

The Food Service Professional's Guide to

Plant-Based Meals



Feeding for a better world
One meal at a time

Recipes for every taste
Sweet or spicy,
foreign or familiar

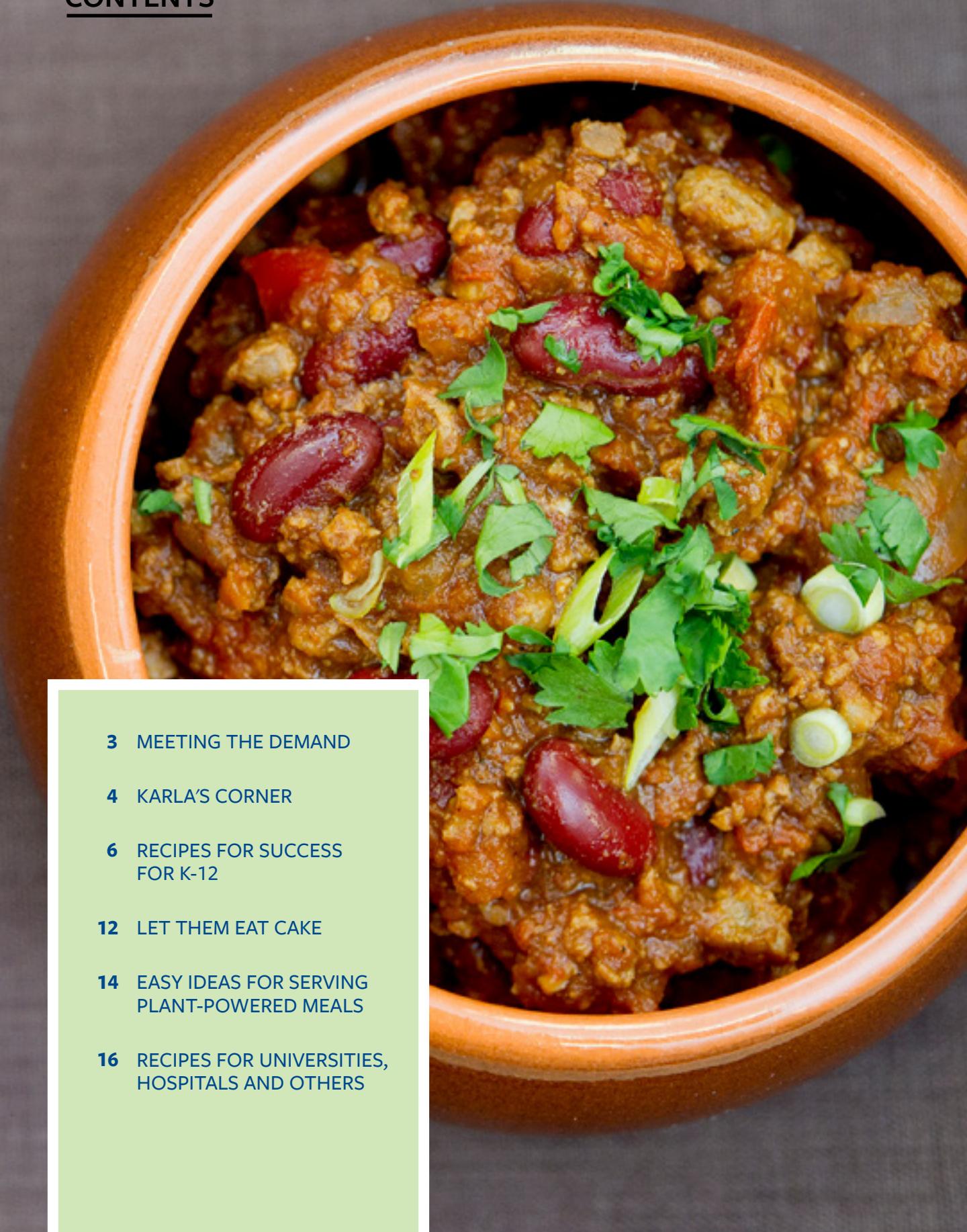
Karla's corner
Health benefits of
plant-based foods



**THE HUMANE SOCIETY
OF THE UNITED STATES**

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Standing up for the planet, better health and animals, one bite at a time.



COVER: MICHELLE RILEY/THE HSUS; THIS SPREAD, FROM LEFT: MICHELLE RILEY/THE HSUS; KATHERINE DUMAS

Thanks for your interest in the HSUS' Food Service Professional's Guide to Plant-Based Meals. There are so many reasons millions of people are choosing to eat more plant-based meals. Some do it for their health. Others do it for the health of the planet. And many do it to help animals. Meatless eating is gaining in popularity, with 133 million Americans eating vegetarian meals at least once a week. Popular programs like Meatless Monday and Lean and Green Day have helped institutions provide and market meatless options to their guests with great success. And countless others are finding innovative ways to keep up with this growing market opportunity.

Adding more plant-based meals to your menus keeps guests seeking healthier options coming back, demonstrates your organization's commitment to sustainability and adds value and variety to your food service offerings.

In this guide, you'll learn why eating plant-strong is sweeping the nation, what to serve and how to promote these options. It need not be an all-or-nothing endeavor. Go at your own pace and do what works best for your institution.

No matter your reason for helping your guests choose meatless options, feel good about your decision knowing that you're making a positive difference in the world. The HSUS stands behind you, ready to assist.

Karla Dumas

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Meeting the demand

Four reasons to serve more plant-based meals

1. SAVE MONEY

Meat prices are rising and expected to continue to do so. Reducing meat purchases and increasing plant-based options can save your dining operation money.

