

Roasted Garlic Mashed Potatoes



Classic roasted garlic mashed potatoes.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Russet, peeled, boiled, hot
40	fl oz	1-1/4 qts		Milk	hot
1	lb	2 cups		Butter	cubed
12.5	oz	1-1/4 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	

Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Roasted Garlic Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Sauté zucchini and red peppers over medium high heat until hot. Top potatoes with vegetables, goat cheese, and parsley.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	219.5
Energy (Kj)	920.1
Protein (g)	4.2
Carbohydrate, total (g)	31.7
Fats, total (g)	8.6
Sugars, total (g)	4.2
Fats, saturated (g)	5.2
Fiber, total dietary (g)	4.8
Sodium (mg)	333.5
Calcium (mg)	45.1
Cholesterol (mg)	21.6
Iron (mg)	1
Vitamin A (µg_RAE)	73.1
Vitamin C (mg)	35.8

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

Roasted Garlic Mashed Potato Bowl



Classic roasted garlic mashed potatoes and vegetables.

Yield	36 lbs 50(11.5oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4	gal	Potatoes	Russet, peeled, boiled, hot
40	fl oz	1-1/4	qts	Milk	hot
1	lb	2	cups	Butter	cubed
12.5	oz	1-1/4	cups	Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
100	oz	1-1/2	gal	Zucchini	medium dice, roasted
9	lb	1-1/2	gal	Red bell peppers	medium dice, roasted
12.5	oz	2	cups	Goats cheese, soft	crumbled
2.75	oz	1	cup	Parsley, fresh	chopped

Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Roasted Garlic Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Sauté zucchini and red peppers over medium high heat until hot. Top potatoes with vegetables, goat cheese, and parsley.

Chef's tip

50 cups Mashed Potatoes and 50 cups Vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	269.4
Energy (Kj)	1131.7
Protein (g)	7.1
Carbohydrate, total (g)	38.6
Fats, total (g)	10.4
Sugars, total (g)	8.6
Fats, saturated (g)	6.3
Fiber, total dietary (g)	7.1
Sodium (mg)	367.8
Calcium (mg)	71.4
Cholesterol (mg)	24.9
Iron (mg)	1.8
Vitamin A (µg_RAE)	234
Vitamin C (mg)	202.6

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

Herb de Provence Yukon Gold Potatoes



Yukon gold potatoes flavored with Herb de Provence.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Yukon gold, boiled, hot
40	fl oz	1-1/4 qts		Milk	
1	lb	2 cups		Butter	melted
3.75	oz	7 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Herb de Provence Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	217.8
Energy (KJ)	912.3
Protein (g)	3.8
Carbohydrate, total (g)	30
Fats, total (g)	9.3
Sugars, total (g)	3.3
Fats, saturated (g)	5.5
Fiber, total dietary (g)	4.4
Sodium (mg)	179.3
Calcium (mg)	45.5
Cholesterol (mg)	21.6
Iron (mg)	1
Vitamin A (µg_RAE)	67.6
Vitamin C (mg)	35.8

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

Herb de Provence Yukon Gold Potato Bowl



Yukon gold potatoes flavored with Herb de Provence.

Yield	32-1/2 lbs 50(10.4oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Yukon gold, boiled, hot
40	fl oz	1-1/4 qts		Milk	
1	lb	2 cups		Butter	melted
3.75	oz	7 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
8	fl oz	1 cup		Olive oil	
7	oz	1 cup		Garlic	minced
50	oz	3 qts		Crimini mushrooms	quartered, roasted
50	oz	3 qts		Peas, green, fresh	
4	lb			Spinach, fresh	

Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Herb de Provence Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. In oil, sauté garlic over medium high heat until garlic is lightly toasted. Add mushrooms, peas, and spinach. Top potatoes with sautéed vegetables.

Chef's tip

50 cups Potatoes and 50 cups Vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	302.7
Energy (Kj)	1268.1
Protein (g)	7.4
Carbohydrate, total (g)	37.9
Fats, total (g)	14.1
Sugars, total (g)	5.5
Fats, saturated (g)	6.2
Fiber, total dietary (g)	6.9
Sodium (mg)	211.9
Calcium (mg)	100.8
Cholesterol (mg)	21.6
Iron (mg)	2.6
Vitamin A (µg_RAE)	248.6
Vitamin C (mg)	58.6

Adobo Sweet Potatoes



Earthy sweet potatoes with red chile flavor.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Sweet potatoes	peeled, boiled, hot
10	fl oz	1-1/4 cups		Maple Syrup	
1	lb	2 cups		Butter	melted
10	oz	1-1/4 cups		<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	

Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together maple syrup, butter and Red Chile Adobo Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	246.1
Energy (KJ)	1029
Protein (g)	3
Carbohydrate, total (g)	40.8
Fats, total (g)	8.1
Sugars, total (g)	11.1
Fats, saturated (g)	4.8
Fiber, total dietary (g)	5.7
Sodium (mg)	216.8
Calcium (mg)	61.3
Cholesterol (mg)	19.3
Iron (mg)	1.3
Fats, monounsaturated (g)	2
Fats, polyunsaturated (g)	0.6
Vitamin A (µg_RAE)	1397.5
Vitamin C (mg)	4.7
Vitamin D (µg)	0.1

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

Adobo Sweet Potato Bowl



Earthy sweet potatoes with red chile flavor.

Yield	35 lbs (50 cups potatoes + 50 cups vegetables)
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4	gal	Sweet potatoes	peeled, boiled, hot
10	fl oz	1-1/4	cups	Maple Syrup	
1	lb	2	cups	Butter	melted
10	oz	1-1/4	cups	<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
24	fl oz	3	cups	Water	
3/4	oz	1	tbsp	<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
8	fl oz	1	cup	Olive oil	
8	oz	1	cup	Garlic	minced
36	oz	6-1/4	gal	Kale, plain	stemmed, chopped
3	lb	3	qts	Corn	roasted
3	lb	3	qts	Red bell pepper	medium dice, roasted

Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together maple syrup, butter and Red Chile Adobo Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Whisk together water and Vegetable Base to make a vegetable stock.
4. In a sauté pan heat oil over medium high heat, sauté garlic until lightly toasted. Add kale, corn, and red peppers to sauté pan. Sauté vegetables until hot, adding vegetable stock to help wilt the kale.
5. Be sure all liquid has evaporated from vegetables before serving. Top potatoes with sautéed vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	334.2
Energy (Kj)	1398
Protein (g)	5.1
Carbohydrate, total (g)	51.3
Fats, total (g)	13.3
Sugars, total (g)	13.6
Fats, saturated (g)	5.5
Fiber, total dietary (g)	7.5
Sodium (mg)	262.5
Calcium (mg)	99.9
Cholesterol (mg)	19.3
Iron (mg)	8.6
Fats, monounsaturated (g)	5.4
Fats, polyunsaturated (g)	1.3
Vitamin A (µg_RAE)	1600.3

BYO POTATO BOWL

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Maple syrup 10 oz or 1-¼ cups

> Produce

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

- € ☐ Sweet potatoes 8 lbs
€ ☐ Yukon gold potatoes 8 lbs
€ ☐ Russet potatoes 8 lbs
€ ☐ Garlic 8 oz
€ ☐ Parsley 6 oz
€ ☐ Local seasonal vegetables 3 lbs
€ ☐ Local seasonal vegetables 3 lbs
€ ☐ Local seasonal vegetables 3 lbs
€ ☐ Local seasonal vegetables 3 lbs
€ ☐ Local seasonal vegetables 3 lbs
€ ☐ Local seasonal vegetables 3 lbs

> Frozen

- € €

> Protein

> Dairy

- € ☐ Cheese (optional) 1 lb
€ ☐ Milk 2.5 qts
€ ☐ Butter 1 lbs

> Refrigerated

- ☐ MINOR'S® Red Chile Adobo Flavor Concentrate 1 tub
€ ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub (if the vegetables require wilting in the pan vegetable stock is recommended)
€ ☐ MINOR'S'S Herb de Provence Flavor Concentrate 1 tub
€ ☐ MINOR'S Roasted Garlic Flavor Concentrate 1 tub

BYO POTATO BOWL

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
- € ☐ Chop garlic 8 oz
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Wash russet, sweet, and Yukon potatoes
- € ☐ Peel russet and sweet potatoes
- € ☐ Large dice russet, sweet, and Yukon gold potatoes
- € ☐ Clean and chop 6 oz parsley
- € ☐ Reserve 1 qts milk
- € ☐ Reserve 1 lbs butter
- € ☐ Reserve maple syrup
- € ☐ Reserve cheese 1 lb (optional)
- € ☐ Make vegetable stock if vegetable stock is needed (use to wilt heartier greens in sauté pan)

> Day of Service

- € ☐ Prepare 1/3 of each potato recipe (if you're using a single type of potato, prepare a full recipe)

