

Chicken Marsala over Spaghetti Squash



Lightened version of Chicken Marsala with spaghetti featuring LEAN CUISINE® Glazed Chicken.

Yield	(37-1/2 lbs) 150 pieces chicken 50 cups squash 120 oz sauce
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	fl oz	1	cup	Olive oil	
26	oz	2	qts	Shiitake mushrooms, fresh	roasted
26	oz	2	qts	Crimini mushrooms	roasted
26	oz	2	qts	Oyster mushroom, fresh	roasted
26	oz	2	qts	Portabella mushrooms	medium dice, roasted
64	fl oz	2	qts	Marsala	
304	oz	4	trays	<u>Stouffer's® Lean Cuisine® Glazed Chicken</u>	prepared
2	oz	1	cup	Parsley, fresh	chopped
210	oz	3 gal 2 cups		Spaghetti squash	cooked, shredded, hot

Preparation Steps

1. In olive oil over medium high heat, sauté all varieties of mushrooms until hot. Deglaze with Marsala wine.
2. Add Glazed Chicken and sauce to mushroom sauté. Toss with parsley.
3. Place hot spaghetti squash on a serving dish. Top with Chicken Marsala.

Chef's tip

The wild mushrooms in this recipe may be substituted 1:1 by volume with almost any mushrooms.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	292.4
Energy (KJ)	1270.9
Protein (g)	19.8
Carbohydrate, total (g)	23.7
Fats, total (g)	10.1
Sugars, total (g)	8.9
Fats, saturated (g)	1.8
Fiber, total dietary (g)	3
Sodium (mg)	452.3
Calcium (mg)	36.6
Cholesterol (mg)	42.3
Iron (mg)	2.3
Vitamin A (µg_RAE)	15.6
Vitamin C (mg)	7

CHICKEN MARSALA OVER SPAGHETTI SQUASH

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Marsala wine, 2 bottles

> Produce

***be sure to ask your distributor about local seasonal produce*

€ ☐ Spaghetti squash, 22 lbs

€ ☐ Wild mushroom blend, sliced 16 lbs

€ ☐ Parsley, fresh 4 oz

> Frozen

€ €

> Protein

€

> Dairy

> Refrigerated

☐ LEAN CUISINE® Glazed Chicken 1 case

CHICKEN MARSALA OVER SPAGHETTI SQUASH

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Place Marsala wine in squirt bottles
- € ☐ Place olive oil in squirt bottles
- € ☐ Split in half, seed, roast spaghetti squash at 350°F until easily pierced with a knife
- € ☐ Completely cool squash, then shred interior with a fork to make “spaghetti”
- € ☐ Oil, season, and roast mushrooms
- € ☐ Thaw 4 trays of LEAN CUISINE® Glazed Chicken under refrigeration
- € ☐ Chop parsley
- € ☐ Squirt bottle of olive oil for sautéing

> Day of Service

- €€€ ☐ Cook glazed chicken according to package directions
- € ☐ Heat squash and season

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Heat proof spatula (2)
- € ☐ Serving spoons (3)
- € ☐ Container for holding mushrooms cold
- € ☐ Container for holding parsley cold
- € ☐ Chaffers for holding squash and glazed chicken hot (1 if you use half 4" hotel pan for each)
- € ☐ Serving spoon for chicken (3 pc) and sauce
- € ☐ Serving spoon for squash (8 oz)
- € ☐ Serving spoon (1)
- € ☐ Heatproof spatula (1)
- € ☐ Teaspoon for parsley
- € ☐ ¼ cup scoop for mushrooms

€

Coq au vin Snack



Lightened version of classic French bistro dish.

