups
Sugar	5 1/4 oz	2/3 cup	10 1/2 oz	1 1/3 cups
Frozen green apples, sliced, thawed	4 lb 10 oz	3 qt 2 1/2 cups 1 Tbsp 1 3/4 tsp	9 lb 4 oz	1 gal 3 qt 1 cup 3 Tbsp 1/2 tsp
Frozen lemon juice concentrate, reconstituted		1/4 cup		1/2 cup
Variation: Frozen cherries, thawed, drained	5 lb	3 qt 1/2 cup	10 lb	1 gal 2 qt 1 cup

Directions

1. Topping: Combine 1 1/3 cups 1 Tbsp 2 tsp (about 6.4 oz) flour, oats, sugar, 2 1/4 tsp cinnamon, nutmeg, and salt in a large bowl. Stir well.
2. Set remaining flour aside for step 4. Set remaining cinnamon aside for step 4. Recommended to cook in batches of 25.
3. Add margarine. Using a fork or pastry blender, cut margarine into flour until mixture has a crumbly consistency. Set aside for step 7.
4. Filling: Combine remaining flour, remaining cinnamon, water, and sugar in a large bowl. Stir well.
5. Add apples and lemon juice. Stir well.

6. Pour 3 qt (about 6 lb) filling into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Sprinkle 3 3/4 cups (about 1 lb 7 oz) topping over each pan.
8. Bake: Conventional oven: 375 °F for 55-60 minutes. Convection oven: 350 °F for 45-50 minutes.
9. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).
10. Variation: Replace apples with cherries in step 5.

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 Crediting Information: 1 piece provides 3/8 cup fruit and 1 oz equivalent grains.

CACFP Crediting Information: The Dietary Guidelines identifies grain-based desserts as sources of added sugars and saturated fats. To better align the CACFP meal pattern with the Dietary Guidelines, grain-based desserts cannot count toward the grain requirement at any meal or snack under the updated CACFP meal patterns. (7 CFR 226.20 (a)(4)(iii)).

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	203	Fruits 3/8 cup
Total Fat	5 g	Grains 1 ounce
Saturated Fat	1 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 mg	
Sodium	161 mg	
Total Carbohydrate	39 g	
Dietary Fiber	3 g	
Total Sugars	23 g	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	39 IU	
Calcium	18 mg	
Iron	1 mg	
Potassium	162 mg	
N/A - data is not available		



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Orange Glazed Sweet Potatoes - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Orange Glazed Sweet Potatoes – Fresh sweet potatoes coated with a glaze that includes orange juice concentrate, ginger, cranberries, cinnamon and nutmeg.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Margarine, trans fat-free	4 oz	1/2 cup	8 oz	1 cup
Ginger, chopped	2 oz	1/4 cup	4 oz	1/2 cup
Orange juice, concentrated, frozen, thawed		1 cup		2 cups
Brown sugar	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
Ground cinnamon		2 tsp		1 Tbsp 1 tsp
Ground nutmeg		2 tsp		1 Tbsp 1 tsp
Salt		1 tsp		2 tsp
Vanilla extract		2 tsp		1 Tbsp 1 tsp
Water		1 cup		2 cups
*Fresh sweet potatoes, diced 1/2"	3 lb 8 oz	3 qt 1 1/8 cups	7 lb	1 gal 2 qt 2 1/4 cups
Cornstarch		1 Tbsp		2 Tbsp
Water		1 Tbsp		2 Tbsp
Dried Cranberries	5 oz	1 cup	10 oz	2 cups

Directions

1. In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.
2. Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.
3. Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Bake: Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.
5. Critical Control Point: Heat to 140 °F or higher.

6. While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.
7. Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.
8. Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.
9. After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.
10. Critical Control Point: Hold for hot service at 140 °F or higher.
11. Portion with No. 12 scoop (1/3 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

Serving

NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	163	Sweet potatoes	4 lb 6 oz	8 lb 12 oz
Total Fat	2 g	Meal Components		
Saturated Fat	1 g	Vegetables		
Cholesterol	0 mg	Red & Orange 3/8 cup		
Sodium	162 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Carbohydrate	35 g			
Dietary Fiber	3 g			
Total Sugars	23 g			
Added Sugars included	N/A			
Protein	1 g			
Vitamin D	0 IU			
Calcium	86 mg			
Iron	1 mg			
Potassium	303 mg			
N/A - data is not available				



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Roasted Potatoes O'Brien - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Roasted Potatoes O'Brien – Canned diced potatoes combined with red and green peppers and spices.



