

Balanced Choices - Angel Food Cake with Strawberry Coulis

Servings: 6

12 ounces Fat Free Angel Food

Cake, Prepared

6 Ounces Strawberries, Fresh - Sliced

1/16 ounce splenda (No Calorie

Sweetner)

1 Ounce Orange Juice

2 Ounces Water

1 Ounce Corn Starch

Portion Size is 3.5 oz

Combine the orange juice, water and cornstarch in a stock pot and mix well. Heat the mixture until the sauce thickens. Remove from heat and cool to a maximum temperature of 41°. Add the strawberries and the splenda. Reserve.

Cut the angel food cake into 2 oz portions. Top each portion with 2 oz of the strawberry mixture and serve immediately.

Cakes

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 240

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 490mg

Carbohydrates: 54g

Fiber: 1g

Sugars 36g

Protein: 5g

11/5/04 KG

Balanced Choices - Apple Carrot Slaw with Mint

Servings: 24

*13 tablespoons Orange Juice
1 1/8 cups Lemon Juice
21 ounces Granny Smith apples, Julienned - With Skin
21 ounces Carrots, Fresh - Fine Julienne
1/2 teaspoon Lemon Zest
1/2 teaspoon Lime Zest
8 1/2 ounces Raisins
3 1/4 teaspoons granulated sugar
4 1/4 tablespoons Honey
3 1/4 teaspoons mint leaves, Fresh - Chiffonade
Serving size is 3oz*

This recipe must be made as close to service as possible.

In a mixing bowl, combine the orange and lemon juice together.

Cut the apples in julienne strips and immediately place in the juices. Toss to coat.

Add all remaining ingredients. Toss well.

Drain well before serving.

CCP - Hold at a maximum temperature of 41° at all times.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 80
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 0mg
Carbohydrates: 19g
Fiber: 2g
Sugars 15g
Protein: 1g*

11/5/04 KG

Balanced Choices - Asian Noodle Salad

Servings: 24

7/8 cup soy sauce, low sodium

9 1/2 tablespoons red wine vinegar

9 1/2 tablespoons sugar, granulated

7 1/2 tablespoons vegetable salad oil

2 1/2 teaspoons red pepper flakes

1 1/2 teaspoons chinese sesame seed oil

7 ounces green onions, fresh, tops only, sliced 1/8" thick

2 1/3 ounces Spaghetti

2 1/3 fluid ounces water

Portion Size is 3oz

Combine soy sauce, vinegar, sugar, vegetable oil, crushed red pepper, sesame oil and green onion for dressing. Mix until well-blended. Stir well before each use.

Add noodles to boiling water. Stir while returning to a brisk boil. Reduce heat and simmer until just tender. Drain. Rinse under running water. Drain well.

Combine warm noodles and dressing. Toss to evenly coat. CCP--Cool quickly (per HACCP) to internal temperature of 40°F or below for service.

CCP--Place in chilled service container and hold at internal temperature of 40°F or below on salad bar.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 160

Total Fat: 5g

Saturated Fat 0g

Calories from fat: 30%

Cholesterol: 0mg

Sodium: 320mg

Carbohydrates: 26g

Fiber: 1g

Sugars 6g

Protein: 4g

11/5/04 KG

2.7.05 KG

Balanced Choices - Asian Slaw

Eurest Dining Services @ USAA

Servings: 24

Asian Dressing

3/4 cup Lime Juice, Fresh

2 tablespoons Rice Wine Vinegar

1/2 cup Water

2 tablespoons Jalapenos, Fresh -

Minced

1 cup Light Brown Sugar

40 ounces Green Cabbage leaf,

Shredded

10 ounces Red Onions, Fine

Julienned

10 ounces Carrots, Fine Julienned

(Matchstick)

16 ounces Cucumber, Peeled - Seeded

- Sliced 1/4"

1/2 cup Cilantro, Fresh - Chopped

8 tablespoons Mint, Fresh -

Chiffonade

Serving size is 4oz

1. Prepare the dressing by combining all ingredients and mixing well. Hold at a maximum temperature of 41°.

2. Combine asian dressing with all remaining ingredients.

Hold at a maximum temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 70

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 25mg

Carbohydrates: 16g

Fiber: 1g

Sugars: 10g

Protein: 1g

11/5/04 KG

Balanced Choices - Baked Fish

Servings: 24

*6 Pounds Pollock Fillets, 4oz Fillets
12 Ounces Fat Free Mayonnaise
2 Cups Bread Crumbs
2 Tablespoons Parsley
1/2 Tablespoon Kosher Salt
1/2 Tablespoon Black Pepper
Portion is 1 - 4oz fillet of fish.*

CCP - Hold the fish at a maximum temperature of 41° at all times.

Combine the bread crumbs with the parsley, salt and pepper.

spread the fat free mayonnaise over the top of the fish fillets. (top only)

Sprinkle the seasoned breadcrumbs over the top of the coated fish.

Bake the fish in a preheated 350° oven for 8-10 minutes. The internal temperature must reach 145° for a minimum of 15 seconds.

CCP - Hold the baked fish at a minimum internal temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 150
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 12%
Cholesterol: 80mg
Sodium: 390mg
Carbohydrates: 8g
Fiber: 1g
Sugars: 1g
Protein: 23g*

11/5/04 KG

Balanced Choices - Baked Swiss Steak

Eurest Dining Services @ USAA

Servings: 24

Brown Gravy
1/2 Cup Low Sodium Beef Base
1 1/4 Gallons Water
1/4 Teaspoon White Pepper, Ground
1/4 Teaspoon Onion Powder
2 Tablespoons Tomato Paste
4 Ounces Flour - All Purpose
Swiss Steak
6 Pounds Top Round, 4oz Cuts - Raw
6 Ounces Flour - All Purpose
1 Teaspoon Black Pepper, Ground
1/2 Teaspoon Garlic Powder
1/2 Teaspoon Onion Powder
1/4 Teaspoon Thyme, Ground
1/8 Cup Canola Oil
Portion is 1 - 4 oz steak with 2 oz of gravy

Prepare the gravy: In a stock pot, combine the low sodium beef base and the water. Hold 1 cup of the mixture aside - cold.

Add the white pepper, onion powder and tomato paste. Bring to a boil.

Mix the flour with the 1 cup of reserved liquid. Add the slurry to the stock - whisking constantly. Simmer the gravy for 15 minutes to cook out the flour.

CCP - Hold at a minimum temperature of 140°.

Combine the flour and seasonings listed in the Swiss steak ingredients. Dredge the steaks in the flour.

On a preheated flat top griddle: Sear the steaks with canola oil, cooking 3 - 4 minutes per side.

Shingle the steaks in a 2" hotel pan and cover with the gravy. Cover with foil and bake in a preheated 375° for 20 - 30 minutes and the internal temperature has reached 145° for a minimum of 15 seconds.

Hold the steaks at a minimum temperature of 140° for service.

Nutritional Information is Provided by "The Food Processor" - not MasterCook

Nutritional Information per Serving:

Calories: 160
Total Fat: 5g
Saturated Fat 1.5g
Calories from Fat: 30%
Cholesterol: 50mg
Sodium: 85mg
Carbohydrates: 8g
Fiber: 0g
Sugar 0g
Protein: 25g

11/5/04 KG

Balanced Choices - Baked Ziti and Mozzarella

Servings: 24

6 Pounds Zucchini, 1/2" Bias Cut

1 1/4 Pounds Mushrooms, 1/4 Sliced

4 Tablespoons Garlic, Fresh Minced

1 1/2 quarts Tomatoes, Canned, 1/2 " Diced

1/4 Cup Olive Oil

7 1/2 Pounds Ziti Pasta, Cooked - Hot

2 Tablespoons Oregano, Dried

1 Teaspoon Basil, Dried

1 Teaspoon Black Pepper, Ground

20 Ounces Mozzarella Cheese - Part Skim, Shredded

Portion is 13 oz of Baked Ziti per person.

Prepare the ziti pasta and toss with the 2 Tablespoons of Canola oil to keep from sticking. Hold at a minimum temperature of 140°.

In a Tilt Skillet or Kettle; combine the mushrooms, 1/4 cup of olive oil, zucchini and garlic. Saute for 4 -5 minutes or until the vegetables are al dente.

Add the tomatoes, oregano, black pepper and basil. Simmer for 5 minutes.

Add the hot ziti to the mixture and mix until incorporated. Place in 2" hotel pans and top with the cheese.