According to the American Heart Association, “People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources.” Serving more plant-based foods allows operators to save on protein costs. Plant proteins like beans, legumes and quinoa cost less than animal proteins, can be purchased in bulk and have longer shelf lives. Favorites like three-bean chili and black bean and roasted sweet potato burritos make hearty, protein-rich choices that are more affordable than their meat-based counterparts.

2. MEET GROWING DEMAND

Plant-based eating is on the rise. From flexitarians to vegetarians to vegans, people everywhere are interested in eating more plant-based foods. According to Vandana Sheth, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, “More consumers want to get away from animal protein and are looking for more interesting vegetable-based protein.”

Plant-based eating is popular among all ages, especially millennials. A survey conducted by 210 Analytics found that millennials are increasingly interested in plant-based cuisine, with nearly two-thirds eating meat alternatives.

3. LOOK FIT, FEEL GREAT

Diets rich in vegetables, fruits, whole grains, legumes and nuts are consistently linked to lower obesity rates, blood cholesterol levels and blood pressure. The Academy of Nutrition and Dietetics states that vegetarian and vegan diets are appropriate for all stages of life, including childhood and adolescence.

The American Heart Association writes, “Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease... high blood pressure, diabetes mellitus and some forms of cancer.” The organization suggests replacing meat with beans or lentils as a way to decrease intake of foods high in saturated fats by keeping one’s “refrigerator and pantry stocked with plant-based alternatives, such as low-sodium canned beans, unsalted nuts, high-fiber whole grains and tofu.”

Furthermore, the American Medical Association warns that the overcrowded, unsanitary and stressful living environment for animals on factory farms requires the use of massive amounts of antibiotics—many of the same drugs used in human and veterinary medicine—which is leading to antibiotic resistance and the proliferation of superbugs. By serving more plant foods and less meat, we can help reduce the number of animals on factory farms and thus our exposure to unnecessary antibiotics and superbugs.

“In San Ysidro School District, we believe that teaching students good eating habits will help raise a healthier generation and socially responsible adults. Meatless Mondays is a fun and easy way to show children that their daily choices can have an impact in their bodies, their communities, and their planet.”

—PALOMA PEREZ, DIRECTOR, CHILD NUTRITION, SAN YSIDRO SCHOOL DISTRICT

4. HELP THE PLANET

Animal agriculture is a leading cause of climate change, which is why the United Nations urges people to eat less meat to help the planet.

Animals confined in U.S. factory farms produce three times more waste than the entire U.S. population. This manure can contaminate water supplies and emit harmful gases such as hydrogen sulfide, ammonia and methane.

By choosing to skip meat one day a week, you can save up to 2,541 gallons of water! It takes 388 gallons to create just one pound of chicken. And that's the same amount of water you could use to take a seven-minute shower every day for 26 days.

“If Americans reduced meat consumption by just 20 percent, it would be as though we all switched from a sedan to a hybrid.”

—THE SIERRA CLUB



Karla's corner

*Health benefits of plant-based foods
by Karla Dumas, RDN*

What does a health-promoting, balanced meal pattern look like? According to nutrition and health experts across the world, it's full of plant-based foods like beans, nuts, fruits, vegetables and whole grains with little to no saturated animal fat or cholesterol (which is solely found in meat, eggs and dairy products). Unfortunately, the Standard American Diet does not typically reflect these recommendations. Consider this:

- Ninety percent of Americans regularly don't meet recommended daily servings of fruits and vegetables.
- Two-thirds of our adult population and one-third of the adolescent population are classified as overweight or obese.

■ Two of the leading causes of preventable death—heart disease and certain cancers—are strongly associated with diet.

As the understanding of food's role in obesity and chronic disease prevention continues to grow, more experts and public health organizations recommend plant-based eating, including the American Heart Association, National Cancer Institute and



Karla Dumas, RDN, Senior Manager, Food and Nutrition

World Health Organization, as well as the U.S. dietary guidelines. People who eat completely meatless diets are half as likely to become hospitalized or require medications and have even been documented as living longer.

Enjoying more plant-based meals, no matter your age, can lead to significant health benefits. People who eat more plant-strong meals have been shown to consume more nutrients, such as vitamins A and C, folate, fiber and iron, and they have a higher intake of fruits and vegetables. Americans typically consume

far more protein than they need, and meeting daily protein and unsaturated fat needs with plant-based meals is a cinch. Athletes like Tom Brady and Venus Williams fuel their bodies on primarily plant-based diets. The great Carl Lewis transitioned to an entirely plant-based diet to prepare for the World Championships, where he said he "ran the best meet of his life." Plant-based foods like crispy chickpea sliders, lo mein with stir-fried veggies or a hearty garden vegetable lasagna are delicious and filling ways to meet your energy needs. Choosing plant-based meals is an easy, cost-saving and delicious way to promote overall health. Join the millions of Americans in discovering the joys and benefits of eating more plant-based meals. For recipe ideas, visit forwardfood.org/foodservice.

"The research shows one thing very clearly: we all need to eat more plants and less meat."

—THE AMERICAN INSTITUTE FOR CANCER RESEARCH



Powering up with plant-strong foods

Serving more plant-based foods inspires guests to sample dishes that might be new to them, and it presents the opportunity to explore plant-based foods that are full of important nutrients:

IRON: Green, leafy vegetables; grains (rice, oats, enriched cereals); soy products (soy milk, tempeh); nuts and dried fruits are all good sources of iron. For best iron absorption, enjoy these foods with others rich in Vitamin C like citrus fruit, strawberries and leafy green vegetables.