25 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned diced potatoes, drained	5 lb	2 qt 2 3/4 cups (approx. 1 1/8 No. 10 cans)	10 lb	1 gal 1 qt 1 1/2 cups (approx. 2 1/4 No. 10 cans)
Canola oil		1/4 cup		1/2 cup
*Fresh red bell peppers, diced	1 lb 2 oz	3 1/3 cups 2 tsp	2 lb 4 oz	1 qt 2 2/3 cups 1 Tbsp 1 tsp
*Fresh green bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups
Salt		1/3 tsp		2/3 tsp
Ground white pepper		1/2 tsp		1 tsp
Garlic, minced	3 oz	1/4 cup	6 oz	1/2 cup

50 Servings

Directions

- Place 2 qt 2 3/4 cups (about 5 lb) potatoes on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Bake until golden brown: Conventional oven: 425 °F for 25-30 minutes. Convection oven: 400 °F for 15-20 minutes.
- Critical Control Point: Heat to 140 °F or higher.
- Transfer 3 qt (about 3 lb 15 oz) roasted potatoes to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Critical Control Point: Hold for hot service at 140 °F or higher.
- Set aside for step 11.
- Heat oil in a medium stock pot.
- Add bell peppers, salt, pepper, and garlic. Saute uncovered over medium-high heat for 2-3 minutes.
- Critical Control Point: Heat to 140 °F or higher.
- Drain in a colander.

11. Pour 1 qt (about 1 lb 11 oz) bell peppers over each pan. Stir well.
12. Critical Control Point: Hold for hot service at 140 °F or higher.
13. Portion with 6 fl oz spoodle (3/4 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

Serving

NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 1/8 cup red/orange vegetable, 3/8 cup starchy vegetable, and 1/8 cup additional vegetable.

CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 5/8 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	74	Red bell peppers	1 lb 7 oz	2 lb 14 oz
Total Fat	3 g	Green bell peppers	10 oz	1 lb 4 oz
Saturated Fat	0 g	Meal Components		
Cholesterol	0 mg	Vegetables		
Sodium	186 mg	Starchy	3/8 cup	
Total Carbohydrate	10 g	Red & Orange	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	1 g			
Added Sugars included	N/A			
Protein	1 g			
Vitamin D	0 IU			
Calcium	14 mg			
Iron	0 mg			
Potassium	206 mg			
N/A - data is not available				



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Macaroni Salad - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Macaroni Salad combines whole grain pasta, fresh vegetables that include bell peppers, celery and carrots in a light dressing.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		1 gal 2 qt		3 gal
Whole-grain elbow macaroni	1 lb 9 oz	1 qt 1 3/4 cups	3 lb 2 oz	2 qt 3 1/2 cups
Low-fat mayonnaise	10 2/3 oz	1 cup	1 lb 5 1/3 oz	2 cups
White vinegar		1/4 cup		1/2 cup
Sugar	8 oz	1 cup	1 lb	2 cups
Mustard	2 oz	3 Tbsp	4 oz	1/4 cup 2 Tbsp
*Fresh red bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups
*Fresh green bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups
Canned pimientos, diced, drained		2 Tbsp	2 oz	1/4 cup
*Fresh carrots, shredded	9 oz	2 3/4 cups	1 lb 2 oz	1 qt 1 1/2 cups
*Fresh celery, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
*Fresh red onions, diced	5 oz	1 cup	10 oz	2 cups
Salt		3/4 tsp		1 1/2 tsp
Ground black or white pepper		1/2 tsp		1 tsp
Paprika		1 tsp		2 tsp

Directions

1. Heat water to a rolling boil.
2. Slowly add macaroni. Stir constantly until water boils again. Cook about 10-12 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
3. Dressing: Combine mayonnaise, vinegar, sugar, and mustard in a small bowl. Stir well. Set aside for step 5.
4. Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Stir well. Set aside for step 5.
5. Pour 2 1/4 cups (about 1 lb 5 1/2 oz) dressing over 1 gal 2 qt (about 5 lb 2 oz) vegetable and pasta mixture. Stir well.