Yield	4 gallons 50(10oz)servings
Serves	50
Preparation time	90 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
104	fl oz	3- 1/4	qts	Red wine	
19	lb	4	trays	<u>Stouffer's® Lean Cuisine® Glazed Chicken</u>	prepared
8	fl oz	1	cup	Olive oil	
37	oz	3	qts	Onions	medium dice, roasted
37	oz	3	qts	Carrots	medium dice, roasted
37	oz	3	qts	Celery	medium dice, roasted
37	oz	3	qts	Parsnip	medium dice, roasted
37	oz	3	qts	Radishes	quartered, roasted
3	oz	1	cup	Parsley, raw	

Preparation Steps

1. Reduce wine over medium low heat to 1/2 -3/4 of a cup. The wine must be highly reduced or else the color of the sauce will be unappealing. Combine with Glazed Chicken.
2. Add oil to sauté pan over medium high heat. Add onions, carrots, celery, parsnips, and radishes and sauté until hot.
3. Add Glazed Chicken and parsley. Toss and serve hot.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	261.6
Energy (Kj)	1129.7
Protein (g)	18.3
Carbohydrate, total (g)	16.9
Fats, total (g)	9.5
Sugars, total (g)	7
Fats, saturated (g)	1.7
Fiber, total dietary (g)	2.6
Sodium (mg)	468.8
Calcium (mg)	41.7
Cholesterol (mg)	42.3
Iron (mg)	1.6
Fats, monounsaturated (g)	5
Fats, polyunsaturated (g)	2.4
Vitamin A (µg_RAE)	231.7
Vitamin C (mg)	13.7

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

COQ AU VIN SNACK

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Red wine 104 fl oz

> Produce

***be sure to ask your distributor about local seasonal produce*

€ ☐ White, yellow, or Spanish onions 5 lbs

€ ☐ Carrots 3 lbs

€ ☐ Celery 3.5 lbs

€ ☐ Parsnips 3 lbs

€ ☐ Radishes 3 lbs

€ ☐ Parsley, fresh 8 oz

> Frozen

€ €

> Protein

€

> Dairy

> Refrigerated

☐ LEAN CUISINE® Glazed Chicken 1 case

COQ AU VIN SNACK

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Reduce 104 oz red wine over low heat to ½ cup. As it reduces it should be switched to a smaller pan.
- € ☐ Clean, medium dice, oil, season, roast 5 lbs of onions
- € ☐ Clean, medium dice, oil, season, roast 3 lbs carrots
- € ☐ Clean, medium dice, oil, season, roast 3.5 lbs celery
- € ☐ Clean, medium dice, oil, season, roast 3 lbs parsnips
- € ☐ Clean, medium dice, oil, season, roast 3 lbs radish
- € ☐ Chop 1 cup parsley
- € ☐ Reserve 4 trays LEAN CUISINE® Glazed Chicken thaw under refrigeration

> Day of Service

- €€€ ☐ Cook glazed chicken according to package directions
- € ☐ Combine cooked glazed chicken and reduced wine

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Containers for holding vegetables and parsley cold (6)
- € ☐ Chaffer for holding glazed chicken hot (1)
- € ☐ ¼ cup scoops for vegetables (5)
- € ☐ Tsp for scooping parsley
- € ☐ Spoon for scooping chicken (3 pc) and sauce (2 oz)
- € ☐ Heatproof spatula
- € ☐ Serving spoon

€

Hoppin John with Kale, Smoked Turkey & Wild Rice



Classic Southern dish with a healthy twist.

Yield	33 lbs (50 cups Rice and 50 cups Bean mix)
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	fl oz	1	cup	Olive oil	
4.75	oz	7	tbsp	Garlic	chopped
11	oz	4-1/3	cups	Onions	diced, sautéed
12.5	oz	6-1/4	qts	Kale, plain	stemmed, chopped
6.25	lb	12-1/2	cups	Tomato	diced
50	oz	12-1/2	cups	Turkey breast, smoked	diced
12.5	oz	3	cups	Carrots	diced, roasted
12.5	lb	9-1/2	qts	Black-eyed Peas, cooked with Minor's® Natural Gluten Free Vegetable Base - prepared	
250	oz	50	cups	Minnesota Wild Rice, cooked with Minor's® Natural Gluten Free Vegetable Base - prepared	

Preparation Steps

1. In olive oil, sauté garlic until lightly toasted. Add onions, kale, tomatoes, turkey and carrots. Sauté until hot. Toss in Black-eyed Peas and cook until mixture is hot.
2. Serve over hot Minnesota Wild Rice.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	218.6
Energy (KJ)	915.6
Protein (g)	13.8
Carbohydrate, total (g)	26.9
Fats, total (g)	6.6
Sugars, total (g)	3
Fats, saturated (g)	1.2
Fiber, total dietary (g)	3.5
Sodium (mg)	680.3
Calcium (mg)	45.2
Cholesterol (mg)	21.5
Iron (mg)	3.9
Fats, monounsaturated (g)	3.7
Fats, polyunsaturated (g)	1.2
Vitamin A (µg_RAE)	140.3
Vitamin C (mg)	17.8
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Black-eyed Peas with MINOR'S® Natural Gluten Free Vegetable Base



Vegetarian, gluten free legume recipe.