Bake uncovered in a preheated 375° for 5 minutes or until the cheese is melted.

Hold in at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 390

Total Fat: 8g

Saturated Fat 3.5g

Calories from fat: 18%

Cholesterol: 15mg

Sodium: 270mg

Carbohydrates: 62g

Fiber: 6g

Sugars: 7g

Protein: 17g

11/5/04 KG

Balanced Choices - Balsamic Beet Salad

Servings: 24

3 3/4 pounds beets, canned, Drained

- Halved

*3 1/2 ounces Yellow Onions,
Julienned*

3 1/2 tablespoons Honey

7 tablespoons Balsamic Vinegar

12 each Green Leaf Lettuce Leaves

Serving size is 3oz

Combine beets and onion. Separately, combine the honey and the vinegar, add to the beets and onions, toss to evenly coat.

CCP - Hold at a maximum temperature of 41° at all times

Serve 3.5oz of Beet Salad on 1/2 of a green leaf lettuce leaf.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 35

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 140mg

Carbohydrates: 9g

Fiber: 1g

Sugars 7g

Protein: 1g

11/5/04 KG

Balanced Choices - Balsamic Pasta Salad

Servings: 24

*8 3/4 Ounces Cauliflower, Florettes
8 3/4 Ounces Broccoli, Florettes
8 3/4 Ounces Red Bell Pepper, Fine
Julienne
2 1/2 Teaspoons Garlic, Fresh
Minced
4 1/4 tablespoons Basil, Fresh -
Chopped
1/2 Teaspoon Salt
2/3 cup Balsamic Vinegar
8 1/2 tablespoons Water
4 1/4 Teaspoons Olive Oil
10 Ounces Carrots, Sliced 1/8"
thick
1/2 Teaspoon White Pepper,
Ground
8 1/4 teaspoons Mustard Yellow
3 pounds Bow Tie Pasta, Cooked -
Drained - Cooled*

Serving size is 4oz

Blanch the carrots, broccoli and cauliflower. Rinse, drain, cool, and reserve. Hold at a maximum temperature of 41° at all times.

In a large mixing bowl, combine the vinegar, salt, pepper, garlic, basil, olive oil and mustard to form the dressing. Add the remaining ingredients and toss well until incorporated.

CCP - Hold at a minimum temperature of 41° at all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 120
Total Fat: 1.5g
Saturated Fat 0g
Calories from fat: 11%
Cholesterol: 0mg
Sodium: 80mg
Carbohydrates: 24g
Fiber: 2g
Sugars 3g
Protein: 4g*

11/5/04 KG

Balanced Choices - Banana Nut Bread 3

Servings: 24

Yield: 4 3/4 pounds

2 5/8 Pounds Cake Mix (Bernards Diet Foods)

1 5/8 pounds water

3/8 pound Banana puree

1/8 pound walnuts

Slice each 2 pound loaf into 10 pieces to achieve the nutritional value, or 3.25 oz. each slice.

Description:
"Wellness Tea Breads"

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 160

Total Fat: 4.5g

Saturated Fat 1g

Calories from fat: 25%

Cholesterol: 0mg

Sodium: 30mg

Carbohydrates: 29g

Fiber: 1g

Sugars 11g

Protein: 2g

11/10/04 KG

1.19.05 KG & DP

Balanced Choices - Banana Nut Muffin

Servings: 24

*3 3/4 pounds pound cake mix,
Bernards
1 7/8 pounds water
3/4 pound banana puree
1/3 pound walnuts
Serving size is 1 - 4.5 oz Muffin.*

Combine the dry mix, banana puree and the water in a large mixer and mix on low speed until completely incorporated.

Add the walnuts and mix only until incorporated.

Scoop 4.5 oz of the batter into each muffin tin and bake in a preheated 350° for 22 -24 minutes and a toothpick inserted in the center comes out clean.

Breakfast Breads

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 240
Total Fat: 8g
Saturated Fat 1.5g
Calories from fat: 30%
Cholesterol: 0mg
Sodium: 40mg
Carbohydrates: 42g
Fiber: 2g
Sugars 17g
Protein: 4g*

11/10/04 KG

Balanced Choices - Banana Pudding

Servings: 24

*2 quarts Water
10 1/2 ounces diet pudding mix,
Bernards
18 ounces banana, fresh, mashed
2 ounces cream, whipped, light
4 oz per serving*

Prepare mix per the instructions provided with the Banana Pudding mix.

CCP - Hold Pudding at a maximum temperature of 41° at all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 35
Total Fat: 1g
Saturated Fat .5g
Calories from fat: 26%
Cholesterol: 5mg
Sodium: 15mg
Carbohydrates: 6g
Fiber: 1g
Sugars 3g
Protein: 1g*

11/10/04 KG

Balanced Choices - BBQ Boca Burger

Servings: 1

1 Each 3.5 oz Boca Burger
1 Slice Hamburger Bun, Multi
Grain
1 Each Lettuce Leaf
2 ounces Tomato, Sliced 1/4" thick
1 Ounce Onion
2 Ounces BBQ Sauce - Low Sodium
Serving size is 10.5 oz

Grill the Boca Burger on a char-broiler until the internal temperature reaches 145° for a minimum of 15 seconds.

Toast the Hamburger Bun

Top with 2 oz of BBQ Sauce.

Serve with Lettuce, onion and tomato on the toasted bun.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 340
Total Fat: 8g
Saturated Fat 2g
Calories from fat: 23%
Cholesterol: 5mg
Sodium: 810mg**
Carbohydrates: 43g
Fiber: 9g
Sugars 11g
Protein: 26g*

***high sodium content is due to the
Boca burger itself
11/16/04 KG*

Balanced Choices - BBQ Sirloin Tips

Servings: 24

Sautéed onions

*3 7/8 ounces margarine, soft
3 2/3 pounds yellow onion, 1/4" sliced rings
1/2 teaspoon white pepper, ground
2 1/4 tablespoons parsley, fresh, minced*

BBQ SIRLOIN TIPS

*16 ounces sautéed onions (recipe above)
6 pounds bottom sirloin, tri-tip, raw
4 ounces BBQ seasoning, Ground
9 tablespoons lite Italian dressing
4 cups low sodium BBQ sauce
1 3/4 teaspoons Cayenne Pepper, Ground*

Serving size is 6oz total weight: 4oz meat, 2 oz sauce

Prepare sautéed onions according to recipe.

Combine beef, BBQ seasoning and dressing. Toss to evenly coat. CCP--Hold overnight in refrigerator at an internal temperature of 40° F, or below to marinate. Drain and discard excess marinade.

CCP- in a tilt skillet, sauté beef over medium-high heat to minimum internal temperature of 145 °F (for 15 seconds); or grill beef on griddle or char-broiler. Transfer to steamtable pan.

Top beef with BBQ sauce, cayenne pepper and onion. CCP-Hold hot (140°F or above) for service or cool quickly (per HACCP) to internal temperature of 40°F or below.

*Nutritional Analysis Provided by
The Food Processor - Not
MasterCook.*

Nutritional Information per serving:

*Calories: 240
Total Fat: 7g
Saturated Fat 2g
Calories from fat: 26%
Cholesterol: 65mg
Sodium: 150mg
Carbohydrates: 8g
Fiber: 2g
Sugars: 5g
Protein: 34g*

*11/23/04 KG
11/24/04*

Balanced Choices - Beef and Broccoli Stir Fry

Servings: 24

*4 pounds Top Round Steak, Cooked, Julienne
2 pounds Water
7 tablespoons Sherry
3/4 cup Soy Sauce, low sodium
1 3/4 teaspoons Sugar
5 1/4 teaspoons Sesame Oil
1 3/4 teaspoons ground ginger
3/4 teaspoon dry mustard
1 3/4 teaspoons onion powder
7 tablespoons cornstarch
3 pounds broccoli florets, Blanched
1 3/4 pounds Carrots, Blanched
5 1/4 teaspoons Salad oil
7 3/4 teaspoons Garlic Powder
Serving size is 5oz*

In a Stockpot or Kettle, combine the water, sherry, soy sauce, sugar, sesame oil, ginger, mustard, garlic powder, and onion powder. Bring to a boil and thicken with the cornstarch. Simmer for 5 minutes and reserve. CCP Hold at a minimum temperature of 140°.