CALCIUM: Plant-based sources include fortified dairy-free milks (such as soy, rice and almond) and orange juice, greens, beans, nuts and seeds. Fortified dairy-free milks typically contain the same amount of calcium as dairy, but none of the saturated butterfat, cholesterol or lactose, and are a better source of iron.

OMEGA-3S: Flaxseeds, walnuts and algae oil DHA supplements are healthy sources of omega-3 fatty acids, without the industrial toxins such as mercury found in fish and fish oil supplements.

PROTEIN: Beans, whole grains and nuts are excellent protein sources, free of cholesterol and animal fat. They also contain fiber, folate and dozens of health-promoting phytonutrients.

VS.

Plant-based protein	Calories	Total fat (grams)	Protein (grams)	Fiber (grams)
Progresso Lentil Soup (1 can)	320	4	18	10
Lightlife Smart Dog	50	2	7	1
Peanut butter and jelly sandwich	399	18	13	4.5
Gardein Beefless Burger, plain	243	7	20	3.5
Bean and rice burrito with salsa	368	5.5	15	14

Animal-based protein	Calories	Total fat (grams)	Protein (grams)	Fiber (grams)
Progresso Chicken Corn Chowder (1 can)	400	9	14	4
Oscar Mayer Angus Hot Dog	170	15	6	0
Sausage biscuit, fast food style	420	27	11	.5
Hamburger, fast food style, plain	232	9	13	1
Chicken pot pie, frozen entree	616	36	15	3

RECIPES



Fiesta Rice and Beans Bowl

Process #2 – Same day service. Meets USDA guidelines for K-12 and childcare programs.

YIELD	50 SERVINGS	100 SERVINGS
Ingredients	Weight/ measure	Weight/ measure
rice, brown, dry	3 lbs. 2 oz.	6 lbs. 4 oz.
water	2 ½ quarts	1 gallon + 1 quart
corn, frozen or canned, tempered	¾ gallon + ½ cup	1 ½ gallons + 1 cup
salsa, canned	¾ gallon + ½ cup or 1 ¼ -#10 cans	1 ½ gallons + 1 cup or 2 ½ -#10 cans
black beans, canned, drained or cooked from dry	1 ½ gallons + 1 cup or 4-#10 cans	3 gallons + 1 pint or 8-#10 cans
taco seasoning	1 cup	1 cups
corn tortilla chips, minimum 1 ounce equivalent grain, individual bags or corn tortilla chips, bulk	3 lbs. 2 oz. or 50 each	6 lbs. 4 oz. or 100 each

optional garnishes

romaine lettuce	2 lbs. 6 oz.	4 lbs. 12 oz.
black olives, drained	½ - #10 can	1 - #10 can
jalapeños, sliced, canned	½ - #10 can	1 - #10 can
onion, diced	2 lbs.	4 lbs.
cilantro, fresh	garnish	garnish

PREPARATION

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service. *Recommended cooking method: Steam covered for approximately 15 minutes.*

Alternative cooking methods:

- A. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes
 - B. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm until service.

HACCP CRITICAL CONTROL POINT: HOLD AT INTERNAL TEMPERATURE OF 135°F OR ABOVE.

HACCP CRITICAL CONTROL POINT: REHEAT LEFTOVER PRODUCE TO 165°F OR HIGHER;

REHEAT PRODUCT ONLY ONCE.

SERVING INFORMATION

Portion one #8 scoop (½ cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture.

Garnish with optional lettuce, olives, jalapenos and/or diced onions and a pinch of fresh cilantro. Serve tortilla chips on the side. Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and cup red/orange vegetable.

NUTRITION INFORMATION *From USDA Nutrient Database
Calories: 371, Total Fat: 13g, Saturated Fat: 4g, Monounsaturated Fat: 6g, Polyunsaturated Fat: 2g, Trans Fat: 0g, Cholesterol: 0mg, Carbohydrate: 61g, Fiber: 16g, Total Sugar: 15g, Protein: 14g, Sodium: 755mg, Vitamin A: 263µg, Vitamin C: 12mg, Calcium: 260mg, Iron: 5mg, Folate: 262µg

SERVING INFORMATION FOR CHILDCARE PROGRAMS

In the classroom, portion ¼ cup of rice with ½ cup bean and corn mixture over the rice on each plate. Top with optional garnishes and ½ ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 ½ oz. equivalent grains and ¼ cup vegetables.

NUTRITION INFORMATION *From USDA Nutrient Database
Calories: 186, Total Fat: 6.5g, Saturated Fat: 2g, Monounsaturated Fat: 3g, Polyunsaturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Carbohydrate: 30g, Fiber: 8g, Total Sugar: 7.5g, Protein: 7g, Sodium: 377mg, Vitamin A: 132µg, Vitamin C: 6mg, Calcium: 130mg, Iron: 2.5mg, Folate: 131µg

Rockin' Roasted Chickpeas

Process #2 – Same day service. Meets USDA guidelines for K-12 and childcare programs.



YIELD	50 SERVINGS	100 SERVINGS
Ingredients	Weight/measure	Weight/measure
garbanzo beans, low-sodium, canned, drained	5 lbs. 6 oz. or ¾ gallon + ½ cup	10 lbs. 12 oz. or 1 ½ gallons + 1 cup
oil, olive or vegetable	¼ cup	½ cup
salt	1-2 tbsp.	2-4 tbsp.
pepper, red or cayenne	¾ - 1 tsp.	1 ½ - 2 tsp.
rosemary, dried	⅛ cup + 1 tsp.	¼ cup + 2 tsp.

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.

SERVING INFORMATION

Portion ¼ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or ¼ cup legume vegetable.

