

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

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> 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

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	<u>Stouffer's® Lean Cuisine® Sweet and Sour Chicken</u>	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 | |
| € | |

White Cheddar Poblano Grilled Cheese & Local Seasonal Vegetables



Upscale grilled cheese with a fire roasted green chili—cheddar cheese spread.

Yield	28 lbs (50 sandwiches) 50(9oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
50	oz		1-1/2 qts	White Cheddar Poblano Spread - prepared	
250	oz		100 each	Multi-grain bread	Whole grain
100	oz		100 each	Eggplant	grilled
24	oz			Spinach, fresh	Baby
149	oz		150 each	Tomato	sliced
12	fl oz		1-1/2 cups	Olive oil	

Preparation Steps

1. Spread White Cheddar Poblano Spread on one side of each piece of bread.
2. Add eggplant, spinach, and tomato to one piece of bread. Top with the other piece.
3. Add olive oil to a pan or griddle over medium heat, and grill sandwich until golden brown and toasted on each side.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	565.9
Energy (KJ)	2368.7
Protein (g)	24.7
Carbohydrate, total (g)	69.5
Fats, total (g)	21.9
Sugars, total (g)	12.9
Fats, saturated (g)	7.6
Fiber, total dietary (g)	13.8
Sodium (mg)	788
Calcium (mg)	272.6
Cholesterol (mg)	26.4
Iron (mg)	4.6
Fats, monounsaturated (g)	8.7
Fats, polyunsaturated (g)	3.9
Vitamin A (µg_RAE)	137.4
Vitamin C (mg)	21.2
Vitamin D (µg)	0.1

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

White Cheddar Poblano Spread



Green chile and cheddar spread for various applications.

Yield	126 oz 54(2oz)servings
Serves	54
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
72	oz	4-1/2 qts		Cream cheese	cubed
72	oz	9 qts		Cheddar cheese	White, shredded
22	oz	2-3/4 cups		<u>Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	

Preparation Steps

1. Add cream cheese and cheddar cheese to a mixer with a paddle attachment. Beat on high for 1–2 minutes on medium speed to break down the cream cheese and incorporate the cheddar cheese.
2. Add the Fire Roasted Poblano Flavor Concentrate and paddle on high speed until the cheese mix is smooth and flavor concentrate has been thoroughly incorporated.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	301.8
Energy (Kj)	1266.5
Protein (g)	12.6
Carbohydrate, total (g)	3.1
Fats, total (g)	26.8
Sugars, total (g)	0.7
Fats, saturated (g)	16.4
Fiber, total dietary (g)	0.3
Sodium (mg)	542.2
Calcium (mg)	305.8
Cholesterol (mg)	81.3
Iron (mg)	0.9
Fats, monounsaturated (g)	8
Fats, polyunsaturated (g)	1.2
Vitamin A (µg_RAE)	383.9
Vitamin C (mg)	16.1
Vitamin D (µg)	0.2

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

WHITE CHEDDAR POBLANO GRILLED CHEESE

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Whole grain bread approx. 16 lbs or 100 slices

> Produce

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

€ ☐ 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

€ ☐ Cream cheese 4.5 lbs

€ ☐ White cheddar cheese 4.5 lbs

> Refrigerated

☐ MINOR'S® Fire Roasted Poblano Flavor Concentrate 2 tubs

WHITE CHEDDAR POBLANO GRILLED CHEESE

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, and roast 3 lbs local seasonal vegetables*
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables*
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables*
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables*
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables*
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables*
- ☐ Prepare 0.5 times the recipe for white cheddar poblano spread
- € ☐ Secure bread

*Some veggies such as spinach or tomatoes do not have to be cooked or diced

> Day of Service

€€

> 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
- € ☐ Bread basket with liner
- € ☐ Tongs for bread
- € ☐ 6 containers for holding vegetables cold (6)
- € ☐ ¼ cup scoops or small tongs for vegetables
- € ☐ Container for holding cheese spread cold
- € ☐ 1 oz scoop for cheese spread
- € ☐ Spatula for spreading cheese
- € ☐ Spatula for flipping and serving sandwich
- € ☐ Cutting board
- € ☐ Knife

€

Whole Grain Giddle Cakes & Mushroom Ragout



Savory whole grain cakes with a wild mushroom ragout.