In a preheated skillet: Saute the beef, blanched carrots, and blanched broccoli in the salad oil until the internal temperature reaches 165° for a minimum of 15 seconds. Add the sauce and hold at a minimum temperature of 140°.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 210
Total Fat: 7g
Saturated Fat 2g
Calories from fat: 30%
Cholesterol: 50mg
Sodium: 410mg
Carbohydrates: 11g
Fiber: 3g
Sugars 2g
Protein: 27g*

*11/5/04 KG
12/7/04*

Balanced Choices - Beef Stroganoff

Servings: 24

*3 1/2 pounds Inside Round of Beef
4 1/2 tablespoons cornstarch
1 1/2 tablespoons olive oil
27 1/2 ounces thinly sliced onion
2 1/4 pounds Mushrooms, Sliced Thick
3 1/2 pounds Low Sodium Beef Broth
2 1/4 teaspoons salt
1 1/8 teaspoons black pepper
1 1/8 cups fat-free sour cream
14 tablespoons finely chopped fresh parsley
Portion is 8oz of Stroganoff*

Preparation Time: 10 minutes**Cooking Time: 14 minutes**

Trim fat from beef, and cut into 1" Cubes. Heat oil in a tilt skillet, stock pot or kettle over medium-high heat. Add beef, and sauté 5 minutes. Add onion, and sauté 1 minute. Add mushrooms; cover and cook 2 minutes. Add broth, salt, and pepper. Reduce heat to a simmer. Combine the cornstarch with the water to form a slurry. Add the slurry to the stroganoff and mix in until blended. Simmer uncovered, for 45 minutes or until the beef is just becoming tender. Remove from heat; stir in sour cream and parsley.

Hold at a minimum temperature of 140 degrees for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 120
Total Fat: 3.5g
Saturated Fat 1g
Calories from fat: 26%
Cholesterol: 30mg
Sodium: 220mg
Carbohydrates: 9g
Fiber: 1g
Sugar 3g
Protein: 16g*

11/5/04 KG

Balanced Choices - Beef Sub Sandwich

Servings: 24

48 ounces Wellness Roast Beef,
Cooked - Shaved
24 each Lettuce Leaves, Green Leaf
24 each Sub Roll 6"
12 ounces Fat Free Mayonnaise
48 slices Tomato, 5 X 6 Sliced
1/4"
Portion is 1 6" sub
6.5 oz Total Weight

Prepare all ingredients and hold at a maximum temperature of 41° at all times.

Assemble all ingredients on the sub roll and serve immediately. If holding - hold at a maximum temperature of 41° at all times.

If holding for 1/2 hour or longer before serving, drain and "shock" under cold running water. Drain. Hold in cool place.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 270
Total Fat: 6g
Saturated Fat 2.5g
Calories from fat: 20%
Cholesterol: 55mg
Sodium: 420mg
Carbohydrates: 30g
Fiber: 2g
Sugars 4g
Protein: 23g

11/5/04 KG

Balanced Choices - Beef Tips & Forest Mushrooms

Servings: 24

Brown Gravy

7 1/2 cups Water

1 1/2 ounces Low Sodium Beef Base

6 tablespoons Flour

4 1/2 Pounds Beef - Tri Tips

3 1/4 teaspoons Paprika

*1 1/8 Teaspoons Black Pepper,
Ground*

1 tablespoon Olive Oil

6 tablespoons Burgundy Wine

4 1/2 Ounces Pearl Onions

*9 Ounces Green Bell Pepper, Diced -
Large*

*9 Ounces Red Bell Pepper, Diced -
Large*

9 Ounces Mushrooms, Diced - Large

*6 1/2 Ounces Portobello Mushroom,
Diced - Large*

*4 1/2 Ounces Shitake Mushrooms,
Diced - Large*

2 1/4 teaspoons Tomato Paste

9 tablespoons Fat Free Sour Cream

*Serving size is 4oz of beef with 4oz of
Mushrooms and gravy.*

In a stock pot, combine the Low sodium beef base and 2 quarts of the water. Bring to a boil. Prepare a slurry with the remaining water and the flour. While whisking constantly - add the slurry to the beef stock. Simmer for 12- 15 minutes. Remove from heat and reserve. Hold at a minimum temperature of 140°.

Spray a roasting pan with vegetable spray. Add the tri tips and sprinkle with the paprika and pepper. Add the olive oil and toss the meat until it is well coated. Sear the tri tips in a preheated 450° oven until meat is evenly browned and the internal temperature reaches 145° for a minimum of 15 seconds. Remove the meat from the pan and hold at a minimum temperature of 140°.

In a tilt skillet or large saute pan. Coat with vegetable spray and saute the onions, green peppers and red peppers for 6 - 8 minutes. Add the mushrooms and saute for an additional 2 minutes. Add the burgundy and simmer for 4 minutes.

Add the prepared Gravy and tomato paste. Heat just to boiling. Remove from heat and stir in the sour cream.

Pour the sauce over the beef and hold at a minimum temperature of 140° for service

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 130

Total Fat: 4g

Saturated Fat 1.5g

Calories from fat: 28%

Cholesterol: 45mg

Sodium: 150mg

Carbohydrates: 6g

Fiber: 1g

Sugars: 2g

Protein: 18g

11/18/04 KG

Balanced Choices - Black Bean & Corn Salad

Servings: 24

3 3/4 tablespoons Dijon Mustard

15 tablespoons Red Wine Vinegar

8 1/4 teaspoons Olive oil

3 3/4 tablespoons Lime Juice, Fresh

Squeezed

1 3/4 teaspoons Chili Powder

5/8 teaspoon Cumin, Ground

1 tablespoon Cayenne Pepper Sauce

7 1/2 ounces Tomatoes, Fresh -

Diced

5 1/2 teaspoons Honey

29 1/2 ounces Corn, Frozen -

Thawed

29 1/2 ounces Black Turtle Beans,

Canned - Drained

1 1/3 cups Red Bell Pepper, Fresh

Julienned

1 ounce Jalapenos, Fresh - Minced

3 3/4 ounces Green Onions,

Chopped

1/3 cup Cilantro, Fresh - Chopped

1/3 cup Parsley, Fresh - Chopped

Serving size is 4oz

Combine the mustard, vinegar, oil, lime juice, chili powder, cumin, hot sauce, tomatoes and honey in a mixing bowl. Reserve.

Combine the beans, red pepper, green onion, cilantro, parsley and corn. Pour dressing over mixture and mix to incorporate.

Hold at a maximum temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 80

Total Fat: 2g

Saturated Fat 0g

Calories from fat: 23%

Cholesterol: 0mg

Sodium: 230mg

Carbohydrates: 15g

Fiber: 3g

Sugar 3g

Protein: 3g

11/5/04 KG

Balanced Choices - Black Forest Cake

Servings: 10

*16 ounces Chocolate diet cake mix--Bernards
10 ounces water
4 ounces cherry pie filling FFI
2 ounces whipped cream, light
3.5 oz Total Weight per Serving*

Combine flours, sugar, cocoa, and baking soda, and stir to mix well. In a separate bowl, combine vanilla extract, chocolate syrup, vinegar, and water. Add the chocolate mixture to the flour mixture, and stir to mix well.

Coat a 8-inch cake pan with nonstick cooking spray. Spread the batter evenly in the pan, and bake at 350 degrees for 15-20 minutes, or just until a toothpick inserted in the center of the cake comes out clean.

Cool the cake at room temperature, then invert onto a baking sheet.

At this point you can either split the cake and fill with the cherry filling, or carve a well in the cake and fill with the same filling.

To make the meringue topping, whip the egg whites and cream of tartar with an electric mixer until soft peaks form, still whipping slowly add the sugar, and the vanilla, continue to beat until stiff peaks form.

Pipe or spoon the meringue in a ring around the outer edge of the cherry filling. Place the cake in a 400 degree oven for 3-5 minutes, or until meringue is lightly browned. Allow the cake to cool, before attempting to slice.

Cakes

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 150
Total Fat: 4g
Saturated Fat 2g
Calories from fat: 24%
Cholesterol: 5mg
Sodium: 35mg
Carbohydrates: 28g
Fiber: 2g
Sugars: 11g
Protein: 4g*

11/10/04 KG

Balanced Choices - Blackened Catfish Sandwich

Servings: 24

*96 ounces Catfish Fillet
6 teaspoons Redfish Seasoning, Paul
Prudhomme's
6 teaspoons paprika
6 teaspoons chili powder
48 ounces 8" Wheat Hoagie,
Rotellas
24 ounces Tomatoes, Diced
24 ounces Iceburg Lettuce, Shredded
18 ounces Fat Free Mayonnaise
6 fluid ounces Pickle Relish
Portion is 1 Sandwich.*

Combine the fat free mayo and the pickle relish and hold at a maximum temperature of 41° at all times.

season the catfish with the redfish seasoning, paprika and chili powder. Cook on a preheated flat top griddle using the vegetable cooking spray until the internal temperature reaches a minimum of 155 degrees for 15 seconds.