NUTRITION INFORMATION per ¼ cup serving

*From USDA Nutrient Database

Calories: 57 Total Fat: 3g, Saturated Fat: 0g, Monounsaturated Fat: 2g, Polyunsaturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Carbohydrate: 6g, Fiber: 2g, Total Sugar: 1g, Protein: 2g, Sodium: 132mg, Vitamin A: 1µg, Vitamin C: 0mg, Calcium: 17mg, Iron: 1mg, Folate: 11µg

PREPARATION

1. Rinse and drain chickpeas very well in strainer. Allow all excess water to be removed.

Optional: Chickpeas can be stored in a cooler overnight to dry. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry.

2. In a bowl, toss chickpeas with the oil, salt and pepper.
3. Arrange in a single layer on baking sheet.
4. Roast at 350°F for 30-40 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet.

HACCP CRITICAL CONTROL POINT: HOLD AT INTERNAL TEMPERATURE OF 135°F OR ABOVE

5. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
6. Cool completely. Store in an airtight container for up to one week.

HACCP CRITICAL CONTROL POINT: COOL TO 41°F OR LOWER WITHIN 4 HOURS.

RECIPES

Energizing Edamame and Rice Shaker

Process #2 – Same day service. Meets USDA guidelines for K-12 and childcare programs.

YIELD	50 SERVINGS	100 SERVINGS
Ingredients	Weight/measure	Weight/measure
Rockin' Roasted Chickpeas – See separate recipe, page 7 (optional for early childcare)	½ gallon + 1 quart + ½ cup (12 ½ cups total)	1 ½ gallons + 1 cup (25 cups total)
edamame, shelled, cooked and drained	4 lbs. 12 oz. or ¾ gallon + ½ cup	9 lbs. 8 oz. or 1 ½ gallons + 1 cup
rice, brown, dry	6 lbs. 4 oz.	12 lbs. 8 oz.
water	1 gallon + 1 quart	2 ½ gallons
pepper, bell, green or red variety, diced, fresh or frozen	5 lbs. 4 oz. or ¾ gallon + ½ cup	10 lbs. 8 oz. or 1 ½ gallons + 1 cup
corn, frozen, thawed	4 lbs. 8 oz. or ¾ gallon + ½ cup	9 lbs. or 1 ½ gallons + 1 cup
mandarin oranges, canned, drained	8 lbs. 5 oz. or ¾ gallon + ½ cup	16 lbs. 10 oz. or 1 ½ gallons + 1 cup

Sesame dressing: optional

oil, olive or vegetable	1 pint + 1 ¼ cups	1 quart + 2 ¼ cups
vinegar, rice	1 cup + 2 tsp.	1 pint + 1 ½ tbsp.
sugar	1 cup + 2 tsp.	1 pint + 1 ½ tbsp.
soy sauce, reduced sodium	1 cup	2 cups
pepper, black	1 tbsp.	2 tbsp.
sesame oil (optional)	1 tbsp.	2 tbsp.

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.

PREPARATION

Day before:

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service. Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- A. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes
 - B. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
 2. Cool rice completely.
- HACCP CRITICAL CONTROL POINT: COOL TO 41°F OR LOWER WITHIN 4 HOURS.
3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.

Day of:

1. Layer ingredients in a 12- or 16-ounce cup as follows: 1 cup rice, ¼ cup diced bell peppers, ¼ cup drained mandarin oranges, ¼ cup corn, ¼ cup edamame, ¼ cup Rockin' Roasted Chickpeas (see recipe, p. 7).
2. Cover the cup with the flat lid.
3. Optional: For prepared salad dressing, portion 1 ounce of dressing in 2-ounce soufflé cups. Place the dressing on the flat lid and top with the domed lid. Or serve with individually packaged prepared salad dressings.

HACCP CRITICAL CONTROL POINT: HOLD AT INTERNAL TEMPERATURE OF 41°F OR BELOW.

SERVING INFORMATION

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed. Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup other vegetable and ¼ cup fruit. **This salad shaker qualifies as a reimbursable meal.**

NUTRITION INFORMATION *From USDA Nutrient Database

Edamame and Rice Shaker:

Calories: 405, Total fat: 9g, Saturated fat: 2g, Monounsaturated fat: 4g, Polyunsaturated fat: 3g, Trans fat: 0g, Cholesterol: 0mg, Carbohydrate: 70g, Fiber: 11g, Total Sugar: 9g, Protein: 14g, Sodium: 290mg, Vitamin A: 47µg, Vitamin C: 50mg, Calcium: 75mg, Iron: 3mg, Folate: 182µg

Sesame Dressing (per 1 ounce serving):

Calories: 143, Total Fat: 14g, Saturated Fat: 1g, Carbohydrate: 5g (0g Fiber), Protein: 0g, Sodium: 201mg

SERVING INFORMATION FOR CHILDCARE PROGRAMS

In the classroom, portion ¼-½ cup of rice, ¼ c mandarin oranges, ¼ cup corn and ¼ cup edamame over the rice on each plate. Each serving provides 1 meat/meat alternate, ½ - 1 oz. equivalent grains and ¼ cup vegetable component and ¼ cup fruit component.



Amazing Lo Mein

Process #2 – Same day service. Meets USDA guidelines for K-12 and childcare programs.

