

Bistro Spinach Salad

Serves 50 as a side salad

1 cup portions

Preparation time: 45 minutes

2 ½ pounds fresh baby spinach

13 hard cooked eggs, quartered

Honey Dijon Vinaigrette

Makes 56 one-ounce servings

1 cup red wine vinegar

¼ cup honey

¼ cup Dijon mustard

½ teaspoon salt

2 cups vegetable oil

For the vinaigrette:

Combine vinegar, honey, mustard and salt in the bowl of a mixer. Mix on medium speed, using wire whip, until well blended. Or mix by hand in a mixing bowl with a whisk.

Slowly add the vegetable oil while mixing, whisk until well combined.

For the salad:

Portion 1 cup (0.8 ounces) of baby spinach (lightly packed) onto each salad plate and top with 1 egg quarter.

Portion ½ ounce of the vinaigrette into portion cups and serve along side the salad.

Recipe by Chef Garrett Berdan, RD

Blueberry Oat Bread (or Blueberry Breakfast Bread)

Serves 50

2 ¼ ounce portions

Preparation time: 1 hour mostly unattended, plus 40 minutes to bake

14 ounces rolled oats
1 ¼ quarts low fat buttermilk
5 eggs (9 ounces fluid eggs)
1 pound brown sugar
8 ounces vegetable oil
8 ounces applesauce
10 ounces all purpose flour
10 ounces whole wheat flour
5 teaspoons baking powder
2 ½ teaspoons salt
2 ½ teaspoons baking soda
2 pounds whole blueberries, fresh or frozen

Combine the rolled oats and buttermilk in a mixer bowl. Let stand 1 hour.

Combine eggs, sugar, oil and apple sauce. Add to rolled oat mixture. Mix for 30 seconds. Scrape down the sides of the bowl.

Combine the dry ingredients. Add to rolled oat mixture. Mix on low speed only until dry ingredients are moistened, about 15 seconds.

Fold half of the blueberries into the batter.

Pour the batter into a 12" x 20" x 2 ½ " steam table pan which has been lightly coated with pan release spray. Distribute the remaining blueberries evenly over the top of the batter.

Bake until lightly browned. Conventional oven at 400 degrees for 30 – 40 minutes. Convection oven at 350 degrees for 25 – 30 minutes. Cut each pan 5 x 10 (50 portions per pan).

Recipe adapted from *Food for Fifty 11th Edition*, by Mary Molt. Prentice-Hall, Inc.

Marinated Broccoli and Cauliflower

Makes 53 servings

$\frac{3}{4}$ cup portions

Preparation time: 45 minutes

5 pounds fresh broccoli florets

5 pounds fresh cauliflower florets

$\frac{1}{2}$ cup apple cider vinegar

$\frac{1}{4}$ cup lemon juice

2 tablespoons fresh garlic, minced

2 teaspoons dried basil

2 teaspoons dried dill

2 tablespoons Dijon mustard

1 teaspoon salt

$\frac{1}{2}$ teaspoon ground black pepper

1 cup vegetable oil

Blanch or steam vegetables until tender-crisp.

To blanch vegetables:

Bring 4 gallons of water to a boil in a large kettle or steam-jacketed kettle. Work in batches beginning with the cauliflower. Add all of the cauliflower to the boiling water, and let water come back to a boil. Cook for 1 – 2 minutes, until cauliflower is tender-crisp. Remove cauliflower to a large container of cold water to shock and chill quickly. Drain immediately when cooled. Repeat this process with the broccoli.

To steam vegetables:

Place broccoli and cauliflower into separate perforated steam table pans. Steam at zero pressure for 3 – 5 minutes, until vegetables are tender-crisp. Remove vegetables to a large container of cold water to shock and chill quickly. Drain immediately when cooled.

Combine the vinegar, lemon juice, garlic, basil, dill, mustard, salt and pepper in a mixing bowl. Let sit for 10 minutes to mellow the fresh garlic. While whisking, slowly pour in the vegetable oil and continue to whisk until well combined.

Combine the chilled broccoli and cauliflower in a large container and toss with the vinaigrette until just coated. Refrigerate until ready for service. Can be prepared 1 day in advance.

