

School Nutrition Association Culinary Demonstration

It's Just Too Easy

by Chef Paul Lynch

It's easy to incorporate the health benefits of whole grains into all meal periods of the school foodservice environment.

By simply incorporating Sustagrain®, the ultra high-fiber whole grain, and Ultragrain® whole wheat into the basic food pantry, nutrient density can be increased. With very little adjustment and a few base recipes, it's just too easy to deliver enticing, flavorful and nutritional meal options. The versatility of Ultragrain and Sustagrain allows for use in sauces, toppings, breadings, beverages and entrées.



Berry Breakfast Streusel

featuring Sustagrain® Barley Flakes and Ultragrain® Whole Wheat Flour

FRUIT BASE:

- 4 cups frozen dark cherry halves
- 4 cups frozen diced pears
- 4 cups frozen sliced strawberries
- 1 tablespoon grated orange zest
- 1/2 cup sugar
- 2 cups orange juice
- 2 cups Sustagrain barley flakes
- Nonstick spray, to coat hotel pan

WHOLE GRAIN STREUSEL TOPPING:

- 2 cups Sustagrain barley flakes
- 2 cups Ultragrain whole wheat flour
- 1 cup dark brown sugar
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 cup salted whole butter or trans fat-free shortening, room temperature
- 1 tablespoon cinnamon
- 48 ounces low-fat vanilla yogurt

Helpful tip: Any combination or variety of frozen fruit will work. Play with the combinations for variety.

Combine fruit, orange zest, sugar, Sustagrain barley flakes and orange juice. Toss well. Spray hotel pan with nonstick pan coating. Spread fruit/Sustagrain mix evenly across the pan.

For streusel topping, combine Sustagrain barley flakes, Ultragrain whole wheat flour, brown sugar, white sugar, cinnamon and salt in the bowl of a mixer with a whisk attachment. Run mixer for 1 minute on low until mix is well blended. Add the room temperature butter and mix on low until crumbly. Spread evenly across the fruit mix.

Bake at 350 degrees for 50 - 60 minutes until golden.

Let cool. Serve warm or at room temperature with a 2 ounce portion of low-fat vanilla yogurt.

Yield: 24 servings
Serving Size: 5.4 oz Streusel, 2 oz yogurt
Whole Grain: 26 g/serving

Nutrition Facts

Serving Size (209g)
Servings Per Container

Amount Per Serving

Calories 320 Calories from Fat 80

% Daily Value*

Total Fat 10g 15%

Saturated Fat 6g 30%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 25mg 8%

Sodium 140mg 6%

Potassium 410mg 12%

Total Carbohydrate 54g 18%

Dietary Fiber 8g 32%

Sugars 31g

Protein 7g

Vitamin A 6% • Vitamin C 30%

Calcium 10% • Iron 8%

Vitamin D 2% • Thiamin 10%

Riboflavin 10% • Niacin 8%

Vitamin B6 10% • Folate 6%

Pantothenic Acid 2% • Phosphorus 15%

Iodine 2% • Magnesium 15%

Zinc 6% • Selenium 40%

Copper 15% • Manganese 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less Than 65g 80g

Saturated Fat Less Than 20g 25g

Cholesterol Less Than 300mg 300 mg

Sodium Less Than 2,400mg 2,400mg

Potassium 3,500 mg 3,500 mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Turkey Meat Loaf with Apple Gravy

featuring Sustagrain® Barley Flakes

TURKEY MEAT LOAF:

- 1 1/4 pounds ground turkey
- 1 1/2 cups Sustagrain barley flakes
- 1 1/2 cups water
- 1 tablespoon turkey base
- 1 cup onions, minced
- 1/2 cup celery, fine diced
- 1 each apple, peeled and diced
- 2 tablespoons canola oil
- 1/2 teaspoon kosher salt
- 2 teaspoons dry thyme
- 1 teaspoon rubbed sage
- 2 ounces ketchup
- 2 each egg

APPLE GRAVY:

- 2 cups apple juice, reduce to 1 1/2 cups
- 1 tablespoon corn starch,
mixed with 1 ounce cold apple juice
- 1/4 teaspoon sage
- 1/8 teaspoon allspice
- 1/2 teaspoon kosher salt
- 1/3 cup cream
- 1 tablespoon red wine vinegar

Dissolve the turkey base in the water, stir in the Sustagrain flakes. Let sit while preparing the other ingredients.