YIELD	50 SERVINGS	100 SERVINGS
Ingredients	Weight/measure	Weight/measure
noodles, spaghetti, dry weight	6 lbs. 4 oz.	12 lbs. 8 oz.
oil, olive or vegetable	1 pint	1 quart
garlic, minced	1/3 cup + 1 tbsp.	2/3 cup
onion, diced	1 pint	1 quart
carrots, shredded	1 quart	2 quarts
vegetables, stir-fry variety, frozen	1 1/2 gallons + 1 cup	3 gallons + 1 pint
soy sauce, low sodium	1 1/2 cups	1 pint + 1 cup
sugar, granulated	3/4 cup	1 1/2 cups
beans, garbanzo, canned, drained or cooked from dry	1 1/2 gallons + 1 cup or 2 1/2 - #10 cans	3 gallons + 1 pint or 5 - #10 cans
cilantro, fresh	garnish	garnish

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.
HACCP—STANDARD OPERATING PROCEDURE—WASH ALL PRODUCE BEFORE STARTING THIS RECIPE.

PREPARATION

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP CRITICAL CONTROL POINT: HOLD AT INTERNAL TEMPERATURE OF 135°F OR ABOVE.
HACCP CRITICAL CONTROL POINT: REHEAT LEFTOVER PRODUCE TO 165°F OR HIGHER; REHEAT PRODUCT ONLY ONCE.

SERVING INFORMATION

Portion 1 1/2 cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and 1/2 cup other vegetable.

OR

Portion 3/4 cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup other vegetable.

NUTRITION INFORMATION per 1 1/2 cup serving

*From USDA Nutrient Database

Calories: 507, Total Fat: 13g, Saturated Fat: 2g, Monounsaturated Fat: 7g, Polyunsaturated Fat: 2g, Trans Fat: 0g, Cholesterol: 0mg, Carbohydrate: 84g, Fiber: 19g, Total Sugar: 11g, Protein: 20g, Sodium: 533mg, Vitamin A: 299µg, Vitamin C: 6mg, Calcium: 96mg, Iron: 5mg, Folate: 111µg



RECIPES

Chana Masala

Chana masala is a popular dish in Indian and Pakistani cuisine. The main ingredient is chickpeas. You can vary the spice level depending on student preference.

Process #2 – Same day service. Meets USDA guidelines for K-12 and childcare programs.

YIELD	50 SERVINGS	100 SERVINGS
Ingredients	Weight/measure	Weight/measure
pureed tomatoes and sauce, canned	1 gallon	2 gallons
garbanzo beans, drained	1 ½ gallons + 1 cup or 2 ½ #10 cans	3 gallons + 1 pint or 5 #10 cans
olive or vegetable oil	1 cup	1 pint
onion, diced	3 lbs.	6 lbs.
cumin, ground	½ cup + 1 tsp.	1 cup + 2 tsp.
salt	¼ cup + ½ tsp.	½ cup + 1 tsp.
garlic powder	½ cup + 1 tsp.	1 cup + 2 tsp.
ginger, ground	½ cup + 1 tsp.	1 cup + 2 tsp.
chili powder	¼ cup	½ cup
cilantro, dried	1 cup	1 pint
turmeric, dried	2 tbsp.	¼ cup
garam masala (spice blend)	¼ cup	½ cup

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.



PREPARATION

RICE

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service. *Recommended cooking method: Steam covered for approximately 15 minutes.*

Alternative cooking methods:

- A. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- B. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

CHANA MASALA

1. Heat oven to 350°F.
2. Combine all ingredients, except for garam masala, lemon juice and rice, into a steam table pan. Stir and cover.
3. Place in oven for approximately 20 minutes until product is heated.
4. Add garam masala and lemon juice to the chickpea mixture and mix until well combined.
5. Serve over rice.

HACCP CRITICAL CONTROL POINT: HEAT TO A TEMPERATURE OF 140°F FOR 15 SECONDS.

HACCP CRITICAL CONTROL POINT: HOLD AT INTERNAL TEMPERATURE OF 135°F OR ABOVE.

HACCP CRITICAL CONTROL POINT: REHEAT LEFTOVER PRODUCE TO 165°F OR HIGHER; REHEAT PRODUCT ONLY ONCE.

SERVING INFORMATION

Serve ½ cup chana masala over 1 cup brown rice.

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup red/orange vegetable.

OR

Serve ¼ cup chana masala over ½ cup brown rice.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains, and ¼ cup vegetable component.

NUTRITION INFORMATION *From USDA Nutrient Database

Calories: 463, Total Fat: 9g, Saturated Fat: 1g, Monounsaturated Fat: 5g, Polyunsaturated Fat: 2g, Trans Fat: 0g, Cholesterol: 0mg, Carbohydrate: 83g, Fiber: 13g, Total Sugar: 12g, Protein: 15g, Sodium: 780mg, Vitamin A: 30µg, Vitamin C: 14mg, Calcium: 98mg, Iron: 5mg, Folate: 101µg



Crazy Chickpea Salad

Process #2 – Same day service. Meets USDA guidelines for K-12 and childcare programs.

YIELD	50 SERVINGS	100 SERVINGS
Ingredients	Weight/measure	Weight/measure
chickpeas, canned, drained	1 ½ gallons + 1 cup or 2 ½ #10 cans	3 gallons + 1 pint or 5 #10 cans
eggless mayonnaise	1 ½ pints + 2 tbsp.	1 ½ quarts + ¼ cup
red bell pepper, finely diced	1 quart	½ gallon
carrots, shredded	1 quart	½ gallon
celery, finely diced	1 quart + 1 cup	½ gallon + 1 pint
parsley, dried	¼ cup + 1 tsp.	½ cup + 2 tsp.
dijon mustard	½ cup + 1 ½ tsp.	1 cup + 1 tbsp.
salt	1 ½ tbsp.	3 tbsp.
black pepper	1 tbsp.	2 tbsp.
garlic, granulated	1 ¾ tbsp.	3 ½ tbsp.

PREPARATION

1. Grind chickpeas in food processor or Robot Coupe until the beans become small flaky pieces.
2. In a large bowl, combine all ingredients and mix well.
3. Allow to cool in refrigerator prior to meal service.