6. Transfer 1 gal 2 qt (about 6 lb 7 ½ oz) macaroni salad to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Critical Control Point: Cool to 40 °F or lower within 4 hours.
8. Critical Control Point: Hold at 40 °F or below.
9. Garnish with paprika.
10. Portion with 6 fl oz spoodle (¾ 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

Serving

NSLP/SBP Crediting Information: ¾ cup (6 fl oz spoodle) is the equivalent of 4 oz of salad. One portion provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: ¾ cup (6 fl oz spoodle) is the equivalent of 4 oz of salad. One portion provides 1/4 cup vegetable and 1 serving grains/bread.

*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	153	Mature red onions	6 oz	12 oz
Total Fat	2 g	Red bell peppers	10 oz	1 lb 4 oz
Saturated Fat	0 g	Green bell peppers	10 oz	1 lb 4 oz
Cholesterol	2 mg	Celery	10 oz	1 lb 4 oz
Sodium	185 mg	Carrots	9 oz	1 lb 2 oz
Total Carbohydrate	31 g	Meal Components		
Dietary Fiber	3 g	Vegetables		
Total Sugars	8 g	Red & Orange	1/8 cup	
Added Sugars included	N/A	Other	1/8 cup	
Protein	5 g	Grains	1 ounce	
Vitamin D	0 IU	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Calcium	23 mg			
Iron	1 mg			
Potassium	96 mg			
N/A - data is not available				



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

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Broccoli Salad - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Broccoli Salad combines fresh broccoli and red onions in a slightly sweet creamy dressing.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Low-fat mayonnaise	1 lb	1 1/2 cups	2 lb	3 cups
Sugar	8 oz	1 cup	1 lb	2 cups
White vinegar		1/4 cup		1/2 cup
Low-fat (1%) milk		1/3 cup		2/3 cup
*Fresh broccoli, florets	2 lb	3 qt 2 1/4 cups	4 lb	1 gal 3 qt 1/2 cup
(Optional) Walnuts, chopped	8 oz	2 cups	1 lb	1 qt
*Fresh red onions, diced	3 oz	1/2 cup 1 Tbsp 1 tsp	6 oz	1 cup 2 Tbsp 2 tsp
Dried Cranberries	8 oz	1 1/2 cups 1 Tbsp 2 tsp	1 lb	3 cups 3 Tbsp 1 tsp

Directions

1. Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
2. Combine broccoli, walnuts (optional), onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.
3. Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
4. Transfer 3 qt (about 4 lb 8 oz) broccoli salad 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 dark green vegetable and 1/8 cup fruit.

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

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	107	Mature red onions	4 oz	8 oz
Total Fat	2 g	Broccoli	2 lb	4 lb
Saturated Fat	0 g	Meal Components		
Cholesterol	6 mg	Fruits	1/8 cup	
Sodium	170 mg	Vegetables		
Total Carbohydrate	22 g	Dark Green	1/2 cup	
Dietary Fiber	2 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Sugars	18 g			
Added Sugars included	N/A			
Protein	1 g			
Vitamin D	2 IU			
Calcium	23 mg			
Iron	0 mg			
Potassium	128 mg			
N/A - data is not available				



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

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Apple Cobbler - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Warm things up with this gently spiced apple cobbler. Frozen apples are coated with nutmeg and cinnamon then topped off with a whole grain crust



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	12 3/4 oz	2 2/3 cups	1 lb 9 1/2 oz	1 qt 1 1/3 cups
Enriched all purpose flour	8 3/4 oz	2 cups	1 lb 1 1/2 oz	1 qt
Salt		1 1/2 tsp		1 Tbsp
Canola oil		2/3 cup 2 Tbsp		1 1/2 cups 1 Tbsp 1 tsp
Nonfat milk		2/3 cup		1 1/3 cups
Iced Water		1/3 cup		2/3 cup
Cornstarch	2 oz	1/3 cup 1 Tbsp 1 tsp	4 oz	2/3 cup 2 Tbsp 2 tsp
Water		2 qt		1 gal
Sugar	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
Brown sugar	4 oz	1/2 cup	8 oz	1 cup
Ground cinnamon		2 tsp		1 Tbsp 1 tsp
Ground nutmeg		1 tsp		2 tsp
Frozen apples, thawed, drained	4 lb 8 oz	3 qt 2 cups 1 Tbsp	9 lb	1 gal 3 qt 2 Tbsp