> Station Set Up

- | | |
|---|---|
| € <input type="checkbox"/> Clean uniform | <input type="checkbox"/> ¼ cup scoops for vegetables (6) |
| € <input type="checkbox"/> Gloves | € <input type="checkbox"/> Heatproof spatula (2) |
| € <input type="checkbox"/> Sanitizer solution with kitchen towel | € <input type="checkbox"/> Serving spoon (2) |
| € <input type="checkbox"/> 3 additional kitchen towels | € <input type="checkbox"/> Tablespoon scoop for cheese (optional) |
| € <input type="checkbox"/> 1-2 portable burners | € <input type="checkbox"/> Teaspoon scoop for herbs |
| € <input type="checkbox"/> Check the burner's function, power and/or fuel | € |
| € <input type="checkbox"/> 2 appropriate size sauté pans | |
| € <input type="checkbox"/> Refuse container | |
| € <input type="checkbox"/> Chaffer for holding potatoes hot | |
| € <input type="checkbox"/> 3 deep 1/3 pans for chaffer | |
| € <input type="checkbox"/> 8 oz scoop for potatoes (3) | |
| € <input type="checkbox"/> Containers for holding vegetables, cheeses, garnishes cold (7-9) | |
| € | |

Creamy Roasted Garlic Polenta*



Satisfying vegetarian comfort food at its best.

Yield	3-1/8 gallons (50 cups Polenta and 50 cups mix ins)
Serves	50
Preparation time	45 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
256	fl oz		2 gallons	Water	
20	oz		2 cups	Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
10	oz		1 cup	MINOR'S® Vegetable Base Low Sodium Gluten Free (No Added MSG)* 6x1lb	
68	oz		2-1/2 qts	Polenta	
8.5	oz		1 qt	Parmesan cheese, grated	
1	lb		2 cups	Butter	cubed

Preparation Steps

1. Bring water to a simmer over medium high heat. Whisk in Roasted Garlic Flavor Concentrate and Vegetable Base and continue to simmer.
2. Whisk in polenta and reduce to low heat. Stir frequently, until polenta is soft and creamy. The cooking time for the polenta will vary based on the grind of the cornmeal. The more course the grind, the longer it will take to cook.
3. Whisk in Parmesan cheese and butter.

Chef's tip

*Lacto-ovo-vegetarian.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	264
Energy (KJ)	1108.6
Protein (g)	6.3
Carbohydrate, total (g)	35.5
Fats, total (g)	10.3
Sugars, total (g)	2.2
Fats, saturated (g)	5.7
Fiber, total dietary (g)	3.6
Sodium (mg)	682.9
Calcium (mg)	64.1
Cholesterol (mg)	23.6
Iron (mg)	1.8
Vitamin A (µg_RAE)	100.3
Vitamin C (mg)	1.1

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

CREAMY ROASTED GARLIC POLENTA

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Polenta 4.25 lbs

> Produce

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

€ ☐ Parsley fresh 4 oz

€ ☐ Basil fresh 6 oz

€ ☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

> Frozen

€ €

> Protein

> Dairy

€ ☐ Parmesan cheese 1.5 lbs

€ ☐ Butter 1 lb

> Refrigerated

☐ MINOR'S® Roasted Garlic Flavor Concentrate 2 lbs

€ ☐ MINOR'S Vegetable Base Low Sodium (No Added MSG) 1 lb

CREAMY ROASTED GARLIC POLENTA

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
- € ☐ Clean and chop fresh herbs
- € ☐ Grate Parmesan cheese 1.5 lbs
- € ☐ Reserve 1 lbs butter, cut into cubes
- € ☐ Reserve 4.25 lbs polenta

> Day of Service

- € ☐ Prepare polenta

> 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 polenta hot
- € ☐ 8 oz scoop for polenta
- € ☐ Containers for holding vegetables, herbs, and cheese cold (9)
- € ☐ ¼ cup scoops for vegetables (6)
- € ☐ Tablespoon scoop for cheese
- € ☐ Teaspoon scoop for herbs (2)
- € ☐ Serving spoon (2)
- € ☐ Heatproof spatula

Egg White Frittata



Healthy open faced omelet featuring MINOR'S® products.