Yield	2-1/2 qts 10(6.3oz)servings
Serves	10
Preparation time	5 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
64	fl oz	2 qts		Water	
1.25	oz	2 tbsp		Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
24	oz	1 qt		Black-eyed peas, dried	

Preparation Steps

- Over medium high heat, whisk together water and Vegetable Base. Add black eyed peas and bring to a simmer.
- Cover pot with lid and place in a 350°F convection oven for 30 minutes or until black eyed peas are tender. Be sure to test the peas for doneness.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	216.1
Energy (Kj)	920.8
Protein (g)	16
Carbohydrate, total (g)	37.6
Fats, total (g)	1.2
Sugars, total (g)	2.2
Fats, saturated (g)	0.4
Fiber, total dietary (g)	5.6
Sodium (mg)	274.4
Calcium (mg)	59.6
Cholesterol (mg)	0
Iron (mg)	5.2
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.5
Vitamin A (µg_RAE)	7.2
Vitamin C (mg)	0.9
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

HOPPIN' JOHN

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Minnesota wild rice 6 lbs
- € ☐ Black-eyed peas 6 lbs
- € ☐ Diced tomatoes in juice 4- $\frac{1}{4}$ qts or 6.25 lbs

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Kale 1.5 lbs
- € ☐ Onions 1 lb
- € ☐ Garlic 5 oz
- € ☐ Carrots 2 lb

> Frozen

€ €

> Protein

- ☐ Smoked whole-muscle turkey breast 3.5 lbs

> Dairy

€

> Refrigerated

- ☐ MINOR'S® Natural Gluten Free Vegetable Base 1 lb

HOPPIN' JOHN

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Prepare 4.25 times the recipe for Minnesota wild rice prepared with MINOR'S® Gluten Free Vegetable Base
- € ☐ Prepare 4 times the recipe for black-eyed peas with MINOR'S Gluten Free Vegetable Base
- € ☐ Chop garlic
- € ☐ Clean, medium dice, oil, season, roast 1 lb onions
- € ☐ Clean, medium dice, oil, season, roast 2 lbs carrots
- € ☐ Clean, chop kale
- € ☐ Secure canned diced tomatoes in juice
- € ☐ Dice smoked turkey

> Day of Service

- € ☐ Heat rice

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Containers to hold vegetables, peas, and turkey cold (7)
- € ☐ Chaffer to hold rice hot
- € ☐ 8 oz scoop for rice
- € ☐ 1 tablespoon scoop for onions
- € ☐ ½ cup scoop for kale
- € ☐ 6 oz scoop for peas
- € ☐ ¼ teaspoon scoop for garlic
- € ☐ 2 oz scoop for tomatoes in juice
- € ☐ 1 oz scoop for turkey
- € ☐ 1 tbsp scoop for carrots
- € ☐ Serving spoon
- € ☐ Heatproof spatula

Lasagna and Panzanella Snack



A half portion of lasagna and panzanella salad are enough to be satisfying while leaving you feeling light and energized.

Yield	28-1/2 lbs
Serves	48
Preparation time	5 minutes
Cooking time	1 minute

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
37	oz	1 gal		Croûtons	prepared
2	lb	3 qts		Tomato	Heirlooms, medium diced
23	oz	1-1/2 qts		Cucumbers	medium diced
6.25	oz	3 qts		Endive, curly	frisée, chopped
6.25	oz	3 cups		Red onions	small diced
1	oz	3/4 cup		Basil leaf, fresh	chopped
24	fl oz	3 cups		Olive oil	
8	fl oz	1 cup		Red wine vinegar	
12	lb	2 trays		<u>Stouffer's® Lean Cuisine® Whole Grain Lasagna with Meat Sauce 4x96 oz.</u>	prepared, hot

Preparation Steps

1. A half portion of lasagna and panzanella salad are enough to be satisfying while leaving you feeling light and energized.
2. Plate panzanella next to lasagna.