Spread the tartar sauce on the hoagie. Place the grilled fish on the bread and top with 1 oz of lettuce and 1 oz of diced tomatoes.

Serve immediately.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 330
Total Fat: 12g
Saturated Fat 2g
Calories from fat: 33%
Cholesterol: 55mg
Sodium: 630mg
Carbohydrates: 32g
Fiber: 3g
Sugars 7g
Protein: 23g*

11/18/04 KG

Balanced Choices - Blueberry Muffin

Servings: 24

*3 2/3 pounds Pillsbury Low-fat
Muffin Mix
1 7/8 pounds water
1 1/8 pounds blueberries, frozen
Serving Size is 1 - 4.5oz Muffin*

Combine the dry mix and the water in a large mixer and mix on low speed until completely incorporated.

Add the blueberries (frozen) and mix only until incorporated.

Scoop 4.5 oz of the batter into each muffin tin and bake in a preheated 350° for 22 -24 minutes and a toothpick inserted in the center comes out clean.

Breakfast Breads

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 290
Total Fat: 3.5g
Saturated Fat 0.5g
Calories from fat: 11%
Cholesterol: 0mg
Sodium: 420mg
Carbohydrates: 59g
Fiber: 1g
Sugars: 33g
Protein: 4g*

11/10/04 KG

Balanced Choices - Blueberry Tea Bread 3

Servings: 24

Yield: 4 3/4 pounds

2 1/2 Pounds Pound Cake Mix

(Bernards Diet Foods)

1 1/2 pounds water

3/4 pound blueberries, frozen

3 oz. per serving

Scale and mix first two ingredients in a 20 quart mixing bowl with a paddle attachment for two minutes on medium speed.

Next, scrape bowl and attachment, and add blueberries, and re-mix for an additional 2-3 minutes on low speed, or until well blended.

Next, scoop out 2 pound portions into a well sprayed loaf pan, transfer to a pre-heated 350 degree oven for about 30-35 minutes, or until a toothpick inserted comes out clean.

Next, once removed from the oven, allow to cool before turning out.

Slice each 2 pound loaf into 10 pieces to achieve the nutritional value, or 3.25 oz. each serving.

Description:

"Wellness Tea Breads"

Yield:

"4 3/4 pounds"

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 140

Total Fat: 2.5g

Saturated Fat 1g

Calories from fat: 9%

Cholesterol: 0mg

Sodium: 25mg

Carbohydrates: 27g

Fiber: 1g

Sugars: 11g

Protein: 2g

11/10/04 KG

1.19.05 KG & DP

Balanced Choices - Blueberry Tea Bread with Fat Free Cream Cheese

Servings: 1

*2 1/2 ounces Blueberry Tea Bread,
See Recipe*

*1 1/2 ounces Fat Free Whipped
Cream Cheese*

*Portion is 2.5 ounces of Tea Bread
with 1.5 ounces of Fat Free Cream
Cheese.*

Place the appropriate portions of tea bread and fat free cream cheese separately in an outtakes container. Hold at a maximum internal temperature of 41° all times

*Nutritional Information is provided
by "The Food Processor" - not
Mastercook.*

Nutritional Information per serving:

Calories: 200

Total Fat: 2g

Saturated Fat 0g

Calories from fat: 9%

Cholesterol: 10mg

Sodium: 440mg

Carbohydrates: 36g

Fiber: 1g

Sugars: 19g

Protein: 8g

11/10/04 KG

Balanced Choices - Blueberry Upside Down Cake

Servings: 10

*4 cups blueberries, frozen
10 ounces water
16 ounces Diet pound cake mix,
bernards
8 ounces blueberry pie filling, FFI
Portion is 4 oz*

Mix first three ingredients together and pour out evenly on a full sheet cake baking pan that has been sprayed and with a liner on the bottom. Next in a 12 quart mixer with a paddle attachment mix all liquid ingredients: skim milk, honey, egg whites, vanilla extract, and blend for 2 minutes on second speed.

Next mix all dry ingredients into liquid mixture, and continue to blend for an additional 2 minutes on second speed or until well blended. Next pour out batter on to blueberry mixture in the cake pan, and transfer to a pre-heated 350 degree oven for 30-35 minutes or until pierced in the center with a toothpick, and it comes out clean.

Once the cake has been removed from the oven, allow to cool for a few minutes before turning out.

Desserts

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 160
Total Fat: 2.5g
Saturated Fat 1g
Calories from fat: 14%
Cholesterol: 0mg
Sodium: 35mg
Carbohydrates: 34g
Fiber: 1g
Sugars 16g
Protein: 2g*

11/10/04 KG

Balanced Choices - Boca Burger

Servings: 1

1 Each 3.5 oz Boca Burger
1 Slice Hamburger Bun, Multi Grain
1 Each Lettuce Leaf
2 ounces Tomato, Sliced 1/4" thick
1 Ounce Onion
1 ounce balanced choices pico de gallo
Serving size is 9oz

Grill the Boca Burger on a char-broiler until the internal temperature reaches 145° for a minimum of 15 seconds.

Toast the Hamburger Bun

Serve with Lettuce, onion and tomato on the toasted bun.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 340
Total Fat: 9g
Saturated Fat 2g
Calories from fat: 34%
Cholesterol: 5mg
Sodium: 790mg
Carbohydrates: 43g
Fiber: 8g
Sugars 6g
Protein: 25g

***does not meet BC criteria due to sodium and fat content. But can be bundled with other foods to still meet criteria*

11/9/04 KG

Balanced Choices - Braised Beef Tips

Servings: 24

*3 1/4 ounces Flour, all-purpose
1 teaspoon kosher salt
5/8 teaspoon black pepper
5/8 teaspoon paprika
5 pounds Beef Top round, raw
1 1/4 ounces olive oil
6 ounces yellow onions, fresh, chopped
4 ounces celery, fresh, chopped
4 ounces green peppers, fresh, chopped
4 ounces red peppers, fresh, chopped
6 ounces carrots, fresh, chopped
1 1/8 teaspoons garlic, fresh, chopped
1 1/4 ounces beef base, low sodium
3 1/4 cups water, hot
9 1/2 tablespoons tomato puree, canned
4 3/4 tablespoons burgundy cooking wine
1/8 teaspoon thyme leaves, dried
18 ounces mushrooms, fresh, sliced 1/4" thick
Makes 7 ounce servings.*

Combine flour, salt, pepper, and paprika. Mix well.

Combine beef cubes and seasoned flour. Toss to evenly coat.

In a braising pan, heat 1st listed olive oil. Add beef. Cook for 10 minutes or until browned. Remove beef and discard remaining oils.

Add onion, celery, carrot, green and red peppers, mushrooms and garlic. Cook for 10 to 15 minutes.

Combine beef base, water, tomato puree, wine and thyme. Stir into meat mixture until well-blended. Transfer to 2" full steamtable pans. Cover tightly.

Bake in a 325°F standard oven for 2 1/2 to 3 hours or until meat is tender. CCP - Minimum internal temperature should be at least 145°F (For 15 seconds.) If necessary, add water (not listed). CCP - Hold hot (140°F or above) for use.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 140
Total Fat: 4.5g
Saturated Fat 1.5g
Calories from fat: 29%
Cholesterol: 40mg
Sodium: 400mg
Carbohydrates: 7g
Fiber: 1g
Sugars: 2g
Protein: 21g*

11/8/04 KG

Balanced Choices - Breakfast Burrito with Roasted House Salsa

Eurest Dining Services @ USAA

Servings: 24

Roasted Salsa

2 Pounds Tomatoes, Cored - Quartered

1 Pound Yellow Onions, Peeled - Coarse Chopped

3 Ounces Jalapenos, Stemmed - Seeded

2 Ounces Cilantro, Fresh

2 Teaspoons Chili Powder

24 each Tortilla, Whole Wheat - Low Fat 10"

48 fluid ounces Egg Beaters® 99% egg substitute

12 ounces reduced fat cheddar cheese

24 ounces Potatoes, Cooked - Diced

24 fluid ounces Roasted Salsa, House Made

Serving Size is 7 oz

Roasted Salsa: Roast the tomatoes, jalapenos, and onions in a preheated 350° oven for 15 to 20 minutes. Remove from oven and place in a straight sided stock pot. Add the cilantro and chili powder. Blend together with a burr mixer until smooth (If you do not have a burr mixer, blend together in a food processor). Cool down to a maximum temperature of 41° within 4 hours. Reserve.

