Broccoli Salad

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh broccoli	6 lb 12 oz	2 gal 2 qt	13 lb 8 oz	5 gal	.....	1. Wash broccoli. Cut heads into florets. Dice stems.
Lowfat mayonnaise ..... Sugar ..... White vinegar ..... Lowfat milk	2 lb ..... 1 lb	1 qt ..... 2 cups ..... 1/4 cup ..... 1/4 cup	4 lb ..... 2 lb	2 qt ..... 1 qt ..... 1/2 cup ..... 1/2 cup	....	2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
Raisins ..... Walnuts, chopped (optional) Red onions, sliced (optional)	2 lb 6 oz ..... 1 lb ..... 6 oz	1 qt 3 1/2 cups 3 3/4 cups ..... 1 cup	4 lb 12 oz ..... 2 lb ..... 12 oz	3 qt 3 cups .... 1 qt 3 1/2 cups 2 cups	....	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing.
						4. Chill before serving. (For best results, chill for at least 2 hours before serving.)

(over)

Broccoli Salad *(continued, page 2 of 2)*

SERVING: ½ cup (No. 8 scoop)
provides ⅜ cup of vegetable and fruit

YIELD: 50 servings: 11 lb 3 oz
100 servings: 22 lb 6 oz

VOLUME: 50 servings: 2½ gallons
100 servings: 5 gallons

Nutrients Per Serving

Calories	156	Saturated Fat	.7 g	Iron	.9 mg
Protein	2 g	Cholesterol	4 mg	Calcium	36 mg
Carbohydrate	32 g	Vitamin A	78 RE/774 IU	Sodium	107 mg
Total Fat	3.8 g	Vitamin C	47 mg	Dietary Fiber	2 g

Clear Dressing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable stock, non-MSG ..... Cornstarch	....	1⅔ cups ..... 3 Tbsp 1 tsp ..	....	3⅓ cups ..... ¼ cup 2 Tbsp 2 tsp	....	1. Dissolve cornstarch in vegetable stock in pot. 2. Bring to a boil. 3. Remove from heat and allow to cool.
Vegetable oil	.....	1⅔ cups	.....	3⅓ cups	.....	4. Use a wire whip to stir mixture, while adding oil slowly.
White vinegar ..... Sugar ..... White pepper ..... Garlic powder	..... 10 oz	1⅔ cups ..... 1¼ cups ..... 2 tsp ..... 2 tsp	..... 1 lb 4 oz	3⅓ cups ..... 2½ cups ..... 1 Tbsp 1 tsp .. 1 Tbsp 1 tsp ..	....	5. Add white vinegar, sugar, white pepper, and garlic powder and stir to blend.
						6. Chill. Stir or shake well before serving.

(over)

Clear Dressing *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1 ounce ladle)

YIELD: 50 servings: 3 lb 3 oz
100 servings: 6 lb 6 oz

VOLUME: 50 servings: 1 qt 2½ cups
100 servings: 3 qt 1 cup

Special Tips:

1) Add imitation bacon bits and serve dressing hot over spinach or lettuce.

2) This works well as a marinade for steamed or canned vegetables.

3) This dressing may be used as a substitute for coleslaw dressing.

Nutrients Per Serving

Calories	90	Saturated Fat	1.1 g	Iron	0 mg
Protein	0 g	Cholesterol	0 mg	Calcium	1 mg
Carbohydrate	7 g	Vitamin A	0 RE/1 IU	Sodium	4 mg
Total Fat	7.3 g	Vitamin C	0 mg	Dietary Fiber	0 g

Ranch Dressing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk Lemon juice		3¼ cups 1 Tbsp 1 tsp		1 qt 2½ cups 2 Tbsp 2 tsp		1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt Sour cream	10 oz 4 oz	1¼ cups ½ cup	1 lb 4 oz 8 oz	2½ cups 1 cup		2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise Onion powder Garlic powder White pepper Dried chives Dried parsley Salt	13 oz	1⅔ cups 2 Tbsp 2 Tbsp ½ tsp 1 tsp 1 Tbsp 2 tsp	1 lb 10 oz	3⅓ cups 4 Tbsp 4 Tbsp 1 tsp 2 tsp 2 Tbsp 1 Tbsp 1 tsp		3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

(over)

Ranch Dressing *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1 ounce ladle)

YIELD: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz

VOLUME: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Nutrients Per Serving

Calories	34	Saturated Fat	.7 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	33 mg
Carbohydrate	3 g	Vitamin A	8 RE/39 IU	Sodium	152 mg
Total Fat	2.1 g	Vitamin C	1 mg	Dietary Fiber	0 g

Honey Dressing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat plain yogurt	1 lb 12 oz	3½ cups	3 lb 8 oz	1 qt 3 cups		1. Combine all ingredients in a mixing bowl. Using a paddle attachment, mix on low speed for 3 to 5 minutes.
Honey	1 lb	1⅓ cups	2 lb	2⅔ cups		
Paprika		1 tsp		2 tsp		
Orange juice		½ cup		1 cup		
Yellow prepared mustard	2 oz	¼ cup	4 oz	½ cup		
						2. For best results, chill at least 12 hours prior to serving.

(over)

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 3 lb 2 oz
100 servings: 6 lb 4 oz

VOLUME: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Special Tip: This makes a tasty dipping sauce for chicken or fish nuggets.