Directions

1. Combine flour, salt, and oil in a large bowl. Stir well.
2. Add milk. Stir well.
3. Slowly add iced water to dough, 1 tablespoon at a time. Stir well until dough begins to form.
4. Once dough ball is smooth, let rest for 15-30 minutes. Cover to prevent dough from drying out. Set aside for step 12.
5. Critical Control Point: Cool to 40 °F or lower within 4 hours.
6. Critical Control Point: Hold at 40 °F or below.
7. Combine cornstarch and 1/4 cup water in a large bowl. Stir well until smooth. Set remaining water aside for step 8. Set cornstarch mixture aside for step 9. Recommended to cook in batches of 25.

8. In a large stock pot, add remaining water, sugar, brown sugar, cinnamon, and nutmeg in a large stock pot. Stir well. Bring to a boil.
9. Slowly add cornstarch mixture. Heat uncovered over high heat for 1 minute, stirring constantly until mixture thickens.
10. Combine brown sugar mixture and apples in a large bowl. Stir lightly.
11. Pour 1 gal (about 8 lb 1 oz) filling into a steam table pan (12" x 20" x 2 1/2"). Set aside for step 12. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
12. Roll 1 qt (about 2 lb 5 1/2 oz) dough out onto a lightly floured surface. Place dough on top of each pan of filling.
13. Bake: Conventional oven: 425 °F for 1 hour. Convection oven: 375 °F for 40 minutes.
14. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

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 Crediting Information: 1 piece provides 3/8 cup fruit and 1.5 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 3/4 cup fruit.

The Dietary Guidelines identify grain-based desserts as sources of added sugars and saturated fats. To better align the CACFP meal patterns with the Dietary Guidelines, grain-based desserts cannot count towards the grain requirement at any meal or snack under the updated CACFP meal patterns (7 CFR 226.20(a)(4)(iii)).

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	260	Fruits 3/8 cup
Total Fat	8 g	Grains 1 1/2 ounces
Saturated Fat	1 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 mg	
Sodium	150 mg	
Total Carbohydrate	48 g	
Dietary Fiber	3 g	
Total Sugars	27 g	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	3 IU	
Calcium	20 mg	
Iron	1 mg	
Potassium	134 mg	
N/A - data is not available		



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Scalloped Potatoes (with Fresh Potatoes) - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Scalloped Potatoes – Fresh potatoes, combined with milk, onions and spices.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh Yukon Gold potatoes, unpeeled, sliced	4 lb 2 oz	1 gal	8 lb 4 oz	2 gal
Margarine, trans fat-free	3 oz	1/3 cup 2 tsp	6 oz	2/3 cup 1 Tbsp 1 tsp
*Fresh onions, chopped	7 oz	1 1/3 cups 1 2/3 tsp	14 oz	2 2/3 cups 1 Tbsp 1/3 tsp
Whole-wheat flour	4 1/2 oz	1 cup	9 oz	2 cups
Low-fat (1%) milk		2 qt		1 gal
Salt		1 tsp		2 tsp
Ground black or white pepper		3/4 tsp		1 1/2 tsp
Dried parsley		1/4 cup		1/2 cup
Garlic powder		1 Tbsp		2 Tbsp

Directions

1. Place 1 gal (about 4 lb 2 oz) potatoes in a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. Set aside for step 8. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

2. Sauce: Melt margarine in a medium stock pot.

3. Add onions. Cook uncovered over medium-high heat for 1-2 minutes until onions become translucent, stirring occasionally. Reduce heat to medium.

4. Add flour. Cook uncovered over medium heat for 30 seconds, stirring constantly to moisten flour.

5. Add 1 qt milk. Cook uncovered over medium heat for 3-5 minutes allowing bubbles to form around the edge of the pot. Set remaining milk aside for step 6. Recommended to cook in batches of 25.

6. Add remaining milk, salt, pepper, parsley, and garlic powder.

7. Cook uncovered over medium heat for 5-10 minutes until sauce begins to simmer, stirring occasionally. Simmer for 1 minute. Set aside for step 8.