HACCP CRITICAL CONTROL POINT: HOLD AT 40°F OR BELOW.

SERVING INFORMATION

Serve on a sandwich or with crackers and vegetables as a grab ‘n’ go platter. Each ¼ cup serving of crazy chickpea salad provides 1 meat/meat alternates. Each ½ cup serving of crazy chickpea salad provides 2 meat/meat alternates.

NUTRITION INFORMATION *From USDA Nutrient Database

Calories: 143, Total Fat: 8g, Saturated Fat: 0g, Monounsaturated Fat: 0g, Polyunsaturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Carbohydrate: 14g, Fiber: 4g, Total sugar: 3g, Protein: 4g, Sodium: 141mg, Vitamin A: 76µg, Vitamin C: 13mg, Calcium: 40mg, Iron: 1mg, Folate: 31µg



Let them eat cake: delectable desserts

Scrumptious sweets are cholesterol-free

TEXAS NATIVE CHEF WANDA WHITE has not only amassed an impressive resume of culinary education—from the Art Institute of Dallas to the Culinary Institute of America to formal training in Paris—but she's also cooked in kitchens all over the U.S. Yet she was faced with an unprecedented challenge when she took the chef position at University of North Texas' Mean Greens dining hall: how to bake without eggs and dairy.

As the lead culinarian in the nation's first all-vegan university dining hall, this classically trained pastry chef quickly rose to the challenge. Armed with a couple of cookbooks like *Vegan in Volume* and *The Complete Guide to Vegan Food Substitutions*, Wanda did some recipe testing and found she could make amazing vegan desserts with a few simple substitutions.

The response? Wanda became known for the best cakes on campus, attracting not only the vegan students, but also non-vegan students, faculty and community members. And Mean Greens' sales skyrocketed from about 175 transactions a day to more than 500 a day in its first few weeks of operation. Participation continued to rise and remain steady, with around 1,700 meals being served daily after four years of operation. To boot, UNT experienced a jump in voluntary meal plan sales by 35 percent... proving that you can have your vegan cake and eat it, too.

As Wanda found, any dessert—berry cobbler, pumpkin pie,

chocolate chip cookies, pudding and even cheesecake—can be made without animal ingredients and without compromising quality. Just ask *Gourmet* magazine, which praised vegan desserts as “indistinguishable from their conventional counterparts.” As an added bonus, your “guilty indulgences” will be cholesterol-free.

Omitting eggs, dairy and butter from desserts is simple, and the proof is in the pudding—literally. Replacing dairy is as easy as swapping out cow's milk with a plant-based ingredient, like almond, soy or rice milk.

Easy egg replacements

PER EGG SERVING

- $\frac{1}{2}$ cup banana, mashed
- $\frac{1}{4}$ cup applesauce
- $1 \frac{1}{2}$ tsp. Ener-G Egg Replacer (found in natural food stores) + 2 tbsp. water
- 1 tbsp. ground flax seeds (flax meal) + 3 tbsp. water, whisked
- $\frac{1}{4}$ cup silken (soft) tofu, pureed
- 3 tbsp. “aquafaba” (canned bean liquid) (add $\frac{1}{4}$ tsp. cream of tartar when whipping for meringue)

Bananas Foster

Yield: 48 ounces; 12 servings (4 ounces each)

½ sheet vegan white cake (see recipe at right)
6 bananas (sliced)
10 oz. Earth Balance plant-based buttery spread (divided)
1 lb. brown sugar
½ cup soy milk
2 cups non-dairy whipped topping

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.

PREPARATION

1. Melt 8 ounces buttery spread; add brown sugar and cook until caramelized.
2. Add soy milk.
3. Brown bananas in 2 ounces buttery spread; add to caramel sauce.

HACCP CRITICAL CONTROL POINT: HEAT TO A TEMPERATURE OF 140°F FOR 15 SECONDS.
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SERVING INFORMATION

1. Place chunk of cake in 6 ounce shot glass.
2. Spoon cooked bananas and sauce over cake.
3. Pipe whipped topping. Serve.

NUTRITION INFORMATION *From USDA Nutrient Database
Calories: 439, Total Fat: 24g, Saturated Fat: 6g, Carbohydrate: 57g, Protein: 3g, Sodium: 502 mg, Vitamin A: 1%, Vitamin C: 8%, Calcium: 8%, Iron: 6%

Wanda's Wonderful White Cake

Yield: ½ sheet pan; 24 servings (2 inches each)

2 tbsp. cider vinegar	½ tsp. baking soda
24 oz. soy milk	1 tsp. salt
18 oz. all-purpose flour	8 oz. vegetable oil
16 oz. sugar	.83 oz. vanilla flavoring
2 tsp. baking powder	

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.

PREPARATION

1. Combine vinegar, soy milk, vegetable oil, vanilla and sugar. Mix well.
2. In a separate bowl, combine flour, baking powder, baking soda and salt.
3. Add liquid mixture to dry ingredients and beat for 3 minutes.
4. Spray ½ sheet pan; pour batter into prepared pan. Bake at 325°F for 20-25 minutes.

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SERVING INFORMATION

- 1 (2 inch) piece. Top with 2 ounces fresh strawberries and 1 ounce whipped topping or your favorite icing.

NUTRITION INFORMATION *From USDA Nutrient Database
Calories: 363, Total Fat: 15g, Saturated Fat: 1g, Carbohydrate: 53g, Protein: 5g, Sodium: 365mg, Vitamin A: 32mg, Vitamin C: 0, Calcium: 128mg, Iron: 2g, Folic Acid: 98 mg





Easy ideas for serving up plant-powered meals

Scrumptious sweets are cholesterol-free

Serve soup du jour!