Chef's tip

4oz Lasagna and 4oz Panzanella per serving.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	248.5
Energy (KJ)	1069.5
Protein (g)	7.8
Carbohydrate, total (g)	17.5
Fats, total (g)	16.8
Sugars, total (g)	4.6
Fats, saturated (g)	3.3
Fiber, total dietary (g)	2.2
Sodium (mg)	252.1
Calcium (mg)	93
Cholesterol (mg)	10.5
Iron (mg)	1
Fats, monounsaturated (g)	11
Fats, polyunsaturated (g)	1.8
Vitamin A (µg_RAE)	70.1

Vitamin C (mg)

5.2

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

LASAGNA AND PANZANELLA SNACK

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Seasoned croutons 2.5 lbs
- € ☐ Extra virgin olive oil 3 cups
- € ☐ Red wine vinegar 1 cup

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Colorful tomato blend (heirloom if possible) 2.25 lbs
- € ☐ Cucumbers 3 lbs
- € ☐ Basil 4 oz
- € ☐ Red onion 8 oz
- € ☐ Frisee or curly endive (not Belgium endive) 1 lb

> Frozen

- ☐ ~~€~~ LEAN CUISINE® Meat Lasagna 1 case

> Protein

€

> Dairy

> Refrigerated

LASAGNA AND PANZANELLA SNACK

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Secure croutons
- € ☐ Medium dice tomatoes
- € ☐ Seed, peel, and medium dice cucumbers
- € ☐ Julienne and rinse red onions
- € ☐ Clean and cut endive/frisee
- € ☐ Fill squirt bottles with 1 part vinegar to 3 parts olive oil

> Day of Service

- ~~€€€~~ ☐ Cook lasagna according to package directions
- € ☐ Julienne basil

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for keeping lasagna hot
- € ☐ Offset spatula for serving lasagna
- € ☐ Knife for portioning lasagna
- € ☐ Containers for holding salad components cold (5)
- € ☐ 3 oz scoop for croutons
- € ☐ 2 oz scoop for tomatoes
- € ☐ 1 oz scoop for cucumbers
- € ☐ Small tongs for endive/frisee
- € ☐ Small tongs for onions
- € ☐ Small tongs for basil
- € ☐ Medium mixing bowl for tossing
- € ☐ Tongs for serving panzanella

Lemon Chicken Snack



Light and healthy chicken meal featuring LEAN CUISINE® Glazed Chicken.

Yield	28 lbs 50(9oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
104	fl oz	3- 1/4 qts		Water	
1.75	oz	3 tbsp		<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
62	oz	3- 1/4 qts		Couscous	Whole wheat
.5	oz	1/3 cup		Parsley, fresh	chopped
6.25	fl oz	2/3 cup		Lemon juice, fresh	
6.25	fl oz	2/3 cup		Olive oil	
19	lb	4 trays		<u>Stouffer's® Lean Cuisine® Glazed Chicken</u>	prepared
4	fl oz	1/2 cup		Lemon juice, fresh	
.75	oz	1/2 cup		Lemon zest	
8	fl oz	1 cup		Olive oil	
2	oz	1/2 cup		Garlic	chopped
88	oz	1- 1/2 gal		Button mushrooms	quartered, roasted
3	lb			Kale, curly	stemmed, chopped

Preparation Steps

1. Combine water and Vegetable Base and bring to a boil. Whisk in couscous; turn off heat and cover. Let the couscous steep covered for 5 minutes. Use a fork to fluff the couscous. Add parsley, lemon juice, and olive oil while fluffing.
2. Stir lemon juice and zest into Glazed Chicken. Reserve.
3. Sauté the garlic in olive oil until just toasted. Add mushrooms and kale and continue to sauté until kale is wilted. Add Glazed Chicken to vegetable sauté. Toss to coat vegetables with chicken sauce.
4. Serve lemon chicken over couscous.