Yield	39-3/4 lbs 50(12-3/4oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	oz	2-1/3 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
10	oz	1 cup		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
400	oz	3 gallons		Egg white	or beaters
2	lb	1-1/2 qts		Onions	medium dice, roasted
4	oz	1/3 cup		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1.25	oz	2 tbsp		<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
12	fl oz	1-1/2 cups		Water	
50	fl oz	1-1/2 qts		Olive oil	
24	oz	3 cups		Red bell peppers	medium diced, roasted
24	oz	3 cups		Green Bell Peppers	medium diced, roasted
24	oz	3 cups		Yellow bell peppers	medium diced, roasted
12.5	oz	3 cups		Bacon, turkey, ckd	diced
50	oz	6 qts		Broccoli florets	blanched
36	oz			Lettuce	
48	fl oz	1-1/2 qts		Olive oil	
16	fl oz	2 cups		Red wine vinegar	

Preparation Steps

1. Thoroughly mix together the Roasted Garlic and Herb de Provence Flavor Concentrates. Whisk the flavor concentrates into the eggs. Keep refrigerated until use.
2. In a high power blender, add roasted onions, Roasted Garlic Flavor Concentrate, Vegetable Base and water. Puree until smooth. Place in a squirt bottle.
3. In olive oil, sauté peppers, turkey bacon, and broccoli until hot.
4. Add eggs and reduce heat to medium. Push cooked egg from the edge of the frittata toward the center. Rotate the pan so the uncooked eggs on the top fill the void around the edges left by the eggs that you just pushed toward the center. Repeat until there isn't any uncooked egg to fill the void around the edges. Flip frittata. Cook for 1-2 minutes or until eggs are firm.
5. Slide frittata from pan and place on a plate. Drizzle with roasted garlic coulis.
6. Toss baby lettuce with olive oil and vinegar and top the frittata.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	720.7
Energy (KJ)	3031.4
Protein (g)	29.3
Carbohydrate, total (g)	14.4
Fats, total (g)	60.7
Sugars, total (g)	7.1
Fats, saturated (g)	9.1
Fiber, total dietary (g)	2.9
Sodium (mg)	1379.9



Creative Food and Beverage Solutions

Calcium (mg)	54.6
Cholesterol (mg)	7
Iron (mg)	1.2
Vitamin A (µg_RAE)	132.5
Vitamin C (mg)	92.1

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

Roasted Garlic Coulis



Light, flavorful roasted garlic sauce.

Yield	3 cups 50(1/2oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb	1-1/2 qts		Onions	medium dice, roasted
4	oz	1/3 cup		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1.25	oz	2 tbsp		<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
12	fl oz	1-1/2 cups		Water	

Preparation Steps

1. In a high power blender, add roasted onions, Roasted Garlic Flavor Concentrate, Vegetable Base and water. Puree until smooth. Place in a squirt bottle.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	12.2
Energy (KJ)	52.1
Protein (g)	0.3
Carbohydrate, total (g)	2.7
Fats, total (g)	0.1
Sugars, total (g)	1.1
Fats, saturated (g)	0
Fiber, total dietary (g)	0.4
Sodium (mg)	129.8
Calcium (mg)	4.8
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	3.1
Vitamin C (mg)	1.2

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

EGG WHITE FRITTATA

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Red wine vinegar 2 cups
- € ☐ Extra virgin olive oil 1-1/2 qts

> Produce

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

- € ☐ Baby lettuce mix (organic if possible) 2.25 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
- € ☐ Local seasonal produce 3 lbs (optional if you are going to include a protein)

> Frozen

€ €

> Protein

- ☐ Liquid egg whites or beaters 350 fl oz
- € ☐ Turkey bacon or another lean protein (optional item. ½ oz by weight of cooked protein is recommended for each frittata) 3.5 lbs

> Dairy

> Refrigerated

- ☐ MINOR'S® Herb de Provence 1 tub
- € ☐ MINOR'S Roasted Garlic Flavor Concentrate 2 tubs
- € ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub

EGG WHITE FRITTATA

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

- € ☐ Combine egg whites and flavor concentrates
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables*
- € ☐ Clean baby lettuce
- € ☐ Combine vinegar and oil in squirt bottles (3 parts oil to 1 part vinegar)
- € ☐ Squirt bottle of olive oil for sautéing
- ☐ *optional, cook and medium dice lean protein 3.5 lbs (substitute for one of the vegetables)

> 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 (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding vegetables cold (6)
- € ☐ Container for holding greens cold
- € ☐ 1 oz scoops for vegetables (some vegetables like broccoli or cauliflower may require a different size scoop) approx. ½ cup of vegetables per frittata
- € ☐ Container for holding eggs cold
- € ☐ 8 oz ladle for eggs
- € ☐ Bowl for tossing greens
- € ☐ Tongs (2)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula

Frittata with Roasted Vegetables



Open faced omelet featuring MINOR'S® Flavor Concentrates and roasted vegetables.