Include at least one plant-based soup every day or make all soups meat-free on Monday, as some institutions do.

Offer options hot off the line.

Provide plant-based options on prepared food lines and action stations.

- **PASTA BAR.** Offer an assortment of pasta with meat-free sauces like marinara, peanut sauce and cashew cheese Alfredo.
- **TEX-MEX PARTY.** Have fun with street foods: From meaty portobello street tacos with cashew cilantro cream to fiesta bean burrito bowls, it's easy to make Tex-Mex food meat-free.
- **FLATBREADS WITH FLAIR.** Try a Tuscan white bean pizza, which is not only delicious but easy on the bottom line at less than \$1 per serving.
- **USE YOUR NOODLE.** Noodle soups are easy to customize and make plant-based. From hearty vegetable ramen to mouthwatering meat-free pho, these classic favorites will warm your customers up to healthy eating.
- **FIRE UP THE GRILL.** Have veggie burgers, sausages and veggie dogs available and fresh at the grill.
- **EASY PEAS-Y.** Cook beans, black-eyed peas and other legumes with water instead of lard or animal-based broths.

Make salads more than a side!

Supersize your salad bar.

- Add plant-based proteins to your salad bar, including tofu (seasoned or unseasoned), chickpeas, beans and other legumes, sprouts, nuts and seeds.
- Offer composed salads featuring quinoa, couscous and other grains to make it easy on patrons.
- Include easy meatless add-ons like noodles and pasta dishes. Add sesame noodles with ginger or peanut sauce, or macaroni salad made with plant-based mayo.
- Make sure your grab-and-go station includes meat-free pre-packaged salads. A Mediterranean salad with hummus, pita bread and olives makes a filling and healthy meal.

Start fresh!

Plant-based breakfast can be easy with a couple of quick ideas.

- Offer a variety of self-serve toppings to pair with oatmeal and dairy-free yogurt.
- Make cereal, coffee and oatmeal a snap by offering soy, almond and other nut-based milks.
- Provide dairy-free cream cheese and margarine for bagels, muffins and toast.

- Serve fresh fruit (packaged, sliced or whole) packaged apart from dairy-based dips. Try it with chia pudding as an omega-3-packed parfait.
- Shift your pancakes and waffles to be egg- and dairy-free by using egg replacers, and make these the default items (consumers won't even know they're healthier!).
- Add tofu scramble to the menu as a breakfast comfort dish.

Substitute animal meats with plant-based meats in favorite recipes.

In addition to the variety of meals that can be prepared with vegetables, fruits and grains already on hand, try adding plant-based meats to standard entrees! Here are some favorites:

- **BEYOND MEAT:** Plant-based chicken strips, burgers and gluten-free, soy-free beefy crumbles
- **BOCA:** Veggie burgers, ground crumbles, chicken patties and breakfast foods
- **FIELD ROAST:** Veggie dogs, sausages and Chao cheese
- **GARDEIN:** Plant-based chicken strips, crumbles, beef chunks, nuggets and fishless fillets
- **TOFURKY:** Plant-based deli slices, sausages, hot dogs, roasts and pepperoni
- **UPTON'S:** Barbecue bacon and chorizo seitan

Market plant-based meals.

- Lure with language. Instead of marketing food as "plant-based," "meat-free" or "vegan," use positive descriptive words to highlight a meal's best attributes or what makes the dish special. Consumers are much more likely to choose foods that sound good, like "Spicy Three Bean and Lentil Stew," "Old-Fashioned Apple Cinnamon Muffins" or "Crispy Chickpea Sliders with Crunchy Coleslaw."
- Put plant-based meals front and center, so that they're the first thing consumers see when they enter a dining venue. You can also boost sales of a plant-based option by making it the default choice—have your daily special or plate of the day be meat-free.

"The Meatless Monday education Valley Hospital provides raises awareness of the environmental and public health impact of industrial meat production linked to heavy land and water use and pollution. Sustainability is a top priority for us."

—DAWN CASCIO, MS, RD, DIRECTOR OF VALLEY DINING,
THE VALLEY HOSPITAL

- Incentivize interest. If consumers aren't automatically reaching for the plant-based items on your menu, give them an extra reason to: offer discounts on plant-based fare.
- Integrate, don't separate. Instead of having a designated plant-based section of your menu or dining hall, intersperse plant-based foods with traditional, meat-based dishes. Consumers will be more likely to try something new if it's mixed in with the usual offerings and sounds like it will be satisfying. You can still use small symbols to identify meat-free options for those who specifically want them.

Case study

THE VALLEY HOSPITAL, RIDGEWOOD, NEW JERSEY

Estimated meals served daily: 2,500

THE INSPIRATION: Dawn Cascio's interest in Meatless Monday was sparked at a "Healthy Kitchens, Healthy Lives" conference, which highlighted research showing that plant-based diets are the healthiest.

"We knew Meatless Monday was a great way to spread that message," says Cascio, director of food services at the 451-bed hospital.

The hospital kicked off its Meatless Monday with a celebration featuring interns donning farm animal costumes and staff wearing Meatless Monday aprons. Cascio says the vegetarian meals are so appealing that few even notice they're meat-free. Since the program began, more than 400 employees have signed the Meatless Monday pledge.

MEATLESS FAVES: Black bean quesadillas, noodle bowls, white bean and kale soup, quinoa-stuffed eggplant and wheat berry salad with spinach, blueberries, pineapple, molasses and mint are popular offerings.