1. On a pre-heated flat top griddle or in a saute pan - Saute 1 oz of the potatoes until golden brown. Place 1 tortilla on separate part of griddle to cook.

2. Add 2oz of Egg Beaters to the potatoes and cook until the internal temperature reaches 165° for a minimum of 15 seconds.

3. Place the cooked ingredients inside the tortilla and top with 1/2 oz of Cheddar Cheese and 1oz of Salsa, roll up the tortilla to form the Burrito.

Serve immediately.

If holding burritos: Hold at a minimum temperature of 140° at all times.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 190

Total Fat: 4.5g

Saturated Fat 2g

Calories from fat: 24%

Cholesterol: 10mg

Sodium: 430mg

Carbohydrates: 30g

Fiber: 3g

Sugars 3g

Protein: 14g

11/10/04 KG

1.18.05 KG & DP

Balanced Choices - Breakfast Pizza

Eurest Dining Services @ USAA

Servings: 8

1 Each Rich's 16" Pizza Crust -
Parbaked

8 Ounces Yellow Onions, Chopped

4 Ounces Red Bell Pepper, Diced

4 Ounces Green Bell Pepper, Diced

16 Ounces Egg Beaters® 99% egg
substitute

8 Ounces Low Fat Cheddar Cheese,
Shredded

1 Pinch Pepper

8 Ounces Roasted House Salsa (Use
R&D)

Portion is 1/8 of a 16" Pizza

8.5 oz Total Weight

1. On a pre-heated flat top griddle or in a saute pan - Sauté 8 oz of Bell Peppers and 8 oz of Onions until they are caramelized.

2. Mix the Eggbeaters with the pepper.

3. Cook the Egg Beaters until the internal temperature reaches 165° for a minimum of 15 seconds.

4. Place the cooked ingredients on top of the Pizza Crust and top with the Cheddar Cheese.

5. Bake in a preheated 350° for 15 to 20 minutes and the internal temperature must reach a minimum of 165° for 15 seconds.

6. Cut pizza into 8 equal wedges and serve. Hold at a minimum temperature of 140° for service.

Serve each piece with 1oz of Roasted House Salsa.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 310

Total Fat: 7g

Saturated Fat 3g

Calories from fat: 20%

Cholesterol: 15mg

Sodium: 670mg

Carbohydrates: 41g

Fiber: 2g

Sugars 7g

Protein: 21g

11/5/04 KG

1.18.05 KG & DP

Balanced Choices - Breakfast Potato Casserole

Eurest Dining Services @ USAA

Servings: 24

5 Pounds Potatoes, Cooked, Diced

1/4 Cup Olive Oil

1 1/2 Cups Skim Milk

1 1/2 Pounds Green Bell Peppers, Diced

2 1/4 Pounds Yellow Onions, Diced

4 1/2 Cups Egg Whites

3/4 Pound Reduced Fat Cheddar Cheese, Shredded

1 teaspoon kosher Salt

1/2 Teaspoon Pepper

Serving Size is 8.5 oz of Casserole.

In a tilt skillet - Combine the potatoes, onions, peppers salt and pepper. Saute until the onions and peppers are tender. Add the egg whites and skim milk. Cook until the egg are set and the internal temperature has reached 165° for a minimum of 15 seconds.

Transfer product into individual rarebits (8oz per rarebit). Top with 1/2 oz of cheese and bake in a preheated 375° for 5 - 7 minutes or until the internal temperature has reached 180° for a minimum of 15 seconds.

Hold at a minimum temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 190

Total Fat: 4.5g

Saturated Fat 2g

Calories from fat: 21%

Cholesterol: 10mg

Sodium: 290mg

Carbohydrates: 26g

Fiber: 3g

Sugars 4g

Protein: 12g

11/10/04 KG

1.18.05 KG ↗ DP

Balanced Choices - Breakfast Taco - Bean and Cheese

Servings: 1

2 1/2 ounces Balanced Choices

Refried Beans (Use Recipe)

1 Each Whole Wheat low fat Tortilla, 6"

1/2 Ounce Low Fat Cheddar Cheese, Alpine Lace - Shredded Vegetable Cooking spray

Serving Size is one 4.5oz Taco (Total Weight)

Heat the refried beans to an internal temperature of 165 degrees for a minimum of 15 seconds. Hold at a minimum internal temperature of 140 degrees.

Warm the tortillas on a preheated flat top griddle..

Place 2.5 oz of beans in the tortilla and top with the 1/2 oz of low fat cheese.

Roll the taco in a foil sheet. CCP - product must be held at a minimum internal temperature of 140 degrees at all times.

Breakfast Tacos

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 160

Total Fat: 3.5g

Saturated Fat 1.5g

Calories from fat: 22%

Cholesterol: 10mg

Sodium: 420mg

Carbohydrates: 31g

Fiber: 5g

Sugars 2g

Protein: 11g

11/8/04 KG

Balanced Choices - Breakfast Taco - Ham and Eggbeaters

Servings: 1

2 ounces Egg Beaters® 99% egg substitute

1 Each Whole wheat low fat Tortilla, 6"

1 Ounce Low Sodium Ham, Diced Vegetable Cooking Spray

Serving Size is one 4.50z Taco (Total Weight)

On a preheated flat top griddle, combine the ham and eggbeaters together and saute in the cooking spray until the eggs are cooked and the internal temperature has reached a minimum of 165 degrees for 15 seconds.

On a separate part of the griddle, warm the tortillas.

Place the cooked egg and ham mixture in the tortilla.

Roll the taco in a foil sheet. CCP - product must be held at a minimum internal temperature of 140 degrees at all times.

Breakfast Tacos

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 130

Total Fat: 2.5g

Saturated Fat .5g

Calories from fat: 17%

Cholesterol: 15mg

Sodium: 570mg

Carbohydrates: 21g

Fiber: 2g

Sugars 2g

Protein: 16g

11/8/04 KG

Balanced Choices - Breakfast Taco - Potato and Cheese

Servings: 1

1 1/2 ounces Egg Beaters® 99% egg substitute

1 Each Flour Tortilla, 6"

1 Ounce Potatoes, Cooked - Diced

1/2 Ounce Low Fat Cheddar Cheese, Alpine Lace - Shredded Vegetable Cooking spray

Serving Size is one 4.5oz Taco (Total Weight)

On a preheated flat top griddle, combine the potatoes and eggbeaters together and saute in the cooking spray until the eggs are cooked and the internal temperature has reached a minimum of 165 degrees for 15 seconds.

On a separate part of the griddle, warm the tortillas.

Place the cooked egg and potato mixture in the tortilla and top with the 1/2 oz of low fat cheese.

Roll the taco in a foil sheet. CCP - product must be held at a minimum internal temperature of 140 degrees at all times.

Breakfast Tacos

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 140

Total Fat: 3g

Saturated Fat 1.5g

Calories from fat: 19%

Cholesterol: 10mg

Sodium: 310mg

Carbohydrates: 27g

Fiber: 3g

Sugars 2g

Protein: 13g

11/8/04 KG

Balanced Choices - Breakfast Taco - Turkey Bacon and Eggbeaters

Servings: 1

2 ounces Egg Beaters® 99% egg substitute

1 Each Whole wheat low fat Tortilla, 6"

1/2 Ounce Turkey Bacon, Diced

Vegetable Cooking Spray

Serving Size is one 4 oz Taco (Total Weight)

On a preheated flat top griddle, combine the turkey bacon and eggbeaters together and saute in the cooking spray until the eggs are cooked and the internal temperature has reached a minimum of 165 degrees for 15 seconds.

On a separate part of the griddle, warm the tortillas.

Place the cooked egg and turkey bacon mixture in the tortilla.

Roll the taco in a foil sheet. CCP - product must be held at a minimum internal temperature of 140 degrees at all times.