Yield	37-3/4 lbs 50 (12oz) servings 150 cakes + 25 cups of sauce
Serves	50
Preparation time	15 minutes
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	3	gallons	Wheat flour, whole-grain	
2	oz	1/4	cup	Baking powder	
.5	oz	3	tsp	Salt	
112	fl oz	3-1/2	qts	Milk	
19	fl oz	13	each	Eggs	beaten
8	fl oz	1	cup	Olive oil	
3	oz	1/4	cup	Honey	
56	oz	2	qt	Quinoa with Minor's® Low Sodium Vegetable Base - prepared	
44	oz	2	qt	Minnesota Wild Rice, cooked with Minor's® Low Sodium Vegetable Base - prepared	
50	oz	2	qt	Barley, prepared with Minor's® Vegetable Base Low Sodium	
24	fl oz	3	cups	Olive oil	
21	oz	1-1/2	qts	Oyster mushrooms, fresh	roasted
21	oz	1-1/2	qts	Shiitake mushrooms, fresh	roasted
21	oz	1-1/2	qts	Portabella mushrooms	roasted
21	oz	1-1/2	qts	Crimini mushrooms	roasted
50	fl oz	6-1/4	cups	Sherry, dry	
16	oz	1	pkg	Trio® White Sauce Mix 8x16oz US	prepared
6.25	oz	1-1/2	cups	Parmesan cheese, grated	
.75	oz	1/4	cup	Parsley, fresh	chopped
.75	oz	1/4	cup	Chives, fresh	chopped
.75	oz	1/4	cup	Tarragon, fresh	chopped

Preparation Steps

1. Combine flour, baking powder and salt. Whisk together thoroughly.
2. Combine eggs, milk, olive oil and honey. Whisk together thoroughly. Add liquid egg mix to dry flour mix slowly while whisking. Fold in quinoa, rice and barley.
3. Sauté mushrooms in olive oil over high heat. Deglaze with sherry. Reduce sherry until almost dry.
4. Add White Sauce to mushrooms. Reduce slightly.
5. Finish creamed mushrooms with Parmesan cheese, parsley, chives and tarragon.
6. Ladle 1/4 cup of batter into sauté pan over medium high heat for each cake. Once bubbles form on the surface of the pancake and the bottom is golden brown, flip to finish cooking.

Chef's tip

Almost any cooked grain or mushroom can be substituted into this recipe by volume using a 1:1 ratio.

Nutrition

Nutritional analysis per serving

Energy (Kcal)	513.6
Energy (Kj)	2197.7

Protein (g)	14.1
Carbohydrate, total (g)	54.1
Fats, total (g)	25.1
Fats, saturated (g)	5.5
Fiber, total dietary (g)	8.3
Sodium (mg)	517.9
Calcium (mg)	220.7
Cholesterol (mg)	55.1
Iron (mg)	3
Vitamin A (µg_RAE)	60.3
Vitamin C (mg)	2.3

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

Wild Mushroom Ragout



Creamy wild mushroom ragout featuring TRIO® White Sauce Mix.

Yield	3-1/8 gal 50(8oz)servings 25 cups ragout
Serves	50
Preparation time	15 minutes
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	fl oz		1-1/2 cups	Olive oil	
21	oz		1-1/2 qts	Oyster mushrooms, fresh	roasted
21	oz		1-1/2 qts	Shiitake mushrooms, fresh	roasted
21	oz		1-1/2 qts	Portabella mushrooms	roasted
21	oz		1-1/2 qts	Crimini mushrooms	roasted
50	fl oz		6-1/4 cups	Sherry, dry	
144	fl oz		1 pkg	Trio® White Sauce - prepared	
6.25	oz		1-1/2 cups	Parmesan cheese, grated	
.75	oz		1/4 cup	Parsley, fresh	chopped
.75	oz		1/4 cup	Chives, fresh	chopped
.75	oz		1/4 cup	Tarragon, fresh	chopped

Preparation Steps

1. Sauté all variety of mushrooms in olive oil over high heat. Deglaze with sherry. Reduce sherry until almost dry.
2. Add White Sauce to mushrooms. Reduce slightly.
3. Finish creamed mushrooms with Parmesan cheese, parsley, chives, and tarragon.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	216.8
Energy (KJ)	914.8
Protein (g)	3.2
Carbohydrate, total (g)	9.8
Fats, total (g)	15.5
Fats, saturated (g)	3.2
Fiber, total dietary (g)	1.1
Sodium (mg)	210.8
Calcium (mg)	49.1
Cholesterol (mg)	3.1
Iron (mg)	0.5
Vitamin A (µg_RAE)	7.4
Vitamin C (mg)	2.1