Recipe by Chef Garrett Berdan, RD

Moroccan Carrot Salad

Serves 50

½ cup portions

Preparation time: 25 minutes

6 pounds 4 ounces carrots, peeled and grated
1 pound chopped walnuts, toasted
1 pound dried currants, raisins, or dried cherries

¾ cup fresh orange juice
½ cup fresh lemon juice
2 tablespoons 2 teaspoons fresh orange zest
1 tablespoon 1 teaspoon fresh lemon zest
¼ cup brown sugar
2 tsp salt
2 tsp cinnamon
2 cups vegetable oil (or olive oil)

Place the walnuts on a baking sheet and bake in a 300 degree oven for 6 – 10 minutes, or until lightly browned and toasted. Remove from oven and set aside to cool.

Combine the grated carrots, toasted walnuts and dried currants in a large mixing bowl. Set aside.

For the dressing:

Combine the orange juice, lemon juice, orange and lemon zests, brown sugar, salt and cinnamon in the bowl of a mixer. Mix on medium speed, using wire whip, until well blended. Or mix by hand in a mixing bowl with a whisk.

Slowly add the oil while mixing, whisk until well combined.

Pour the citrus cinnamon dressing over the grated carrot mixture and mix until carrots are well coated with dressing. Serve chilled.

Recipe adapted from *Mediterranean Fresh*, by Joyce Goldstein. W.W. Norton and Company.

Raspberry Muffin Squares

Serves 50

Preparation time: 20 minutes, plus 25 minutes to bake

14 ounces all purpose flour
14 ounces whole wheat flour
3 tablespoons 2 teaspoons baking powder
1 cup (7 ounces) brown sugar
2 teaspoons salt
3 eggs (2/3 cup liquid eggs)
2 ¾ cup 1% milk
¾ cup vegetable oil
2 teaspoons almond extract
2 pounds whole raspberries, fresh or frozen

Topping

1 cup 2 tablespoons rolled oats
¼ cup whole wheat flour
¼ cup brown sugar
¼ cup vegetable oil

Blend the flours, baking powder, brown sugar, and salt in a mixer for 2 minutes on low speed.

Combine the eggs, milk, oil and almond extract. Add slowly to the dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.

Pour the batter into a 12" x 20" x 2 ½ " steam table pan which has been lightly coated with pan release spray. Evenly distribute the whole raspberries over the top of the batter. Gently press the berries into the batter.

Mix topping:

Combine the rolled oats, whole wheat flour, brown sugar and vegetable oil in a bowl and mix well. Evenly distribute topping over the raspberries.

Bake until lightly browned. Conventional oven at 425°F for 25 minutes. Convection oven at 350°F for 15-20 minutes. Cut each pan 5 x 10 (50 portions per pan).

Recipe adapted from *USDA Recipes for Schools Muffin Squares*.

Roasted Garlic Smashed Potatoes

Serves 50

½ cup portions (no. 8 scoop)

Preparation time: 1 hour

12 pounds red potatoes
8 ounces whole garlic cloves
2 teaspoons vegetable oil
2 quarts 1% milk
2 tablespoons salt

Boil or steam the potatoes until they are completely cooked through.

To boil potatoes:

Rinse and scrub potatoes. Place potatoes in a large stockpot or steam-jacketed kettle and fill with cold water to cover. Bring to a low boil and cook for 40 minutes to 1 hour, until tender when pierced with a knife and skins are cracked. Drain well and let steam evaporate.

To steam potatoes:

Rinse and scrub potatoes. Divide potatoes between two perforated steam table pans. Steam at zero pressure for 40 minutes to 1 hour, until tender when pierced with a knife and skins are cracked. Remove from steamer and let steam evaporate.

To roast garlic:

Place the garlic cloves in a small oven-proof dish and toss with the oil. Cover with aluminum foil and pierce the foil with a knife to vent steam. Place in a 350°F oven for 30 – 45 minutes, until slightly browned and soft. Mash the roasted garlic into a paste with a spoon.

Heat the milk to a simmer and add the roasted garlic paste and salt. Keep warm.

Place cooked potatoes in the bowl of a stand mixer. Use paddle attachment and mix on low speed until potatoes are well broken up.

Replace paddle attachment with the wire whip attachment.

Turn the speed to low and add the hot milk mixture slowly while mixing. Once all of the milk has been mixed in, increase speed to high and mix for 30 seconds until light and creamy.

Hold whipped potatoes hot until service.

Recipe adapted from *Food for Fifty 11th Edition*, by Mary Molt. Prentice-Hall, Inc.