Chef's tip

25 cups Couscous and 25 cups Vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	369.6
Energy (KJ)	1584.4
Protein (g)	24.3
Carbohydrate, total (g)	37.8
Fats, total (g)	13.7
Sugars, total (g)	4.7
Fats, saturated (g)	2.3
Fiber, total dietary (g)	3.2
Sodium (mg)	513.7

Calcium (mg)	52.7
Cholesterol (mg)	42.3
Iron (mg)	1.8
Fats, monounsaturated (g)	7.6
Fats, polyunsaturated (g)	3.1
Vitamin A (µg_RAE)	152
Vitamin C (mg)	36.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

LEMON CHICKEN SNACK

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Whole wheat cous cous 4 lbs

> Produce

***be sure to ask your distributor about local seasonal produce*

€ ☐ Kale 4.25 lbs

€ ☐ Garlic 2 oz

€ ☐ Button mushrooms 8 lbs

€ ☐ Parsley 4 oz

€ ☐ Lemons 6-8

> Frozen

€ ☐ LEAN CUISINE® Glazed Chicken 1 case

> Protein

€

> Dairy

> Refrigerated

☐ MINOR'S® Natural Gluten Free Vegetable Base 1 tub

LEMON CHICKEN SNACK

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, chop 4 oz parsley
- € ☐ Zest and juice 6-8 lemons (½ cup zest & 11 fluid ounces juice)
- € ☐ Chop ½ cup garlic
- € ☐ Clean, quarter, oil, season, roast 8 lbs button mushrooms (substitute 1:1 wild mushrooms if desired)
- € ☐ Clean, stem, chop 4.25 lbs kale
- € ☐ Reserve 4 trays LEAN CUISINE® Glazed Chicken

> Day of Service

- €€€ ☐ Cook glazed chicken
- € ☐ Combine glazed chicken with lemon juice and zest
- € ☐ Prepare cous cous

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for holding cous cous and glazed chicken hot
- € ☐ Containers for holding kale saute mise en place cold (3)
- € ☐ ½ Teaspoon scoop for garlic
- € ☐ 2 cup measure for kale
- € ☐ Tongs for kale
- € ☐ ¼ cup measure for mushrooms
- € ☐ Spoon for chicken (3 pc) and sauce (2oz)
- € ☐ ½ cup measure for cous cous

Spaghetti (Squash) Spaghetti



Healthy, low calorie way to enjoy spaghetti and marinara.

Yield	62-1/2 lbs 50(20oz)servings
Serves	50
Preparation time	45 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
349	oz		4-3/4 gallons	Spaghetti squash	cut in half, seeded
16	fl oz		2 cups	Olive oil	
10	oz		1 cup	<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
3	oz		1 cup	Parsley, fresh	chopped
5	lb		1 gallon	Onions	diced, roasted
5	lb		1 gallon	Green Bell Peppers	diced, roasted
5	lb		1 gallon	Crimini mushrooms	quartered, roasted
100	fl oz		3 qts	Vegetable Broth prepared with Minor's® Gluten Free Vegetable Base	
200	oz		1-1/2 gallons	Marinara sauce	
2	oz		1 cup	Parmesan cheese, grated	
2	oz		1/2 cup	Basil, fresh	chiffonade

Preparation Steps

1. Roast squash in a convection oven at 350°F for 30-35 minutes or until it is easily pierced with a knife.
2. Whisk together the olive oil, Roasted Garlic Flavor Concentrate and parsley. Use a fork to shred the interior of the squash. Once all of the squash has been removed from the skin, toss it with the garlic oil. Reserve.
3. Heat olive oil in a sauté pan over medium high heat. Sauté onions, peppers, and mushrooms until hot. Add vegetable stock and marinara to hot vegetables. Reduce until the sauce thickens.
4. Add spaghetti squash to plate and top with vegetables. Garnish with Parmesan cheese and basil.