8. Pour 2 qt 1 1/2 cups (about 5 lb) sauce over potatoes in steam table pan (12" x 20" x 2 1/2"). Spread evenly. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
9. Bake: Conventional oven: 350 °F for 45-60 minutes. Convection oven: 325 °F for 35-45 minutes.
10. Critical Control Point: Heat to 140 °F or higher.
11. Critical Control Point: Hold for hot service at 140 °F or higher.
12. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

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 piece provides 1/2 cup starchy vegetable.

CACFP Crediting Information: 1 piece 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	125	Mature onions	8 oz	1 lb
Total Fat	2 g	Yukon Gold potatoes	5 lb 10 oz	11 lb 4 oz
Saturated Fat	1 g	Meal Components		
Cholesterol	3 mg	Vegetables		
Sodium	162 mg	Starchy	1/2 cup	
Total Carbohydrate	21 g	Grains	1/4 ounce	
Dietary Fiber	2 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Sugars	5 g			
Added Sugars included	N/A			
Protein	5 g			
Vitamin D	46 IU			
Calcium	115 mg			
Iron	1 mg			
Potassium	481 mg			
N/A - data is not available				



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Fruit Salsa - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Fruit Salsa recipe provides sweetness with a kick from its combination of fresh jalapenos, pineapples, red bell peppers and diced peaches.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned diced peaches, light syrup, drained OR canned pineapple tidbits, light syrup, drained	4 lbs 4 oz	2 qt 2 cups (1 No. 10 can)	8 lbs 8 oz	1 gal 1 qt (2 No. 10 cans)
*Fresh jalapeno peppers, diced 1/4"	5 oz	4 1/4 each	10 oz	8 1/2 each
*Fresh red bell peppers, diced 1/4"	1 lb 4 oz	3 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cups
Red wine vinegar		1/2 cup		1 cup

Directions

1. Place peaches, peppers, and red wine vinegar in a large bowl. Stir well.
2. Pour into serving pans (10 3/8" x 12 3/4" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Cover and refrigerate at 40 °F.
4. Critical Control Point: Cool to 40 °F or lower within 4 hours.
5. Critical Control Point: Hold at 40 °F or below.
6. Portion with 3 fl oz spoodle (3/8 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 #1: No Cook

Serving

NSLP/SBP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup red/orange vegetable and 1/4 cup fruit.

CACFP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup vegetable and 1/4 cup fruit.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	56	Jalapeno peppers	7 oz	14 oz
Total Fat	0 g	Red bell peppers	1 lb 9 oz	3 lb 2 oz
Saturated Fat	0 g	Meal Components		
Cholesterol	0 mg	Fruits	1/4 cup	
Sodium	66 mg	Vegetables		
Total Carbohydrate	14 g	Red & Orange	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	9 g			
Added Sugars included	N/A			
Protein	1 g			
Vitamin D	0 IU			
Calcium	4 mg			
Iron	0 mg			
Potassium	115 mg			
N/A - data is not available				



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Corn Pudding - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Corn Pudding – This traditional side is a combination of frozen and canned corn, onions and sour cream baked together.



25 Servings

Ingredients	Weight	Measure
Whole-wheat flour	8 oz	1 3/4 cups 2 tsp
White whole-grain cornmeal	8 oz	1 1/2 cups
Sugar	6 oz	3/4 cup
baking powder		1 Tbsp 1/2 tsp
Ground black or white pepper		1/2 tsp
Frozen whole eggs, thawed	3 oz	1/3 cup
Low-Fat Sour Cream	10 oz	3/4 cup 3 Tbsp 2 tsp
Canola oil		1/4 cup
Frozen corn, thawed, drained	1 lb 6 oz	3 3/4 cups 1 Tbsp
Canned cream style corn	2 lb 4 oz	1 qt 1 Tbsp 2 tsp (approx. 1/3 No. 10 can)
*Fresh onions, chopped	2 oz	2 Tbsp

50 Servings

Weight	Measure
1 lb	3 1/2 cups 1 Tbsp 1 tsp
1 lb	3 cups
12 oz	1 1/2 cups
	2 Tbsp 1 tsp
	1 tsp
6 oz	2/3 cup
1 lb 4 oz	1 3/4 cups 3 Tbsp 1 tsp
	1/2 cup
2 lb 12 oz 1 qt 3 1/2 cups 2 Tbsp	
4 lb 8 oz 2 qt 3 Tbsp 1 tsp (approx. 2/3 No. 10 can)	
4 oz	1/4 cup