Yield	39-3/4 lbs
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
400	fl oz	3 gal 1 pt		Eggs	whole, liquid
21	oz	2-1/3 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
12	oz	1-1/2 cups		Mayonnaise, Fat Free	
.75	oz	1-1/2 tbsp		Lemon juice, fresh	
.25	oz	1 tbsp		Lemon zest	
.25	oz	3/4 tsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
8	fl oz	1 cup		Olive oil	
22	oz	3 cups		Tomatoes	julienne
2	lb	3 cups		Green Bell Peppers	diced, roasted
84	oz	1-1/2 gallons		Mushrooms	roasted
2	lb			Lettuce	
24	fl oz	3 cups		Olive oil	
8	fl oz	1 cup		Red wine vinegar	

Preparation Steps

1. Thoroughly Whisk together eggs and Roasted Garlic Flavor Concentrate. Keep refrigerated or on ice.
2. Combine mayonnaise with lemon juice, zest, and Herb de Provence Flavor Concentrate. Place in squirt bottle and set aside.
3. In olive oil, sauté tomatoes, peppers, and mushrooms over medium high heat.
4. Add eggs and reduce heat to medium. Push cooked egg from the edge of the frittata toward the center. Rotate the pan so the uncooked eggs on the top will fill the void around the edges left by the eggs that you just pushed toward the center. Repeat until there isn't any uncooked egg to fill the void around the edges. Flip frittata and cook for 1-2 minutes or until eggs are cooked.
5. Slide frittata from pan and place on a plate. Drizzle with Lemon Herb Aioli.
6. Toss the baby lettuce with olive oil and vinegar. Place on top of frittata.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	539.6
Energy (Kj)	2269
Protein (g)	31
Carbohydrate, total (g)	9.8
Fats, total (g)	41.5
Sugars, total (g)	5.9
Fats, saturated (g)	9.7
Fiber, total dietary (g)	2
Sodium (mg)	791
Cholesterol (mg)	960
Iron (mg)	4.8
Vitamin A (µg_RAE)	406

Lemon Herb Aioli



Zesty lemon herb aioli featuring MINOR'S® Herb de Provence Flavor Concentrate.

Yield	1-1/2 cups 50(1/4oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12	oz		1-1/2 cups	Mayonnaise, Fat Free	
.75	fl oz		1-1/2 tbsp	Lemon juice, fresh	
.25	oz		1 tbsp	Lemon zest	
.25	oz		3/4 tsp	<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

Preparation Steps

1. Combine mayonnaise with lemon juice, zest, and Herb de Provence Flavor Concentrate. Place in squirt bottle.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	6.5
Energy (Kj)	29
Protein (g)	0
Carbohydrate, total (g)	1.1
Fats, total (g)	0.2
Sugars, total (g)	0.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	0.1
Sodium (mg)	59.4
Cholesterol (mg)	0.6
Iron (mg)	0
Vitamin A (µg_RAE)	0.1

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

FRITTATA WITH ROASTED VEGETABLES

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

- € ☐ Combine eggs and flavor concentrate
- € ☐ Prepare lemon herb aioli
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean baby lettuce
- € ☐ Combine vinegar and oil in squirt bottles (3 parts oil to 1 part vinegar)
- € ☐ Squirt bottle of olive oil for sautéing

> 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 (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding vegetables cold (6)
- € ☐ Container for holding greens cold
- € ☐ 1 oz scoops for vegetables (some vegetables like broccoli or cauliflower may require a different size scoop) approx. ½ cup of vegetables per frittata
- € ☐ Container for holding eggs cold
- € ☐ 8 oz ladle for eggs
- € ☐ Bowl for tossing greens
- € ☐ Tongs (2)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula

FRITTATA WITH ROASTED VEGETABLES

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Red wine vinegar 2 cups
- € ☐ Extra virgin olive oil 1-1/2 qts
- € ☐ Mayonnaise, fat free 12 oz

> Produce

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

- € ☐ Baby lettuce mix (organic if possible) 2.25 lbs
- € ☐ Lemons 2 each
- € ☐ 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

- ☐ Liquid eggs 400 fl oz

> Dairy

€ € €

> Refrigerated

- ☐ MINOR'S® Herb de Provence 1 tub
- € ☐ MINOR'S Roasted Garlic Flavor Concentrate 2 tubs

Quinoa and Potato Risotto



Vegetarian and gluten free grain entrée.