Chef's tip

1-1/2 cups Squash and 1 cup Sauce and Vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	282.1
Energy (KJ)	1183.9
Protein (g)	6.3
Carbohydrate, total (g)	37.1
Fats, total (g)	13.6
Sugars, total (g)	18.1
Fats, saturated (g)	2.2
Fiber, total dietary (g)	5.5
Sodium (mg)	873.1
Calcium (mg)	118.2
Cholesterol (mg)	1



Creative Food and Beverage Solutions

Iron (mg)	2.2
Vitamin A (µg_RAE)	62.8
Vitamin C (mg)	49.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

SPAGHETTI SQUASH SPAGHETTI

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Low Sodium Marinara sauce 1.5 gal approx. 2 #10 cans

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Spaghetti squash 22 lbs
€ ☐ Parsley, fresh 8 oz
€ ☐ Basil 8 oz
€ ☐ Local seasonal produce 3 lbs
€ ☐ Local seasonal produce 3 lbs
€ ☐ Local seasonal produce 3 lbs
€ ☐ Local seasonal produce 3 lbs
€ ☐ Local seasonal produce 3 lbs
€ ☐ Local seasonal produce 3 lbs

> Frozen

- € €

> Protein

- €

> Dairy

- € ☐ Parmesan cheese 2 oz

> Refrigerated

- ☐ MINOR'S® Roasted Garlic Flavor Concentrate 1 tub
€ ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub

SPAGHETTI SQUASH SPAGHETTI

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Split in half, seed, roast spaghetti squash at 350 F° until easily pierced with a knife
- € ☐ Completely cool squash, then shred interior with a fork to make “spaghetti”
- € ☐ Reserve marinara sauce 1.5 gal
- € ☐ Clean, chop 8 oz parsley
- € ☐ Grate Parmesan cheese

> Day of Service

- €€ ☐ Clean, chiffonade basil
- € ☐ Make garlic oil for squash with MINOR'S® Roasted Garlic Flavor Concentrate
- € ☐ Heat squash and toss with garlic oil

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for holding squash hot
- € ☐ Serving spoon
- € ☐ Containers for holding vegetables, basil, cheese (9)
- € ☐ ¼ cup scoops for vegetables (6)
- € ☐ Small tongs for basil
- € ☐ Teaspoon scoop for cheese
- € ☐ Heatproof spatula
- € ☐ Serving spoon
- € ☐ Container for holding marinara cold
- € ☐ Container for holding vegetable stock cold
- € ☐ 4 oz ladle for marinara
- € ☐ 2 oz ladle for vegetable broth

Sweet and Sour Chicken Over 3 Grain Fried Rice



A flavorful medley of Sweet and Sour Chicken, vegetables and whole grains.

Yield	46-3/4 lbs 50(15oz)servings (50 cups Rice and 50 cups Sweet n Sour Chicken)
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	fl oz		1/4 cup	Sesame seed oil	
8	fl oz		1 cup	Canola oil	
36	oz		1 gallon	Scallions	sliced
6	oz		1 cup	Garlic	chopped
6	oz		1 cup	Ginger root, fresh	chopped
12.5	oz		3 cups	Bean sprouts	
12.5	oz		3 cups	Peas, green, fresh	
12.5	oz		3 cups	Carrots	medium dice, roasted
19	oz		2-1/3 cups	Egg	liquids
125	oz		1-1/2 gallons	Barley, prepared with Minor's® Vegetable Base Low Sodium	
50	oz		3 qts	Quinoa, prepared with Minor's® Natural Gluten Free Vegetable Base	
62	oz		3 qts	Wheat berries, prepared with Minor's® Natural Gluten Free Vegetable Base	
24	fl oz		3 cups	Soy sauce, light	low sodium
380	oz		4 trays	Stouffer's® Lean Cuisine® Sweet and Sour Chicken	prepared, hot

Preparation Steps

1. In oil, sauté scallions, garlic, and ginger over medium high heat until the garlic and ginger are lightly toasted. Add bean sprouts, peas and carrots and sauté until hot.
2. Lower heat and push vegetables to one side of the pan. In the empty side of the pan, add the eggs. Cook scrambled egg completely. Do not mix the egg with the vegetables until the egg is completely cooked.
3. Add barley, quinoa and wheat berries. Fold eggs, grains and vegetables together. Add soy sauce and sauté until grains are hot.
4. Serve alongside the sweet and sour chicken.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	418
Energy (Kj)	1818.8
Protein (g)	17.4
Carbohydrate, total (g)	68.4
Fats, total (g)	8.8
Sugars, total (g)	35.7
Fats, saturated (g)	1
Fiber, total dietary (g)	8.4
Sodium (mg)	542.2
Calcium (mg)	59.8
Cholesterol (mg)	70.6
Iron (mg)	2.2