Directions

1. Combine flour, cornmeal, sugar, baking powder, and pepper in a large bowl. Stir well. Set aside for step 3.
2. Combine eggs, sour cream, oil, corn, cream style corn, and onions in a large bowl. Stir well. Set aside for step 3.
3. Pour 2 qt (about 4 lb 9 oz) egg mixture over 3 cups (about 1 lb 6 oz) flour mixture. Stir well.
4. Transfer 2 qt 3/4 cup (about 5 lb 15 oz) corn pudding to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. Bake until golden brown: Conventional oven: 375 °F for 50-60 minutes. Convection oven: 325 °F for 30-40 minutes.
6. Critical Control Point: Heat to 140 °F or higher.
7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

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 piece provides 1/4 cup starchy vegetable and 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1/4 cup vegetable and 1 serving grains/bread.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	18 mcg
Sodium	198 mg
Total Carbohydrate	34 g
Dietary Fiber	3 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	3 IU
Calcium	37 mg
Iron	1 mg
Potassium	203 mg
N/A - data is not available	

Marketing Guide

Foods as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz

Meal Components

Vegetables

Starchy 1/4 cup

Grains 1 ounce

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)



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Instant Garlic Mashed Potatoes - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Instant Garlic Mashed Potatoes – Dehydrated potato flakes combined with chicken broth, sour cream and milk.



		25 Servings		50 Servings	
Ingredients	Weight	Measure		Weight	Measure
Low-sodium chicken broth		2 qt 1 cup			1 gal 2 cups
Water (See Notes Section)		3 cups			1 qt 2 cups
Nonfat milk		1 cup			2 cups
Salt		1 tsp			2 tsp
Fresh garlic, minced	2 1/4 oz	3 Tbsp		4 1/2 oz	1/4 cup 2 Tbsp
Instant potato flakes	1 lb 6 1/2 oz	2 qt 3 1/4 cups		2 lb 13 oz	1 gal 1 qt 2 1/2 cups
Margarine, trans fat-free	4 oz	1/2 cup		8 oz	1 cup
Low-Fat Sour Cream	12 oz	1 cup 2 Tbsp 2 1/4 tsp		1 lb 8 oz	2 1/4 cups 1 Tbsp 1 1/2 tsp
Fresh thyme		2 tsp			1 Tbsp 1 tsp

Directions

1. In a medium stock pot, add chicken broth, water, milk, salt, and garlic. Heat uncovered over medium-high heat for 3-5 minutes.
2. Add potato flakes. Stir well. Simmer uncovered over medium heat for 2 minutes.
3. Fold in margarine, sour cream, and thyme.
4. Critical Control Point: Heat to 140 °F or higher.
5. Transfer 3 qt 1 cup (about 7 lb) to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. Critical Control Point: Hold for hot service at 140 °F or higher.
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 #2: Same Day Service

If potatoes become too stiff from being held in warmer, add ½ cup of additional water to each pan.

Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 scoop) provides 1/2 cup starchy vegetable.

CACFP Crediting Information: ½ cup (No. 8 scoop) provides 1/2 cup starchy vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	150	Vegetables
Total Fat	4 g	Starchy 5/8 cup
Saturated Fat	2 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	7 mg	
Sodium	175 mg	
Total Carbohydrate	23 g	
Dietary Fiber	2 g	
Total Sugars	3 g	
Added Sugars included	N/A	
Protein	4 g	
Vitamin D	24 IU	
Calcium	55 mg	
Iron	1 mg	
Potassium	118 mg	
N/A - data is not available		



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Creamed Spinach - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Creamed Spinach – Frozen spinach with milk, cheese, onions and spices.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen chopped spinach	10 lb	1 gal 1 qt	20 lb	2 gal 2 qt
Kosher salt		3/4 tsp		1 1/2 tsp
Ground black pepper		1 1/2 tsp		1 Tbsp
Canola oil		1/4 cup		1/2 cup
*Fresh onions, diced	8 oz	1 1/2 cups	1 lb	3 cups
Enriched all-purpose flour	2 1/2 oz	1/2 cup	5 oz	1 cup
Nonfat milk		1 qt		2 qt
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12 1/2 oz	1 1/2 cups	1 lb 9 oz	3 cups