Simply Strawberries

Serves 54
½ cup portions

Preparation time: 25 minutes

9 lb fresh strawberries
3 tablespoons orange juice
3 tablespoons brown sugar
1 tablespoon orange zest (optional)

Wash, stem and halve strawberries. Place strawberries in a large mixing bowl, set aside.

Whisk together the orange juice, brown sugar, and orange zest (if using). Pour orange juice mixture over the strawberries and gently mix until strawberries are coated.

Refrigerate until ready to serve. Can be prepared 1 day in advance.

Recipe by Chef Garrett Berdan, RD

Tomato Basil Pasta Salad

Serves 50

2/3 cup portions (no. 6 scoop)

Preparation time: 30 minutes

4 pounds dry Barilla Plus (or whole wheat) bowtie pasta (8 pounds cooked pasta)

3 pounds cherry tomatoes, halved

1 pound sliced black olives

8 ounces grated Parmesan cheese

For vinaigrette:

2 cups red wine vinegar

¼ cup Dijon mustard

4 teaspoons fresh garlic, minced

2 teaspoons salt

2 teaspoons ground black pepper

2 teaspoons sugar

2 teaspoons dried basil

2 cups vegetable oil

1 ½ cups fresh basil, finely shredded

Bring 4 gallons of water to a boil and add 2 tablespoons salt. Cook the pasta in boiling salted water until *al dente*. Do not over cook the pasta. Drain the pasta and immediately shock with cold water to chill pasta completely.

Combine the chilled pasta, cherry tomatoes, black olives, and Parmesan cheese. Set aside.

Combine the red wine vinegar, Dijon mustard, minced garlic, salt, pepper, sugar, and dried basil. Slowly add the vegetable oil while whisking.

Pour the vinaigrette over the pasta mixture. Gently stir until the salad is well coated with vinaigrette.

Mix in the fresh basil just before service. Basil will turn brown from exposure to acidic foods.

Recipe by Chef Garrett Berdan, RD

Turkey Apple Cheddar Wrap

Serves 50

Preparation time: 45 minutes

50 8-inch whole wheat flour tortillas

3 pounds 8 ounces fresh apples, ½ inch dice

4 ounces lemon juice

5 pounds deli turkey meat, sliced ½ inch thick, ½ inch dice

1 pound reduced fat cheddar cheese, shredded

1 cup mayonnaise

2 cups plain fat-free yogurt

¼ cup whole grained mustard

¼ teaspoon salt

1 teaspoon ground black pepper

12.5 ounces fresh baby spinach

Place the diced apples in a container with the lemon juice and enough cold water to cover. Let sit for 5 minutes. Drain well.

Combine the diced apple, diced deli turkey, and cheddar cheese.

Mix together the mayonnaise, plain yogurt, whole grained mustard, salt and pepper. Pour dressing over the turkey mixture and stir to combine.

Portion 3 ounces (using a no. 10 scoop) of the turkey filling onto the center of each tortilla. Top with ¼ ounce of fresh baby spinach. Fold one half of the tortilla over the filling. Fold in each end then roll over the remaining half of the tortilla.

Recipe by Chef Garrett Berdan, RD

Tuscan Kale and Sausage Soup

Serves 50

8-ounce portions

Preparation time: 50 minutes

½ cup vegetable oil
3 tablespoons fresh garlic, minced
2 teaspoons red chili flakes
2 pounds yellow onion, diced
3 tablespoons dried basil
1 No. 10 can diced or crushed tomatoes, with juices
1 No. 10 can chickpeas (garbanzo beans), with liquid
2 pounds 8 ounces frozen Italian sausage pizza topping
2 gallons chicken broth
2 pounds 8 ounces raw green kale, ribs removed, chopped

Preheat the steam-jacketed kettle or heat a stockpot over medium heat.

Add the vegetable oil, garlic and chili flakes to the kettle. Sauté until aromatic, about 30 seconds. Add the onions and basil, and cook, covered, until onions soften, about 5 minutes.

Add the tomatoes with juices, chickpeas with juices, Italian sausage and chicken broth. Bring to a boil, then reduce heat to a simmer. Simmer for 15 minutes.

Stir in the chopped kale and return the soup to a simmer. Simmer for 5 minutes. Heat soup to 165°F for at least 15 seconds.

Recipe by Chef Garrett Berdan, RD