Breakfast Tacos

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 140

Total Fat: 5g

Saturated Fat 1g

Calories from fat: 24%

Cholesterol: 15mg

Sodium: 620mg

Carbohydrates: 21g

Fiber: 2g

Sugars 2g

Protein: 14g

11/8/04 KG

Balanced Choices - Breakfast Taco - Turkey Sausage and Eggbeaters

Servings: 1

2 ounces Egg Beaters® 99% egg substitute

1 Each Whole wheat low fat Tortilla, 6"

1/2 Ounce Turkey Sausage, Diced Vegetable Cooking Spray

Serving Size is one 4 oz Taco (Total Weight)

On a preheated flat top griddle, combine the sausage and eggbeaters together and saute in the cooking spray until the eggs are cooked and the internal temperature has reached a minimum of 165 degrees for 15 seconds.

On a separate part of the griddle, warm the tortillas.

Place the cooked egg and sausage mixture in the tortilla.

Roll the taco in a foil sheet. CCP - product must be held at a minimum internal temperature of 140 degrees at all times.

Breakfast Tacos

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 120

Total Fat: 3g

Saturated Fat 0g

Calories from fat: 21%

Cholesterol: 10mg

Sodium: 380mg

Carbohydrates: 21g

Fiber: 2g

Sugars 2g

Protein: 13g

11/8/04 KG

Balanced Choices - Breakfast Tortilla Grille

Eurest Dining Services @ USAA

Servings: 24

24 each Tortilla, Whole Wheat -
Low Fat 10"

48 fluid ounces Egg Beaters® 99%
egg substitute

24 ounces Bell pepper, Sautéed

24 ounces Onion, Sautéed

1 1/2 pounds Turkey Breakfast
sausage, Diced

24 fluid ounces Salsa

Portion Size is 1 Tortilla Grille
7.5oz Total Weight

1. On a pre-heated flat top griddle or in a sauté pan - Sauté 1 oz of Bell Peppers, 1 oz of Onions and 1oz of diced sausage. Place 1 tortilla on separate part of griddle to cook.
2. Add 2oz of Egg Beaters and cook until the internal temperature reaches 185° for a minimum of 15 seconds.
3. Place the cooked ingredients inside the tortilla and top with 1oz of Salsa, fold the tortilla in half to form the quesadilla.
4. Cut the Quesadilla into 4 pie shaped wedges and serve immediately.

*Nutritional Information is provided
by "The Food Processor" - not
MasterCook.*

Nutritional Information per serving:

Calories: 180

Total Fat: 6g

Saturated Fat 1.5g

Calories from fat: 30%

Cholesterol: 25mg

Sodium: 600mg

Carbohydrates: 27g

Fiber: 3g

Sugars 5g

Protein: 16g

11/5/04 KG

1.18.05 KG & DP

Balanced Choices - Broccoli Garbanzo Bean Salad

Servings: 24

*2 1/8 teaspoons Dijon mustard
13 1/2 ounces broccoli florets, fresh
1 3/4 pounds garbanzo beans,
canned, rinsed and drained
13 1/2 ounces cherry tomatoes, fresh,
cut in half
6 3/4 ounces green onions, fresh, tops
only, sliced 1/2" thick
1 1/16 cups italian vinaigrette, fat
free
3 oz Portion*

Blanch broccoli. Drain well. CCP--Cool quickly (per HACCP) to internal temperature of 41°F or below for use.

Combine beans, tomato, green onion and dressing. Toss gently to evenly coat. CCP--Hold refrigerated at internal temperature of 41°F below for 2 hours. Add broccoli. Toss gently to evenly distribute. CCP-- Hold refrigerated at internal temperature of 41°F or below for at least 30 minutes before service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 45
Total Fat: .5g
Saturated Fat 0g
Calories from fat: 10%
Cholesterol: 0mg
Sodium: 200mg
Carbohydrates: 9g
Fiber: 2g
Sugar 3g
Protein: 2g*

*11/5/04 KG
2.705 KG*

Balanced Choices - Brussel Sprouts with Onion & Mushroom

Servings: 24

*2 3/4 pounds brussels sprouts, frozen
3 7/8 teaspoons olive oil
8 5/8 ounces yellow onions, fresh,
diced 1/4"
1 1/8 pounds mushrooms, fresh
3/4 teaspoon salt
7/8 teaspoon black pepper, ground
Portion size is 3oz*

Steam brussels sprouts in a perforated pan for 4 to 5 minutes. CCP - Minimum internal temperature should be 140°F or above.

Saute onions and mushrooms in the oil until just tender. CCP - Minimum internal temperature should be 140°F.

Sprinkle with salt and pepper. Stir in brussels sprouts. CCP - hold hot (140°F or above) for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 40
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 27%
Cholesterol: 0mg
Sodium: 65mg
Carbohydrates: 6g
Fiber: 2g
Sugars 1g
Protein: 3g*

11/5/04 KG

Balanced Choices - Buffalo Bleu Chicken Sandwich

Servings: 24

1 each *Chicken Breast - 4oz, Bonless - Skinless*

1 Each *Hamburger Bun, Multi Grain*

1 Each *Green leaf Lettuce Leaf*

1 ounce *Tomatoes, sliced 1/4" thick*

1 Tablespoon *Fat Free - Bleu Cheese Dressing*

1 Teaspoon *Cayenne Pepper Sauce, Frank's or Durkee's*

Serving size is 1 Chicken Sandwich

8.75oz Total Weight

Cook the chicken breast on a preheated char broiler until the internal temperature reaches 165° for a minimum of 15 seconds.

Hold at a minimum temperature of 140°.

Mix the Bleu cheese dressing and the cayenne pepper sauce together. Hold at a maximum temperature of 41°.

Grill the Hamburger Bun on the griddle to warm. Build the sandwich in this order:

Bottom of Bun

Leaf Lettuce

Sliced Tomato

Grilled Chicken Breast

1 oz Buffalo Bleu Cheese Dressing

Top of Bun

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 270

Total Fat: 4g

Saturated Fat 1g

Calories from fat: 13%

Cholesterol: 65mg

Sodium: 650mg

Carbohydrates: 27g

Fiber: 2g

Sugar 5g

Protein: 31g

11/10/04 KG

Balanced Choices - Butter Beans

Servings: 24

4 1/3 pounds Baby Lima Beans

Serving Size is 3oz

Steam the baby lima beans for 3 minutes or until they are tender.

CCP - Hold at a minimum temperature of 140° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 110

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 105mg

Carbohydrates: 22g

Fiber: 5g

Sugars 2g

Protein: 6g

11/10/04 KG

Balanced Choices - Cajun Seafood and Rice Casserole

Eurest Dining Services @ USAA

Servings: 24

6 Pounds Converted rice, Cooked - Cooled
12 ounces Onion, Chopped - Raw
12 ounces Green Bell Pepper, Chopped - Raw
24 Ounces Celery, Chopped - Raw
2 Tablespoons Olive Oil
12 Ounces Biscuit Gravy Sauce Mix, Powdered - Dry
1 Cup White Wine
1 1/2 Quarts Water
24 ounces Tomatoes, canned, Diced
1 1/2 Pounds Salad Shrimp, Cooked
1 1/2 Pounds Crawfish Meat
2 Tablespoons Lemon Juice
1 teaspoon Black Pepper
2 Tablespoons Cajun Seasoning
2 Tablespoons Cayenne Pepper Sauce, Frank's or Durkee's
Portion is 1 - 12oz Casserole

Prepare gravy per instructions on the bag. Add the cajun seasoning, cayenne sauce and white wine to the gravy. Reserve. Hold at a minimum temperature of 140°.

1. In a large skillet, saute the onion, garlic, peppers and celery in the olive oil until they are slightly browned.
2. Stir in the rice and saute for 2 minutes.
3. Add the tomatoes, and Crawfish and Shrimp. Saute for 2 minutes. Remove from heat and add the lemon juice.
4. In individual rarebits - Place 4oz of cooked rice. Top with 5oz of the crawfish mixture and then top with 3oz of the Cajun sauce.
5. Bake in a preheated 350° for 12 minutes or until the internal temperature reaches 180° for a minimum of 15 seconds.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:
Calories: 320
Total Fat: 9g
Saturated Fat 2g
Calories from fat: 25%
Cholesterol: 70mg
Sodium: 600mg
Carbohydrates: 46g
Fiber: 2g
Sugar: 3g
Protein: 14g

11/5/04 KG

Balanced Choices - Cajun Style Rice and Beans

Servings: 24

2 3/4 cups Water

1 1/2 ounces Low Sodium Chicken Base

1 1/2 teaspoons Olive Oil

9 1/2 ounces Brown Rice, Uncooked

5 3/4 ounces Yellow Onion, Diced

1/4 "

3 3/4 ounces Celery, Diced 1/4 "

3 3/4 ounces Green Bell Pepper, Diced 1/4 "

4 cups Canned Diced Tomatoes

1/2 teaspoon Cayenne Pepper, Ground

1/2 teaspoon Black Pepper, Ground

2 3/4 teaspoons Soy Sauce, low sodium

7 1/2 ounces Kidney Beans, Canned - Drained

2 3/4 ounces Green Onions, Chopped

Serving size is 4oz

Saute the rice in the oil over high heat until it reaches a golden brown.