Sauté onions and celery until translucent, add apples and spices. Add to the soaked Sustagrain.

Mix in the eggs and ketchup. Blend.

Mix well with the ground turkey in loaf pan or free form a 5 x 8 loaf on a sheet pan.

Bake in a 350-degree oven for one and a half hours or until internal temperature reaches 160 degrees.

While baking prepare apple gravy. Reduce apple juice by one quarter, add spices and salt. Mix corn starch in a small amount of apple juice, whisk into reduced apple juice. Return to a boil. Reduce heat and stir in cream followed by the vinegar. Hold warm for service.

Yield: 8 servings

Serving Size: 9 oz

Whole Grain: 18 g/serving

Nutrition Facts	
Serving Size (262g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 5g	
Cholesterol 125mg	42%
Sodium 680mg	28%
Potassium 440mg	13%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Sugars 11g	
Protein 19g	
Vitamin A 8%	Vitamin C 8%
Calcium 6%	Iron 15%
Vitamin D 2%	Vitamin E 4%
Thiamin 15%	Riboflavin 20%
Niacin 20%	Vitamin B6 25%
Folate 4%	Vitamin B12 8%
Pantothenic Acid 8%	Phosphorus 20%
Magnesium 15%	Zinc 15%
Selenium 60%	Copper 15%
Manganese 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Crispy Snack Bars

featuring Toasted and Sweetened Sustagrain® Barley Flakes

- 6 ounces salted butter, melted
- 4 quarts miniature marshmallows
- 1 cup honey
- 4 quarts crisped rice or whole grain cereal
- 2 quarts toasted and sweetened Sustagrain barley flakes
- 3 cups diced apricots or other dried fruit, optional
- 10 ounces sliced almonds, optional

Melt butter in a pot large enough to hold all the ingredients. Stir in honey and marshmallows, when melted remove from heat.

Add crisped rice, Sustagrain flakes, fruit and nuts. Gently mix all ingredients, spread evenly across a sheet pan coated with spray release. Let set, then cut into 2" by 2" squares. Hold in air-tight container for up to three days.

Yield: 96 servings

Serving Size: 1 oz

Whole Grain: 5 g/serving

Nutrition Facts	
Serving Size (33g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Potassium 125mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 3g	
Vitamin A 10%	Vitamin C 2%
Calcium 2%	Iron 4%
Thiamin 10%	Riboflavin 8%
Niacin 8%	Pantothenic Acid 0%
Phosphorus 4%	Magnesium 6%
Zinc 2%	Selenium 15%
Copper 6%	Manganese 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Executive Chef Paul J. Lynch has earned a well-deserved national reputation for his culinary skill and innovation in the kitchens of some of the nation's finest hotels. Chef Lynch is known for his creative renderings of heartland classics, his innovative use of wood grilling techniques, and his passion for using fresh produce, fish and game from local sustainable sources. A native of El Paso, Texas, Chef Lynch earned a degree from the New England Culinary Institute and embarked on a whirlwind career with Four Seasons Hotels and Resorts. He began in their London hotel and went on to Four Seasons properties in Austin, Nevis, Houston, Dallas and Maui. He opened FireLake Grill House and Cocktail Bar in downtown Minneapolis in June of 2003, after serving as Executive Chef at Aria Grill at the Westin Hotel in Oklahoma City. He is a member of the Whole Grains Council and serves on panels discussing the health benefits of whole grains.

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