Directions

1. Thaw and squeeze spinach to eliminate excess water. Yields: For 25 servings, thaw 10 lb to obtain about 4 lb 12 oz (3 qt). For 50 servings, thaw 20 lb to obtain about 9 lb 8 oz (1 gal 2 qt).
2. Place spinach in a large bowl.
3. Add salt and black pepper.
4. Sauce: Heat oil in stock pot over medium heat.
5. Add onions and saute for 5-6 minutes or until soft.
6. Add flour and cook for 5 minutes. Stir constantly.
7. Add milk and stir until sauce comes to a boil. Reduce heat to low.
8. Add half of the cheese. Stir until melted. Reserve remaining cheese for step 10.
9. Fold in sauce with spinach.
10. Lightly coat a steam table pan (12" x 20" x 2 1/2") with pan release spray and place 3 qt 3 cups (about 7 1/2 lb) spinach mixture in each pan. Sprinkle remaining cheese on top. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
11. Bake until cheese melts: Conventional: 350 °F for 12 minutes. Convection: 350 °F for 10 minutes.
12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

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

14. 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 #2: Same Day Service

Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 scoop) provides ½ oz equivalent meat/meat alternate and ½ cup dark green vegetable.

CACFP Crediting Information: ½ cup (No. 8 scoop) provides ½ meat/meat alternate and ½ cup vegetable.

NOTE: The size of the serving volume is less than the size of the combined crediting volume due to shrinkage that occurs during the cooking process.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	168	Onions	11 oz	1 lb 6 oz
Total Fat	6 g	Meal Components		
Saturated Fat	2 g	Vegetables		
Cholesterol	8 mg	Dark Green	1/2 cup	
Sodium	521 mg	Meat / Meat Alternate	1/2 ounce	
Total Carbohydrate	13 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Dietary Fiber	4 g			
Total Sugars	4 g			
Added Sugars included	N/A			
Protein	12 g			
Vitamin D	16 IU			
Calcium	361 mg			
Iron	0 mg			
Potassium	89 mg			
N/A - data is not available				



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Orange Glazed Carrots - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Orange Glazed Carrots – Frozen carrots combined with orange juice concentrate, cranberries and spices.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Margarine, trans fat-free	2 oz	1/4 cup	4 oz	1/2 cup
Brown sugar	13 oz	1 1/2 cups 2 Tbsp	1 lb 10 oz	3 1/4 cups
Orange juice, concentrated, frozen, thawed		1 cup		2 cups
Water		1 cup		2 cups
Vanilla extract		1 Tbsp		2 Tbsp
Ground cinnamon		1 tsp		2 tsp
Ground nutmeg		1 tsp		2 tsp
Frozen carrots, thawed, sliced, drained	3 lb 4 oz	2 qt 1 2/3 cups 1 tsp	6 lb 8 oz	1 gal 3 1/3 cups 2 tsp
Dried Cranberries	8 oz	1 1/2 cups 1 Tbsp 2 tsp	1 lb	3 cups 3 Tbsp 1 tsp
Cornstarch		1 Tbsp 2 tsp		3 Tbsp 1 tsp

Directions

1. Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.
2. Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.
3. Fold in carrots and craisins. Bring to a boil for 3-4 minutes.
4. Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.
5. Critical Control Point: Heat to 140 °F or higher.
6. Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Portion with No. 12 scoop (1/3 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

Serving

NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	137	Fruits 1/8 cup
Total Fat	2 g	Vegetables
Saturated Fat	0 g	Red & Orange 1/4 cup
Cholesterol	0 mcg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	55 mg	
Total Carbohydrate	31 g	
Dietary Fiber	3 g	
Total Sugars	26 g	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	0 IU	
Calcium	95 mg	
Iron	0 mg	
Potassium	205 mg	
N/A - data is not available		



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What's Cooking? USDA Mixing Bowl

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Cran-Orange Relish - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our chunky and sweet Cran-Orange Relish recipe combines pineapple tidbits and mandarin oranges with cinnamon and nutmeg.