Add the remaining ingredients except soy sauce and kidney beans. Bring to a boil. Reduce heat and simmer for 45 minutes or until the rice is tender.

Once cooked - Stir in the kidney beans and soy sauce and heat until the internal temperature has reached 155° for a minimum of 15 seconds.

Hold at a minimum temperature of 140° at all times.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 70

Total Fat: 1g

Saturated Fat 0g

Calories from fat: 13%

Cholesterol: 0mg

Sodium: 150mg

Carbohydrates: 14g

Fiber: 2g

Sugars 2g

Protein: 2g

11/6/04 KG

Balanced Choices - Catalina Club Sandwich

Servings: 24

48 each pumpernickel bread, sliced
24 each green leaf lettuce
1 1/2 pounds Tomatoes, 6x6, fresh, sliced 1/2 ounce
1 1/2 pounds avocado, peeled, seeded, & mashed
1 1/2 cups thousand island salad dressing, fat free
6 pounds turkey breast, light meat, without skin
Portion Size is 1 Sandwich
9 oz Total Weight

Top one slice of bread with 1 lettuce leaf, 2 slices tomato, 1 ounce avocado, 1 Tbsp dressing and 4 oz turkey. Close sandwich with second slice of bread. Cut in half diagonally. CCP- Hold refrigerated at internal temperature of 40°F or below for no more than 6 hours before service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:
Calories: 380
Total Fat: 10g
Saturated Fat 2g
Calories from fat: 24%
Cholesterol: 80mg
Sodium: 570mg
Carbohydrates: 33g
Fiber: 6g
Sugars 4g
Protein: 39g

11/6/04 KG

Balanced Choices - Celery Sticks with Dilled Cream Cheese

Eurest Dining Services @ USAA

Servings: 1

*1 1/2 ounces Dilled Cream Cheese
(Use Recipe), See Recipe*

4 ounces Celery, Sticks

*Portion is 4 oz of celery with 1.5 oz of
dilled cream cheese.*

5.5 oz total weight

Pipe the dilled cream cheese into the celery sticks.

Arrange in the container and hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 60

Total Fat: 1g

Saturated Fat 0g

Calories from fat: 15%

Cholesterol: 5mg

Sodium: 320mg

Carbohydrates: 6g

Fiber: 0g

Sugars: 0g

Protein: 7g

11/6/04 KG

Balanced Choices - Cherry Oatmeal Muffins

Servings: 7

16 ounces Pound cake mix, Bernards diet

10 ounces water

2 tablespoons quick cooking oats

2 1/2 ounces cherries, frozen

1/4 teaspoon nutmeg

1/8 teaspoon almond emulsion

Serving Size is 1 - 4 oz Muffin

Breakfast Muffins

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 200

Total Fat: 4g

Saturated Fat 1g

Calories from fat: 18%

Cholesterol: 0mg

Sodium: 35mg

Carbohydrates: 39g

Fiber: 2g

Sugars 15g

Protein: 3g

11/10/04 KG

1.18.05 KG & DP

Balanced Choices - Chicken & Broccoli Stir Fry

Servings: 24

2 3/8 pounds chicken broth, low sodium, cold

5/8 teaspoon ginger, ground

3 1/4 pounds chicken breast tenders, raw, julienne 1/4"

2 3/8 pounds broccoli florets, fresh, sliced 1" thick

1 2/3 Cups Red Bell Pepper, Large Dice

1 2/3 Cups Yellow Onion, Large Dice

13 tablespoons Water

6 1/2 tablespoons Cornstarch

3 1/4 tablespoons chinese sesame seed oil

3 1/4 tablespoons olive oil

9 1/2 ounces garlic, fresh, chopped

19 ounces water chestnuts, canned, drained, sliced

9 1/2 tablespoons soy sauce, low sodium

Serving is 8oz of Chicken and Broccoli Stir Fry

Prepare chicken broth according to recipes. Stir ginger into broth.

CCP - Saute chicken on flat top grill until minimum internal temperature is 165°F (for 15 seconds). CCP - cool quickly (per HACCP) to internal temperature of 41°F or below for use.

Blanch broccoli. CCP - Cool quickly (per HACCP) to internal temperature of 41°F or below for use.

In a tilt skillet on high heat, sauté the onions, red bell peppers, broccoli , garlic and chicken in the olive and sesame oils for 3 minutes or until the vegetables start to brown.

Add the water chestnuts, soy sauce and the chicken broth. Bring to a boil. Combine the water and cornstarch to form a slurry. Add the slurry to the mixture, stirring constantly. Simmer for 2 minutes.

Remove from heat and hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 160

Total Fat: 5g

Saturated Fat 1g

Calories from fat: 28%

Cholesterol: 35mg

Sodium: 360mg

Carbohydrates: 13g

Fiber: 3g

Sugar 1g

Protein: 17g

11/6/04 KG

Balanced Choices - Chicken and Rice Soup

12 oz

Servings: 24

*6 1/4 quarts Water
3 1/2 ounces Low Sodium Chicken Base
1 1/2 ounces Yellow Onions, Diced 1/2 "
1 1/2 ounces Carrots, Diced 1/2 "
1 1/2 ounces Celery, Diced 1/4 "
2 1/4 fluid ounces Canola oil
1 1/2 ounces rice, short-grain, Raw
19 ounces Chicken Meat -, Cooked, Diced
2 1/2 teaspoons Kosher salt
1/4 teaspoon White Pepper, Ground
3 1/4 tablespoons Parsley, Fresh - Chopped
12 oz serving*

In a soup kettle, saute the onions, carrots, and celery in the margarine until the onions become translucent.

Add the rice to the saute with the vegetables.

Combine the low sodium chicken base with the water.

Add the chicken stock to the rice and vegetables. Simmer for 20 to 30 minutes or until the rice is tender.

Stir in the chicken, salt, pepper and parsley.

CCP - Heat to a minimum internal temperature of 165° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 140
Total Fat: 4g
Saturated Fat 0.5g
Calories from fat: 26%
Cholesterol: 20mg
Sodium: 390mg
Carbohydrates: 16g
Fiber: 1g
Sugars 1g
Protein: 9g*

*11/7/04 KG
1.19.05 KG ↗ DP*

Balanced Choices - Chicken and Rice Soup

8oz

Servings: 24

*4 1/4 quarts Water
2 1/4 ounces Low Sodium Chicken Base
7 1/2 Ounces Yellow Onions, Diced 1/2 "
7 1/2 Ounces Carrots, Diced 1/2 "
7 1/2 Ounces Celery, Diced 1/4 "
1 1/2 Ounces Canola oil
7 3/4 Ounces rice, short-grain, Raw
12 1/2 Ounces Chicken Meat -, Cooked, Diced
1 3/4 teaspoons Kosher salt
1/8 Teaspoon White Pepper, Ground
2 Tablespoons Parsley, Fresh - Chopped
8oz serving*

In a soup kettle, saute the onions, carrots, and celery in the margarine until the onions become translucent.

Add the rice to the saute with the vegetables.

Combine the low sodium chicken base with the water.

Add the chicken stock to the rice and vegetables. Simmer for 20 to 30 minutes or until the rice is tender.

Stir in the chicken, salt, pepper and parsley.

CCP - Heat to a minimum internal temperature of 165° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 90
Total Fat: 2.5g
Saturated Fat 0g
Calories from fat: 25%
Cholesterol: 15mg
Sodium: 260mg
Carbohydrates: 10g
Fiber: 1g
Sugars 1g
Protein: 6g*

*11/7/04 KG
1.19.05 KG ↗ DP*

Balanced Choices - Chicken and Roasted Vegetable Pasta Bake

Servings: 24

25 1/2 ounces Zucchini, 1/2" Bias Cut
25 1/2 ounces Baby Carrots, Steamed - Chilled
25 1/2 ounces Red Onion, 1/2" Diced
4 Each Green Bell Pepper, 1/2" Diced
2 1/2 teaspoons Olive Oil
6 1/2 tablespoons Balsamic Vinegar
3/4 Teaspoon Basil, Dried
3/4 Teaspoon Thyme, Dried
3/8 Teaspoon Black Pepper, Ground
3 1/2 Pounds Chicken Breast, Grilled - Cooled - Diced
3 1/2 Pounds Marinara sauce
4 3/4 Pounds Mostaccioli, Cooked - Drained
19 Ounces Mozzarella Cheese - Part Skim, Shredded
Portion is 1 pasta bake per person.
13 oz Total Weight

Combine all vegetables in a mixing bowl.

