Oatmeal Muffin Squares

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats	8 oz	2 1/4 cups	1 lb	1 qt 1/2 cup		1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Hot water		3 1/2 cups		1 qt 3 cups		
All-purpose flour	1 lb 3 oz	3 1/2 cups	2 lb 6 oz	1 qt 3 cups		2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Baking soda		1 1/4 tsp		2 1/2 tsp		
Ground cinnamon		1 1/4 tsp		2 1/2 tsp		
Ground nutmeg		1 1/4 tsp		2 1/2 tsp		
Salt		1 1/4 tsp		2 1/2 tsp		
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.
Brown sugar	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup		
Sugar	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup		
Vanilla		2 1/2 tsp		1 Tbsp 2 tsp		
Frozen egg whites, thawed	9 oz	1 1/8 cups	1 lb 2 oz	2 1/4 cups		4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
OR						
Fresh large egg whites		7 each		14 each		
Lowfat plain yogurt	2 oz	1/4 cup	4 oz	1/2 cup		
Canned applesauce	2 oz	1/4 cup	4 oz	1/2 cup		

(over)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Topping:						5. Combine topping ingredients and mix until crumbs are pea-sized.
Rolled oats	3 oz	1 cup	6 oz	2 cups		6. Pour 3 qt (7 lb 7 oz) of batter into each lightly greased 12" x 20" x 2½" steam table pan and spread evenly. Sprinkle 1¾ cups of topping over each pan.
All-purpose flour	1 oz	¼ cup	2 oz	½ cup		7. **To Bake:** Conventional Oven 325°F, 45 minutes Convection Oven 325°F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan.
Brown sugar	2 oz	¼ cup	4 oz	½ cup		8. Cut each pan 10x5.
Margarine or butter	2 oz	¼ cup	4 oz	½ cup		

(over)

SERVING: 1 piece
provides 1 serving of grains/breads

YIELD: 50 servings: 7 lb 1 oz
100 servings: 14 lb 2 oz

VOLUME: 50 servings: 3 qt ½ cup
100 servings: 1 gal 2 qt 1 cup

Variations

a. Peach Muffin Squares

In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

b. Blueberry Muffin Squares

In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

Nutrients Per Serving

Calories	185	Saturated Fat	.9 g	Iron	1.0 mg
Protein	3 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	34 g	Vitamin A	46 RE/157 IU	Sodium	147 mg
Total Fat	4.2 g	Vitamin C	0 mg	Dietary Fiber	1 g

Orange Rice Pilaf

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh onions, chopped	8 oz	1 2/3 cups	1 lb	3 1/3 cups		1. Place onions, water, orange juice, seasonings, and bay leaves in a stockpot. Boil for 5 minutes or until onions are tender. Remove bay leaves.
OR						
Dried onions, minced	2 oz	3/8 cup	4 oz	3/4 cup		
Water		2 qt		1 gal		
Orange juice		2 qt		1 gal		
Salt		2 tsp		1 Tbsp 1 tsp		
White pepper		1 tsp		2 tsp		
Bay leaves		4 each		8 each		
White rice	3 lb 4 oz	1 qt 3 cups	6 lb 8 oz	3 qt 2 cups		2. Weigh out 3 lb 4 oz of rice into each 12" x 20" x 2 1/2" steam table pan. Add 1 gal 1 cup of liquid per pan. Cover with foil or metal lid. 3. **To Bake:** Conventional Oven 350°F, 45 minutes Convection Oven 350°F, 30 minutes Compartment Steamer 30 minutes

*See Marketing Guide.

(over)

Orange Rice Pilaf *(continued, page 2 of 2)*

SERVING: ½ cup (No. 8 scoop)
provides 1 serving of grains/breads

YIELD: 50 servings: 11 lb 2 oz
100 servings: 22 lb 4 oz

Special Tip: One-half cup (2 oz) of toasted almonds may be added to each pan of pilaf, after cooking, for color and taste. To toast almonds, spread almonds on a half-sheet pan (18" x 13" x 1"). Bake in a conventional oven at 350°F for 15 minutes, until lightly browned.

