

## 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.

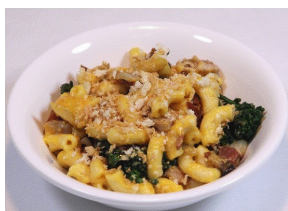
### Chef's tip

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  
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€ ☐ 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)  
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### > 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
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- € ☐ 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