25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned cranberry sauce, whole berry, mashed	2 lb	3 ¼ cups (approx. ¼ No. 10 can)	4 lb	1 qt 2 ½ cups (approx. ½ No. 10 can)
Canned pineapple, crushed, drained	2 lb 8 oz	1 qt 2/3 cup (approx. ½ No. 10 can)	5 lb	2 qt 1 1/3 cups (approx. 1 No. 10 can)
Ground nutmeg		1/2 tsp		1 tsp
Ground cinnamon		1/2 tsp		1 tsp
Cornstarch		3 Tbsp	2 oz	1/4 cup 2 Tbsp
Water		1/2 cup		1 cup
Canned mandarin oranges, drained	2 lb 4 oz	1 qt 1 ½ cups 1 2/3 tsp (approx. 1/3 No. 10 can)	4 lb 8 oz	2 qt 3 cups 1 Tbsp 1/3 tsp (approx. 2/3 No. 10 can)

Directions

1. Combine cranberry sauce, pineapples, nutmeg, and cinnamon in a large bowl. Stir well. Set aside for step 3.
2. Combine cornstarch and water in a small bowl. Stir well. Set aside for step 3.
3. Pour ½ cup (about 4 oz) cornstarch mixture over cranberry mixture. Stir well. Recommended to cook in batches of 25.
4. In a large stock pot, add cranberry and cornstarch mixture. Heat uncovered over low heat for 5 minutes until bubbles begin to form.
5. Slowly fold in oranges. Stir gently.
6. Critical Control Point: Heat to 140 °F or higher.
7. Pour 2 qt 2 cups (about 5 lb 12 oz) relish into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
8. Cover and refrigerate.
9. Critical Control Point: Cool to 40 °F or lower within 4 hours.

10. Critical Control Point: Hold at 40 °F or below.

11. Portion with No. 12 scoop (1/3 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

Serving

NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 1/2 cup fruit.

CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 1/2 cup fruit.

My Notes

Source: USDA Recipe Standardization Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	91	Fruits 1/2 cup
Total Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Saturated Fat	0 g	
Cholesterol	0 mg	
Sodium	24 mg	
Total Carbohydrate	24 g	
Dietary Fiber	1 g	
Total Sugars	17 g	
Added Sugars included	N/A	
Protein	0 g	
Vitamin D	0 IU	
Calcium	6 mg	
Iron	0 mg	
Potassium	56 mg	
N/A - data is not available		



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

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Pumpkin Muffin Squares - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Pureed pumpkin, raisins and spices give our Pumpkin Muffin Squares their distinctly delicious and decadent flavor.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	7 3/4 oz	1 3/4 cups	15 1/2 oz	3 1/2 cups
Enriched bread flour	7 1/4 oz	1 1/2 cups 2 Tbsp	14 1/2 oz	3 1/4 cups
baking powder		1 1/2 tsp		1 Tbsp
Baking soda		1 tsp		2 tsp
Salt		1 tsp		2 tsp
Ground cinnamon		2 tsp		1 Tbsp 1 tsp
Nutmeg		1/2 tsp		1 tsp
Ground ginger		1/2 tsp		1 tsp
Brown sugar	13 1/3 oz	1 2/3 cups	1 lb 10 2/3 oz	3 1/3 cups
Canola oil		3/4 cup		1 1/2 cups
Frozen whole eggs, thawed	1 1/2 oz	2 Tbsp 2 tsp	3 oz	1/3 cup
Egg whites	3 oz	1/3 cup 2 tsp	6 oz	2/3 cup 1 Tbsp 1 tsp
Vanilla extract		2 tsp		1 Tbsp 1 tsp
Pumpkin, canned	1 lb 4 oz	2 1/3 cups	2 lb 8 oz	1 qt 2/3 cups
Golden Raisins	2 1/2 oz	1/3 cup	5 oz	2/3 cup

Directions

1. Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.
2. Combine sugar and oil in a large bowl.
3. Add eggs and vanilla extract. Stir well.
4. Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
5. Fold in pumpkin and raisins. Stir well.
6. Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

7. Bake until golden brown: Conventional oven: 350 °F for 40–45 minutes. Convection oven: 325 °F for 35–40 minutes.

8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

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 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

My Notes

Source: USDA Standardized Recipes Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	199	Grains 1 ounce
Total Fat	7 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Saturated Fat	1 g	
Cholesterol	6 mg	
Sodium	190 mg	
Total Carbohydrate	31 g	
Dietary Fiber	2 g	
Total Sugars	17 g	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	1 IU	
Calcium	30 mg	
Iron	1 mg	
Potassium	133 mg	
N/A - data is not available		