Nutrients Per Serving

Calories	127	Saturated Fat	0 g	Iron	1.3 mg
Protein	2 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	28 g	Vitamin A	3 RE/31 IU	Sodium	96 mg
Total Fat	.2 g	Vitamin C	15 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	10 oz	1 lb 3 oz	.....

Brown Rice Pilaf

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown rice White rice	1 lb 7 oz 1 lb 7 oz	3¼ cups 3¼ cups	2 lb 14 oz 2 lb 14 oz	1 qt 2½ cups 1 qt 2½ cups		1. Place 1 lb 7 oz of brown rice and 1 lb 7 oz of white rice in each 12" x 20" x 2½" steam table pan.
Low-sodium chicken stock, non-MSG White pepper *Onions, ¼" diced **OR** †Dried onions, diced	 4 oz 1 oz	3 qt 1 cup ½ tsp ¾ cup ⅜ cup	 8 oz 2 oz	1 gal 2 qt 2 cups 1 tsp 1½ cups ¾ cup		2. Heat the chicken stock, white pepper, and onions in a pot. Bring to a boil.
						3. Add 3 quarts 1 cup of hot chicken stock to each pan of rice and cover with lid or foil. 4. **To Bake:** Conventional Oven 350°F, 50 minutes Convection Oven 350°F, 40 minutes Compartment Steamer 40 minutes

†Rehydrate onions in an equal amount of water. Do not drain.
*See Marketing Guide.

(over)

Brown Rice Pilaf *(continued, page 2 of 2)*

SERVING: ½ cup (No. 8 scoop)
provides 1 serving of grains/breads

YIELD: 50 servings: 9 lb 6 oz
100 servings: 18 lb 12 oz

Nutrients Per Serving

Calories	107	Saturated Fat	.2 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	21 g	Vitamin A	0 RE/0 IU	Sodium	20 mg
Total Fat	.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	5 oz	10 oz	.....

Rice-Vegetable Casserole

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice Chicken stock	2 lb 3 oz 	1 qt 3/4 cup 2 qt 2 cups	4 lb 6 oz 	2 qts 1 1/2 cups 1 gal 1 qt		1. Put 2 lb 3 oz of rice and 2 qt 2 cups of chicken stock in a 12" x 20" x 2 1/2" steam table pan. Cover with foil or a metal lid. Steam for 20 minutes.
Vegetable oil *Fresh carrots, diced *Fresh spinach, chopped Frozen peas Salt Pepper	 1 lb 2 oz 8 oz 10 oz 	1/4 cup 1 qt 1 qt 2 cups 2 cups 2 tsp 1/2 tsp	 2 lb 4 oz 1 lb 1 lb 4 oz 	1/2 cup 2 qt 3 qt 1 qt 1 Tbsp 1 tsp 1 tsp		2. In a sauce pan, saute carrots, spinach, and peas in oil over low heat until spinach is wilted, about 5 minutes.
						3. Add 1 qt 1 cup (1 lb 14 oz) of cooked vegetables to each pan of hot rice. Stir to thoroughly combine before serving. 4. Each pan serves 50.

*See Marketing Guide.

(over)

Rice-Vegetable Casserole *(continued, page 2 of 2)*

SERVING: 3/8 cup (No. 10 scoop) provides 1/8 cup of vegetable and 3/8 cup of grains/breads

YIELD: 50 servings: 9 lb 6 oz
100 servings: 18 lb 12 oz

VOLUME: 50 servings: 1 gal 1 qt 2 1/2 cups
100 servings: 2 gal 3 qt 1 cup

Nutrients Per Serving

Calories	96	Saturated Fat	.3 g	Iron	1.1 mg
Protein	2 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	18 g	Vitamin A	277 RE/2757 IU	Sodium	404 mg
Total Fat	1.5 g	Vitamin C	3 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Carrots	1 lb 10 oz	3 lb 4 oz	.....
Spinach	9 oz	1 lb 2 oz	.....