BRINGING IT HOME: Emails and recipes posted on Facebook and the hospital's intranet excite staff and guests about meatless menus and the benefits of plant-based eating. Banners, buttons and aprons advertising the program keep staff and diners engaged in healthy dialogue.

TOP TIPS: Cascio first pitched the idea to her boss before sending letters and Meatless Monday buttons to the executive team—"because if they buy in, the employees will buy in," she says.

RECIPES

Shepherd's Pie

Yield: $\frac{1}{2}$ hotel pan; 11 servings

2 cups zucchini (sliced)	4 oz. non-dairy buttery spread
2 cups yellow squash (sliced)	2 cups soy milk
2 cups carrots (sliced)	1 lb. mushrooms (sliced)
1 cup red onion (sliced)	2 tbsp. olive oil (divided)
2 tbsp. fresh garlic (minced)	2 tsp. salt
2 $\frac{1}{2}$ lbs. potatoes (for mashing)	2 tsp. pepper

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.

PREPARATION

1. Sauté zucchini, yellow squash, carrots, red onions and garlic in 1 tablespoon of olive oil. Set aside.
2. Cook potatoes until tender; mash with non-dairy buttery spread and soy milk.
3. Sauté mushrooms in 1 tablespoon olive oil.
4. Finish by layering vegetables in bottom, then mushrooms, and top with mashed potatoes.
5. Put in 400°F oven and bake until potatoes are golden brown, about 20 minutes.

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SERVING INFORMATION

6 ounces, garnish with chopped fresh parsley.

NUTRITION INFORMATION *From USDA Nutrient Database

Calories: 94, Total Fat: 0, Saturated Fat: 0, Carbohydrate: 21, Protein: 3, Sodium: 511, Vitamin A: 159µg, Vitamin C: 20mg, Calcium: 30mg, Iron: 1mg, Folic Acid: 40 mg



Black Bean and Sweet Potato Burritos

Yield: 8 servings

8 flour tortillas
2 cups black beans
2 cups sweet potatoes cooked tender, cut into small cubes
$\frac{1}{2}$ tsp. cumin
$\frac{1}{2}$ cup red bell pepper (diced small)
$\frac{1}{2}$ cup green bell pepper (diced small)
1 tbsp. fresh garlic (minced)
1 tbsp. chili powder
1 cup red onion (diced small)

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PREPARATION

1. Sweat onions, garlic and peppers until onions are translucent, about 5 minutes.
2. Add black beans, sweet potatoes, cumin and chili powder. Cook until warmed through, about 10 minutes.

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SERVING INFORMATION

Spoon 2 ounces of black bean mixture on 1 flour tortilla, roll up and garnish with 1 teaspoon of fresh chopped cilantro.

NUTRITION INFORMATION *From USDA Nutrient Database

Calories: 143, Total Fat: 1g, Saturated Fat: 0g, Carbohydrate: 30g, Protein: 5g, Sodium: 127mg, Vitamin A: 30%, Vitamin C: 68%, Calcium: 6%, Iron: 5%

Bean and Leek Cassoulet

Yield: 2 ($\frac{1}{2}$ hotel pan); 24 servings

biscuits

4 cups self-rising flour
12 tbsp. vegetable shortening
2 $\frac{1}{2}$ -3 cups soy milk. Start with $2\frac{1}{2}$ cups and add the last $\frac{1}{2}$ cup as needed. The dough should be wet but not slushy.

cassoulet

1 lb. great northern beans (dry)
1 lb. carrots (chopped)
2 $\frac{1}{2}$ lbs. new potatoes (cubed)
8 oz. leeks (white and light green parts, washed thoroughly and sliced)
1 cup onion (medium chopped)
$\frac{1}{4}$ cup fresh garlic (minced)
8 oz. frozen mixed vegetables
1 tsp. salt
1 tsp. pepper
1 tbsp. non-dairy buttery spread

HACCP—STANDARD OPERATING PROCEDURE—USE HAND WASHING PROCEDURES BEFORE STARTING RECIPE.

PREPARATION

Biscuits

1. Blend flour and shortening to form pea-sized lumps.
2. Add milk and mix dough together until moistened, being careful not to over-mix.
3. On a floured surface, roll out biscuit dough about 1 inch thick. Using a biscuit cutter, form biscuits.

Cassoulet

1. Cook soaked great northern beans until tender, about an hour and a half.
2. Sauté leeks, onions, carrots and garlic.
3. Add potatoes and mixed vegetables to the sautéed vegetables.
4. Add enough water to cover while cooking vegetables until tender.
5. Add cooked great northern beans with juice, salt and pepper.
6. Divide into two $\frac{1}{2}$ hotel pans, top with biscuits. Bake at 400°F until golden brown, about 20 minutes.
7. Brush with non-dairy buttery spread.

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SERVING INFORMATION

6 ounces of bean mixture, making sure 1 biscuit is on top. Garnish with fresh chopped parsley.

NUTRITION INFORMATION *From USDA Nutrient Database

Calories: 201, Total Fat: 5g, Saturated Fat: 1g, Carbohydrate: 33g, Protein: 6g, Sodium: 171mg, Vitamin A: 12%, Vitamin C: 25%, Calcium: 7%, Iron: 11%



"There is no question that largely vegetarian diets are as healthy as you can get. The evidence is so strong and overwhelming and produced over such a long period of time that it's no longer debatable."

—MARION NESTLE, PH.D., M.P.H.,
NEW YORK UNIVERSITY'S NUTRITION DEPARTMENT



→ **GO ONLINE** to find more tasty recipes. You can also check out our toolkits, free marketing materials and resources for professionals. Jump-start your guests' journey to a healthier, more sustainable and compassionate way of eating at ForwardFood.org/foodservice.



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