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

WHOLE GRAIN GRIDDLE CAKES

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Whole wheat flour 4 lbs
☐ Baking powder 2 oz
☐ Honey 3 oz
☐ Milk 1 gal
☐ Eggs 13 ea
☐ Quinoa 1.5 lbs or 2 cups (or use leftover in house grains)
☐ Wild rice 12 oz or 2 cups (or use leftover in house grains)
☐ Barley, hulled or 14 oz or 2 cups (or use leftover in house grains)
☐ Sherry, dry 2 bottles

> Produce

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

- ☐ Sliced wild mushroom blend 12 lbs
☐ Parsley, fresh 4 oz
☐ Chives 4 oz
☐ Tarragon 4 oz
☐ Thyme 4 oz

> Frozen

€ €

> Protein

€

> Dairy

- ☐ Parmesan cheese

> Refrigerated

- ☐ MINOR'S® Vegetable Base Low Sodium (No Added MSG) 1 tub
☐ TRIO® White Sauce Mix 1 bag

WHOLE GRAIN GRIDDLE CAKES

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 olive oil in squirt bottles
- € ☐ Oil and roast 12 lbs sliced wild mushrooms
- € ☐ Clean and chop herbs
- € ☐ Reserve sherry
- € ☐ Prepare whole grain griddle cake batter recipe, do not cook cakes
- € ☐ Secure TRIO® White Sauce Mix
- € ☐ Grate Parmesan

> Day of Service

- €€€ ☐ Prepare mushroom ragout

> 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 mushroom ragout
- € ☐ ½ cup scoop for mushroom ragout
- € ☐ Container for holding batter cold
- € ☐ 4 oz ladle for batter
- € ☐ Pan spray
- € ☐ Spatula for flipping and serving cakes

€

Asparagus and Mushroom Macaroni and Cheese



Whole grain macaroni and cheese with mix ins.

Yield	46-3/4 lbs (50 cups Mac n Cheese + 50 cups Vegetables)
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
100	oz	6	qts	Mushrooms	roasted
50	oz	3	qts	Asparagus	chopped, blanched
50	oz	3	qts	Onions	medium dice, roasted
2	oz	1	cup	Chives, fresh	chopped
1	oz	1/2	cup	Thyme, fresh	chopped
2	oz	1	cup	Tarragon, fresh	chopped
2	oz	1	cup	Parsley, fresh	chopped
380	oz	5	trays	<u>Stouffer's® Lean Cuisine® Macaroni and Cheese made with Whole Grains 4x64oz US</u>	prepared, hot
12	oz	3	cups	Goats cheese, soft	

Preparation Steps

1. Heat oil over medium high heat, and sauté mushrooms, asparagus and onions until hot. Toss in chives, thyme, tarragon and parsley. Sauté the vegetables and herbs for 30-45 seconds.
2. Top Macaroni and Cheese with asparagus and mushroom sauté, goat cheese, and optional truffle oil.

Chef's tip

Drizzle 1/8 tsp. of white truffle oil over the finished Mac and Cheese for a fragrant and exotic addition.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	321.6
Energy (Kj)	1416.8
Protein (g)	14.6
Carbohydrate, total (g)	36.6
Fats, total (g)	13.8
Fats, saturated (g)	4.8
Fiber, total dietary (g)	3.6
Sodium (mg)	810.3
Calcium (mg)	216.8
Cholesterol (mg)	17.2
Iron (mg)	2.5
Fats, monounsaturated (g)	3
Fats, polyunsaturated (g)	4.3
Vitamin A (µg_RAE)	39.7
Vitamin C (mg)	8.1

Spinach, Sausage, and Sun Dried Tomato Macaroni and Cheese



Whole grain mac and cheese with custom mix ins.

Yield	34-1/4 lbs 50(11oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	fl oz	1 cup		Olive oil	
7	oz	1 cup		Garlic	minced
62	oz			Spinach, fresh	
7	oz	3 cups		Tomatoes	julienne
62	oz	3 qts		Italian Chicken Sausage	cooked, sliced
380	oz	5 trays		<u>Stouffer's® Lean Cuisine® Macaroni and Cheese made with Whole Grains 4x64oz US</u>	prepared, hot
2	oz	1 cup		Parsley, fresh	chopped

Preparation Steps

1. In oil over medium heat, sauté garlic until it begins to brown lightly. Add spinach, tomatoes, and sausage and sauté until spinach is wilted and sausage is hot.
2. Combine with Macaroni and Cheese. Finish with chopped parsley.