Fats, monounsaturated (g)	4.1
Fats, polyunsaturated (g)	2.5
Vitamin A (µg_RAE)	672.5
Vitamin C (mg)	48.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

SWEET AND SOUR CHICKEN OVER 3 GRAIN FRIED RICE

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Barley, hulled 3 lbs
- € ☐ Quinoa, white 2 lbs
- € ☐ Wheatberries 2.25 lbs
- € ☐ Soy sauce 24 oz
- € ☐ Sesame oil 2 oz

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Garlic 8 oz
- € ☐ Ginger, fresh 8 oz
- € ☐ Scallions 3 lbs
- € ☐ Bean sprouts 1 lb
- € ☐ Carrots 2 lb

> Frozen

- € ☐ Peas, sweet IQF 1 lb
- € ☐ LEAN CUISINE® Sweet and Sour Chicken 1 case

> Protein

- ☐ Liquid eggs 1.25 lbs or 2.5 cups
- €

> Dairy

> Refrigerated

SWEET AND SOUR CHICKEN OVER 3 GRAIN FRIED RICE

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Prepare 1.5 times the recipe for barley prepared with MINOR'S® Gluten Free Vegetable Base
- € ☐ Prepare 1.25 times the recipes for quinoa prepared with MINOR'S Gluten Free Vegetable Base
- € ☐ Prepare 1.5 times the recipes for wheat berries prepared with MINOR'S Gluten Free Vegetable Base
- € ☐ Mix ¼ cup of sesame oil and 1 cup of canola oil and place in a squirt bottle
- € ☐ Chop 2.25 lbs of scallions about 1 gallon
- € ☐ Chop 1 cup garlic
- € ☐ Chop 1 cup ginger
- € ☐ Reserve 3 cups bean sprouts
- € ☐ Reserve 3 cups green peas
- € ☐ Medium dice, oil, season and roast 3 cups carrots until tender
- € ☐ Reserve 2-⅓ cups or 19 oz of eggs
- € ☐ Place 3 cups of low sodium soy sauce in squirt bottles
- € ☐ Thaw under refrigeration 4 trays of LEAN CUISINE® Sweet and Sour Chicken

> Day of Service

- €€€ ☐ Cook sweet and sour chicken according to package directions

> Station Set Up

- | | |
|---|---|
| € <input type="checkbox"/> Clean uniform | <input type="checkbox"/> Teaspoon scoop for ginger |
| € <input type="checkbox"/> Gloves | € <input type="checkbox"/> ⅓ cup scoop for scallions |
| € <input type="checkbox"/> Sanitizer solution with kitchen towel | € <input type="checkbox"/> ¼ cup scoop for bean sprouts |
| € <input type="checkbox"/> 3 additional kitchen towels | € <input type="checkbox"/> ¼ cup scoop for peas |
| € <input type="checkbox"/> 1-2 portable burners | € <input type="checkbox"/> ¼ cup scoop for carrots |
| € <input type="checkbox"/> Check the burner's function, power and/or fuel | € <input type="checkbox"/> 2 oz ladle for eggs (fill 3/4) |
| € <input type="checkbox"/> 2 appropriate size sauté pans | € <input type="checkbox"/> Chaffer for holding sweet and sour chicken hot |
| € <input type="checkbox"/> Refuse container | € <input type="checkbox"/> 8 oz scoop for sweet and sour chicken |
| € <input type="checkbox"/> Heatproof spatula (2) | |
| € <input type="checkbox"/> Serving spoons (3) | |
| € <input type="checkbox"/> Containers for holding grains cold (3) | |
| € <input type="checkbox"/> Containers for holding egg and vegetable mise en place for fried "rice" cold (7) | |
| € <input type="checkbox"/> ½ cup scoop for barley | |
| € <input type="checkbox"/> ¼ cup scoop for quinoa | |
| € <input type="checkbox"/> ¼ cup scoop for wheat berries | |
| € <input type="checkbox"/> Teaspoon scoop for garlic | |
| € | |