Yield	40-1/2 lbs 50(13oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
48	fl oz		1-1/2 qts	Water	
1	oz		1-1/2 tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
25	oz		1-1/2 qts	Quinoa, prepared with Minor's® Natural Gluten Free Vegetable Base	
67	oz		1 gallon	Potatoes	Russet, peeled, small diced, blanched
12	oz		3 cups	Parmesan cheese, grated	
12	fl oz		1-1/2 cups	Olive oil	
100	oz		1-1/2 gallons	Butternut squash	diced, roasted
75	oz		1 gallon	Onions	diced, roasted
75	oz		1 gallon	Mushrooms	roasted
3	oz		1 cup	Parsley, fresh	chopped

Preparation Steps

- Mix water and Vegetable Base together until base is dissolved.
- Add quinoa and potatoes to a sauté pan over medium high heat. Stir in vegetable stock and bring to a boil. Continue to stir until potatoes and quinoa are hot and stock reduces until no excess remains. The mixture should still be a bit wet and starchy. Fold in cheese and remove from heat.
- Heat oil in a sauté pan over medium high heat. Add squash, onions and mushrooms and sauté until hot.
- Add risotto to the plate. Toss vegetables with parsley and top the risotto with the vegetables.

Chef's tip

1 cup each Risotto and 1 cup vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	185.6
Energy (Kj)	782.5
Protein (g)	6.2
Carbohydrate, total (g)	21.3
Fats, total (g)	9.3
Sugars, total (g)	4.5
Fats, saturated (g)	2.2
Fiber, total dietary (g)	4.1
Sodium (mg)	170.8
Calcium (mg)	121.4
Cholesterol (mg)	6
Iron (mg)	1.2



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Fats, monounsaturated (g)	5.6
Fats, polyunsaturated (g)	1
Vitamin A (µg_RAE)	323.1
Vitamin C (mg)	25.3
Vitamin D (µg)	0

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

Quinoa with MINOR'S® Natural Gluten Free Vegetable Base



Vegetarian, gluten free grain recipe.

Yield	2-1/2 qts 10(7.3oz)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		Quinoa	rinsed

Preparation Steps

- Over medium high heat, whisk together water and Vegetable Base. Add quinoa and bring to a simmer.
- Cover pot with lid and place in a 350°F convection oven for 25-30 minutes or until quinoa is tender. Be sure to test the quinoa for doneness.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	276.4
Energy (Kj)	1227.1
Protein (g)	10.6
Carbohydrate, total (g)	44.6
Fats, total (g)	5.4
Sugars, total (g)	3.2
Fats, saturated (g)	0
Fiber, total dietary (g)	16.7
Sodium (mg)	278.6
Calcium (mg)	28.3
Cholesterol (mg)	0
Iron (mg)	3.4
Fats, monounsaturated (g)	1
Fats, polyunsaturated (g)	1.6
Vitamin A (µg_RAE)	100.3
Vitamin C (mg)	0.2
Vitamin D (µg)	0

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

QUINOA AND POTATO RISOTTO

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Quinoa 2 lbs

> 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 (not necessary if mushrooms are purchased)

€ ☐ Parsley, fresh 8 oz

€ ☐ Russet potatoes 6 lbs

€ ☐ Sliced wild mushroom blend 6.5 lbs (optional)

> Frozen

€ €

> Protein

€

> Dairy

€ ☐ Parmesan cheese 12 oz €

> Refrigerated

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

QUINOA AND POTATO RISOTTO

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
- € ☐ Prepare .75 times quinoa recipe
- € ☐ Small dice and blanch russet potatoes
- € ☐ Grate Parmesan cheese
- € ☐ 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 (or 6.5 lbs of sliced wild mushrooms)
- € ☐ Chop parsley

> Day of Service

- €€ ☐ Prepare quinoa and potato risotto (ideally it would be best to break up the mise en place and make this fresh a few times during 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
- € ☐ Chaffer for keeping risotto hot
- € ☐ 8 oz scoop for risotto
- € ☐ Containers for holding vegetables cold (6)
- € ☐ ¼ cup scoops for vegetables
- € ☐ Containers for parsley (1)
- € ☐ ¼ Teaspoon for scooping parsley
- € ☐ Serving spoon
- € ☐ Heatproof spatula

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



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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