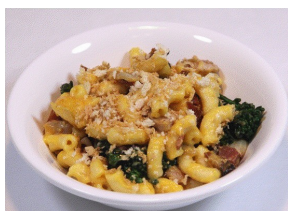
Chef's tip

50 cups Mac n Cheese and 50 cups Vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	340.1
Energy (KJ)	1496.4
Protein (g)	13.4
Carbohydrate, total (g)	33.3
Fats, total (g)	17.5
Sugars, total (g)	5.1
Fats, saturated (g)	4.5
Fiber, total dietary (g)	2.9
Sodium (mg)	859.2
Calcium (mg)	229.7
Cholesterol (mg)	20.8
Iron (mg)	2.4
Fats, monounsaturated (g)	6
Fats, polyunsaturated (g)	4.7
Vitamin A (µg_RAE)	177.5
Vitamin C (mg)	13.6

Chicken and Broccoli Mac & Cheese



Whole grain mac and cheese with custom mix ins.

Yield	35-3/4 lbs 50(11.5oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	fl oz	1	cup	Olive oil	
62	oz	3	qts	Cooked chicken, meat only	diced
62	oz	6	qts	Broccoli florets	blanched
50	oz	3	qts	Onions	medium dice, roasted
1	lb	1-1/2	qts	Bread Crumbs, panko, original	toasted
25	oz	1-1/2	qts	Bacon, turkey, ckd	chopped
380	oz	5	trays	<u>Stouffer's® Lean Cuisine® Macaroni and Cheese made with Whole Grains 4x64oz US</u>	prepared, hot

Preparation Steps

1. In oil over medium high heat, sauté chicken, broccoli, and onions until hot.
2. Combine with Macaroni and Cheese. Place in serving dish and top with toasted panko and crispy turkey bacon.

Chef's tip

50 cups Mac n Cheese and 50 cups Vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	480.5
Energy (KJ)	2101.8
Protein (g)	25.7
Carbohydrate, total (g)	42.8
Fats, total (g)	23.1
Sugars, total (g)	6.8
Fats, saturated (g)	6.1
Fiber, total dietary (g)	3.5
Sodium (mg)	1157.5
Calcium (mg)	214
Cholesterol (mg)	54.3
Iron (mg)	2.2
Fats, monounsaturated (g)	8.4
Fats, polyunsaturated (g)	6.2
Vitamin A (µg_RAE)	15.1
Vitamin C (mg)	33.6

WHOLE GRAIN MAC & CHEESE

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Panko breadcrumbs 1 lb (optional)

> Produce

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

- € ☐ 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 (optional if you are also buying meat)
€ ☐ Local seasonal produce 3 lbs (optional if you are also buying cheese)
€ ☐ Herbs 4 oz (optional)
€ ☐ Herbs 4 oz (optional)
€ ☐ Herbs 4 oz (optional)
€ ☐ Herbs 4 oz (optional)

> Frozen

- € ☐ LEAN CUISINE® Macaroni and Cheese with Whole Grain 2 cases

> Protein

- € ☐ Chicken, salad shrimp, sausage (all optional) 4 lbs

> Dairy

- € ☐ Cheese for garnish, goat, blue, Gruyère, Parmesan (all optional) 2 lbs

> Refrigerated

WHOLE GRAIN MAC & CHEESE

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
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Chop 4 oz each various herbs (optional)
- € ☐ Reserve 5 trays LEAN CUISINE® Macaroni and Cheese with Whole Grain
- € ☐ Cook and medium dice any lean proteins 4 lbs (optional, substitute for one of the vegetables)
- € ☐ Grate or crumble cheese garnish 2 lbs (optional)

> Day of Service

- € ☐ Cook macaroni and cheese

> 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 macaroni and cheese hot
- € ☐ Containers for keeping mix ins cold (6-8)
- € ☐ ¼ cup scoops for vegetables (6)
- € ☐ Tablespoon scoop for optional cheeses
- € ☐ ¼ cup scoop for optional meats
- € ☐ ½ tsp scoop for all herbs
- € ☐ Serving spoon (2)
- € ☐ Heatproof spatula