

It's easy to incorporate the health benefits of whole grains into all meals, regardless of your school's capabilities.

**SCHOOL NUTRITION ASSOCIATION
CULINARY DEMONSTRATION**

by Sharon Davis from the
Home Baking Association
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Now you can deliver enticing, flavorful and nutritional meal options with **Ultragrain** whole wheat; **Sustagrain**, the ultra high-fiber whole grain; and products made with these ingredients.

100% Whole Multigrain Trail Mix Cookie Bar made with Ultragrain® and Sustagrain®



Single Batch: 13"x 9" pan **Double Batch:** 1/2 sheet pan **Serving Size:** 2 oz. bar **Yield:** 24 servings

INGREDIENTS	Weight (g)	Formula %	Baker's %
Butter	170	11.3	44.7
Sugar	150	10.0	39.5
Brown Sugar	165	11.0	43.4
Eggs	100	6.7	26.3
Vanilla Extract	5	0.3	1.3
Ultragrain® Soft Whole Wheat Flour	155	10.4	40.8
Baking Soda	5	0.3	1.3
Cinnamon	2	0.1	0.5
Salt	3	0.2	0.8
Rollled Oats	125	8.3	32.9
Sustagrain® Barley Flakes	100	6.7	26.3
Dried Fruit Mixture*			
Mariani Harvest Blend (cranberries, apples, cherries)	240	16.0	63.2
Mariani Apricots (coarsely chopped)			
Golden Raisins			
Walnuts, coarse chop	113	7.5	29.7
Semi-sweet Chocolate Chips	165	11.0	43.4

DIRECTIONS

1. Cream butter and sugars.
2. Blend in eggs and vanilla.
3. Add grain ingredients, leavening, salt and cinnamon; blend on low speed.
4. Fold in fruit mixture, nuts and chocolate chips.
5. Bake at 350° F for 25 minutes or until done.

* Dried Fruit Mixture:
combine equal parts Mariani Harvest Blend,
Mariani Apricots and Golden Raisins.
May substitute with other fruits as desired.

NUTRITIONAL HIGHLIGHTS

16g whole grain
per serving

4g of fiber;
16% of daily value

Cherry Cobbler

featuring READI-BAKE® BeneFIT® Non-Trans Fat
Whole Grain Biscuit Dough made with Ultragrain



Serving Size: 1 biscuit **Yield:** 50 servings

INGREDIENTS

	Measure	Weight
READI-BAKE® BeneFIT® Non-Trans Fat Whole Grain Biscuit Dough		
All of reserved cherry juice (from draining cherries) plus water, cold, as needed (divided)	1-1/3 cups	
Cornstarch	2-1/2 cups	10 oz.
Sugar (divided)	1 qt. 1-1/3 cup	2 lb. 4 oz.
Red Tart Cherries (canned, pitted, drained)	1 gal. 2 cups (2 #10 cans)	8 lb. 12 oz.

DIRECTIONS

- For filling: drain cherries, reserving juice. Set cherries aside for step 6.
- Add water to cherry juice.
- Mix cornstarch with about 1/4 of the liquid mixture.
- Bring remaining liquid mixture to a boil. Add about 1/2 of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 5 and 6.
- Remove from heat. Blend remaining sugar thoroughly into mixture.
- Add cherries to thickened mixture. Stir lightly. Do not break up fruit.
- Pour 3-1/4 qt. thickened cherry mixture into each steamtable pan. (You will need 2 pans, 12"x 20"x2-1/2".)
- Top with frozen biscuit dough, placing side by side the entire length and width of pan.
- Bake until pastry is brown and filling is bubbly, 18-21 minutes:
Conventional: 400° F
Convection: 350° F
- Serve by scooping one biscuit with fruit bottom.

NUTRITIONAL HIGHLIGHTS

52% whole grain biscuit

2g of fiber;
8% of daily value

Better-For-You Biscuits and Gravy

featuring READI-BAKE® BeneFIT® Non-Trans Fat
Whole Grain Biscuit Dough made with Ultragrain



Serving Size: 1 biscuit **Yield:** 50 servings

INGREDIENTS

	Measure
READI-BAKE® BeneFIT® Non-Trans Fat Whole Grain Biscuit Dough	
Ground Turkey (Raw) (Cooked)	2-1/2 lb. 1-3/4 lb.
Black Pepper	1-1/4 tsp.
Ground Sage	1-1/4 tsp.
Garlic Powder	1-1/4 tsp.
Poultry Seasoning	1-1/4 tsp.
Skim Milk	3 qts. + 1/2 cup
Healthy Choice® All-Purpose Flour Blend T-1	1-1/4 cup
Cream Cheese	5, 8-oz. pkgs.

DIRECTIONS

- Bake READI-BAKE BeneFIT Non-Trans Fat Whole Grain Biscuit Dough according to directions.
- Meanwhile, cook ground turkey in large skillet (or oven), brown meat and drain; add spices.
Option: use a precooked ground turkey. (Reduce recipe to 1-3/4 lbs. for precooked ground turkey.)
- In a mixer, combine skim milk and flour. Mix well. Pour milk mixture into skillet with browned meat. Add cream cheese. Continue cooking, stirring often, until mixture thickens and cream cheese melts.
- When gravy has thickened, spoon gravy over warm biscuits.

NUTRITIONAL HIGHLIGHTS

52% whole grain biscuit

2g of fiber;
8% of daily value

The Max® Pizza Quesadilla®

with Southwestern Corn and
Hunt's® Salsa with fresh vegetables



INGREDIENTS

	Measure
The Max® Pizza Quesadilla Cheese or Chicken Pizza	

Southwestern Corn

IQF frozen green peppers, diced	1 cup
IQF frozen red peppers, diced	1 cup
IQF frozen corn	3 lb.
Cilantro, chopped	1/2 cup
Kosher salt	2 tsp.
Black pepper	2 tsp.

Hunt's® Salsa with fresh vegetables

Hunt's Salsa	1 #10 can
Green onions, sliced	10
Jalapeño peppers, seeded and diced	3
Tomatoes, diced	4 large

DIRECTIONS

- Bake The Max Pizza Quesadilla according to directions.
- Serve with Southwestern Corn and Hunt's Salsa with fresh vegetables. (See subrecipes.)

SOUTHWESTERN CORN

- Mix all ingredients together in a half pan.
- Bake at 350° F for 30 minutes.
- Serve immediately.

HUNT'S SALSA WITH FRESH VEGETABLES

- Combine all ingredients and chill until ready to serve.

NUTRITIONAL HIGHLIGHTS

8g whole grain per serving

3g of fiber;
12% of daily value

For more info,
visit Booth #1241,
ultragrain.com
or call (402) 595-5153.