Nutrients Per Serving

Calories	40	Saturated Fat	.2 g	Iron	.1 mg
Protein	1 g	Cholesterol	1 mg	Calcium	31 mg
Carbohydrate	9 g	Vitamin A	6 RE/40 IU	Sodium	26 mg
Total Fat	.3 g	Vitamin C	1 mg	Dietary Fiber	0 g

Marinated Black Bean Salad

Vegetable or Meat Alternate • Vegetable

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned black beans, drained	5 lb	2 qt 2 cups	10 lb	1 gal 1 qt		1. Combine black beans, corn, peppers, and onions in a large bowl.
Frozen corn, thawed	3 lb 8 oz	1 qt 3 cups	7 lb	3 qt 2 cups		
*Green pepper, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups		
*Red pepper, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups		
*Fresh onions, minced	4 oz	3/4 cup	8 oz	1 1/2 cups		
Lemon juice		1/2 cup		1 cup		2. For dressing, combine the lemon juice, parsley, cumin, garlic powder, salsa, and oil.
Dried parsley		2 Tbsp		1/4 cup		
Ground cumin		1 Tbsp		2 Tbsp		
Garlic powder		2 tsp		1 Tbsp 1 tsp		3. Pour dressing over salad and toss lightly to combine.
Salsa	1 lb 12 oz	3 1/4 cups	3 lb 8 oz	1 qt 2 1/2 cups		
Vegetable oil		1/4 cup		1/2 cup		4. Chill 2 hours before serving.
Monterey Jack cheese, shredded (optional)	1 lb	2 cups	2 lb	1 qt		5. Sprinkle Monterey Jack cheese (optional) on top before serving.

*See Marketing Guide.

(over)

Marinated Black Bean Salad *(continued, page 2 of 2)*

SERVING: ½ cup (No. 8 scoop)
provides ⅜ cup of vegetable
– or –
⅛ cup meat alternate and ¼ cup vegetable

YIELD: 50 servings: 11 lb 14 oz
100 servings: 23 lb 12 oz

VOLUME: 50 servings: 1½ gal
100 servings: 3 gal

Special Tips: 1) This salad is a colorful accompaniment for Tacos (D-13).

2) Black beans can be rinsed to brighten their color.

Nutrients Per Serving

Calories	159	Saturated Fat	.3 g	Iron	1.4 mg
Protein	5 g	Cholesterol	0 mg	Calcium	30 mg
Carbohydrate	17 g	Vitamin A	62 RE/620 IU	Sodium	212 mg
Total Fat	1.7 g	Vitamin C	24 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Green peppers	15 oz	1 lb 14 oz	.....
Red peppers	15 oz	1 lb 14 oz	.....
Onions	5 oz	10 oz	.....

New Italian Dressing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or vegetable stock		1½ cups		3 cups		1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaf (optional), and cornstarch. 2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened. 3. Turn off heat and let stand for 5 minutes.
*Fresh carrots, minced	1 oz	¼ cup	2 oz	½ cup		
Onions, minced	1 oz	¼ cup	2 oz	½ cup		
Celery leaf, minced (optional)		¼ cup		½ cup		
Cornstarch	½ oz	1 Tbsp	1 oz	2 Tbsp		
Sugar		1 Tbsp		2 Tbsp		4. Add sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar to the thickened stock mixture using a wire whip.
White pepper		½ tsp		1 tsp		
Dried parsley		1 Tbsp		2 Tbsp		
Dried oregano leaves		½ tsp		1 tsp		
Dried basil leaves		1½ tsp		1 Tbsp		
Garlic powder		1 Tbsp		2 Tbsp		
Cider vinegar		¾ cup		1½ cups		
Vegetable oil		1½ cups		3 cups		5. Still using the wire whip, slowly add oil to dressing mixture. 6. For best results, refrigerate overnight to thicken and develop flavors.

*See Marketing Guide.

(over)

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 1 lb 15 oz
100 servings: 3 lb 14 oz

VOLUME: 50 servings: 3¾ cups
100 servings: 1 qt 3½ cups

Special Tip: Add imitation bacon bits and serve dressing hot over spinach or lettuce.

Nutrients Per Serving

Calories	62	Saturated Fat	1.0 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	1 g	Vitamin A	15 RE/152 IU	Sodium	45 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Carrots	1 oz	3 oz	.....

Tabouleh (tah-BUHL-lee)

Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
No. 3 Bulgur	2 lb	1 qt 2 cups	4 lb	3 qt		1. Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.
Water		1 qt 2 cups		3 qt		
*Fresh tomatoes, unpeeled, diced	4 lb	2 qt	8 lb	1 gal		2. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
*Fresh cucumbers, peeled, seeded, diced	1 lb 14 oz	1 qt	3 lb 12 oz	2 qt		
*Fresh parsley, chopped	3 oz	3 cups	6 oz	1 qt 2 cups		
*Onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt		
Fresh mint, chopped		1/4 cup		1/2 cup		
OR						
Dried mint		1 tsp		2 tsp		
Cumin (optional)		1/2 tsp		1 tsp		
Salt		2 Tbsp		1/4 cup		3. For dressing, combine salt and lemon juice in a small bowl. Whisk in the oil.
Lemon juice		1 1/3 cups		2 2/3 cups		4. Add dressing to salad and toss to combine all ingredients.
Vegetable oil		1/2 cup		1 cup		5. Can be served either chilled or at room temperature.

*See Marketing Guide.

(over)

SERVING: ½ cup
provides ⅜ cup of vegetable
and ¾ serving of grains/breads

YIELD: 50 servings: 12 lb 5 oz
100 servings: 24 lb 10 oz

VOLUME: 50 servings: 1½ gal
100 servings: 3 gal

Special Tip: For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Nutrients Per Serving

Calories	96	Saturated Fat	.4 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	17 g	Vitamin A	33 RE/334 IU	Sodium	289 mg
Total Fat	2.6 g	Vitamin C	12 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Tomatoes	4 lb 1 oz	8 lb 2 oz	.....
Cucumbers	4 lb 4 oz	8 lb 8 oz	.....
Parsley	3½ oz	7 oz	.....
Onions	13½ oz	1 lb 11 oz	.....