In a separate mixing bowl, combine the oil, vinegar and spices.

Pour over the vegetables and coat thoroughly.

Place vegetables on a parchment lined sheet pan and roast in a pre-heated 375° oven for 20 minutes or until the vegetables are tender.

In a mixing bowl, combine the Roasted Vegetables, cooked mostaccioli pasta, marinara sauce, and grilled chicken.

In a Rarebit - place 10 oz of the mixture, cover, and bake in a preheated 350° oven until the internal temperature reaches 165° for a minimum of 15 seconds.

Top the pasta dish with 1oz of mozzarella cheese and hold at a minimum of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 400
Total Fat: 8g
Saturated Fat 3.5g
Calories from fat: 18%
Cholesterol: 70mg
Sodium: 500mg
Carbohydrates: 47g
Fiber: 5g
Sugars: 10g
Protein: 33g

11/6/04 KG

Balanced Choices - Chicken Diablo Sandwich

Servings: 1

1 each Chicken Breast - 4oz
1 Pinch Black Pepper
1 Pinch Cayenne Pepper
1 Each Hamburger Bun
1 Ounce Diced Green Chiles
1 Ounce Low fat Mozzarella Cheese
1 Ounce Pico De Gallo
1 Each Green leaf Lettuce Leaf
Serving size is 1 Chicken Sandwich
9oz Total Weight

Rub the chicken breast with the spices and char-broil until the internal temperature reaches 165° for a minimum of 15 seconds.

Hold at a minimum temperature of 140°.

Grill the Hamburger Bun on the griddle to warm.
Build the sandwich in this order:
Heel of bread
Leaf Lettuce
Grilled Chicken Breast
1 oz Diced Green Chilies
1 oz Pico De Gallo
1 oz Low Fat Mozzarella Cheese

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 330
Total Fat: 8g
Saturated Fat 3.5g
Calories from fat: 22%
Cholesterol: 80mg
Sodium: 600mg
Carbohydrates: 26g
Fiber: 2g
Sugars 3g
Protein: 39g*

11/10/04 KG

Balanced Choices - Chicken Machaca

Servings: 24

*4 3/4 pounds Chicken Breast Meat
1/2 fluid ounce Canola Oil
19 ounces Yellow Onion, Medium
Diced
19 ounces Green Bell Peppers,
Medium Diced
2 1/4 pounds canned tomatoes,
Diced
1/4 ounce Salt
1/4 ounce Garlic Powder
1/4 ounce Black pepper
1/4 ounce Cumin
1/8 ounce Oregano, Dried
Portion is 6oz of Chicken Machaca*

In a tilt skillet, saute the chicken in the margarine for 12 minutes. Add the remaining ingredients and bring to a boil. Reduce the heat and simmer for 15 minutes until the vegetables are tender and the internal temperature has treached a minimum of 165° for 15 seconds.

Hold at a minimum temperature of 140° for service

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 130
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 14%
Cholesterol: 50mg
Sodium: 230mg
Carbohydrates: 6g
Fiber: 2g
Sugars: 3g
Protein: 22g*

11/7/04 KG

Balanced Choices - Chicken Parmesan

Servings: 24

*2 Cups Bread Crumbs
1 teaspoon Garlic, Granulated
1 Teaspoon Basil, Dried
1 Teaspoon Thyme, Dried
3/8 Teaspoon Black Pepper, Ground
15 tablespoons Egg Beaters® 99% egg substitute
5 1/2 Pounds Chicken Breasts - Bonless Skinless, Raw - 4oz Breasts
4 1/4 Pounds Marinara sauce
5 1/2 Pounds Linguini, Cooked - Drained
17 ounces Mozzarella Cheese - Part Skim, Shredded
15 tablespoons Parmesan Cheese, Grated
Portion is 12oz per person.*

Mix the bread crumbs with the spices.

Jacard or pound the chicken breasts.

Bread the chicken breasts by dipping in the eggbeaters, then into the seasoned breadcrumbs. Place the breaded chicken breasts single layer on a sprayed sheet pan and bake in a preheated 375° oven until the internal temperature has reached a minimum of 165° for 15 seconds. Hold at a minimum internal temperature of 140° for service.

Heat the marinara sauce to a minimum internal temperature of 155° for 15 seconds. Hold at a minimum internal temperature of 140° for service.

In a rarebit - place 4oz of the linguini pasta and 1 baked chicken breast. Top with 3 ounces of the marinara sauce .75oz of mozzarella cheese and 2 tsp of parmesan cheese. Hold at a minimum of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 440
Total Fat: 7g
Saturated Fat 3.5g
Calories from fat: 14%
Cholesterol: 70mg
Sodium: 640mg
Carbohydrates: 52g
Fiber: 3g
Sugars: 7g
Protein: 41g*

11/7/04 KG

Balanced Choices - Chicken Pasta and Vegetable Salad

Servings: 24

4 3/4 pounds Rotini Pasta, Dry

2 gallons Water, Boiling

1 1/3 cups Fat Free Italian Dressing

2 tablespoons Yellow Onions, Minced

3/8 teaspoon White Pepper, Ground

7 1/2 tablespoons Parmesan Cheese, Grated

3 ounces Zucchini, Fine Julienned

3 ounces Carrots, Sliced 1/8" thick

3 ounces Broccoli Floret, Small Florettes

1 1/8 cups Mushrooms, Quartered

7 1/2 tablespoons Cherry Tomato, Quartered

3 ounces Green Bell Peppers, Fine Julienne

12 1/2 ounces Chicken Meat - White, Cooked - Diced Small

Serving size is 4oz

Cook the pasta in the water. Drain well and rinse under cool water.

Combine the dressing, onion, white pepper and parmesan cheese. Mix Well.

Blanch the broccoli and carrots, drain - rinse - cool - reserve.

Combine the pasta, vegetables, chicken and dressing, mix well and hold at a maximum temperature of 41° at all times

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 100

Total Fat: 1g

Saturated Fat 0g

Calories from fat: 9%

Cholesterol: 10mg

Sodium: 220mg

Carbohydrates: 16g

Fiber: 1g

Sugars 1g

Protein: 7g

11/7/04 KG

Balanced Choices - Chicken Salad

Servings: 24

6 ounces celery, fresh, diced 1/4"

2 3/4 pounds Chicken Breast Meat, Cooked, Cooled and Diced

2 3/4 ounces green onions, fresh, sliced 1/8" thick

6 ounces red peppers, fresh, diced 1/4"

3 tablespoons parsley leaves, fresh, chopped

1 tablespoon basil, dried

1 1/4 cups yogurt, plain, low fat

1 1/4 cups mayonnaise, fat free

Portion size is 3.5 ounces

If salad is to be held for more than 24 hours, blanch raw celery for 20 seconds. (When raw celery is used in cold salads, the finished product cannot be held for more than 24 hours.)

Combine celery, chicken, green onion, red pepper, parsley and basil. Mix gently to evenly distribute.

Combine yogurt and mayonnaise. Mix until well-blended. Add to chicken mixture. Mix well. CCP-- Hold refrigerated at internal temperature of 40°F or below for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 110

Total Fat: 2.5g

Saturated Fat .5g

Calories from fat: 20%

Cholesterol: 45mg

Sodium: 150mg

Carbohydrates: 4g

Fiber: 0g

Sugars: 2g

Protein: 17g

11/9/04

Balanced Choices - Chicken Salad Finger Sandwiches

Servings: 24

*48 slices Wheat Bread
48 ounces Wellness Chicken Salad,
See Recipe
24 ounces Carrot, Sticks
24 ounces Celery Sticks
24 each Olive
24 each Cherry Tomato
Portion is 1 sandwich with 2oz of
Vegetables
6.5 oz Total Weight*

Prepare the chicken salad according to the recipe. Hold at a maximum internal temperature of 41° at all times.

Spread 2oz of the chicken salad on the wheat bread, top with the other piece to form the sandwich. Cut the crusts from the sandwich and then cut the sandwich into 4 equal strips.

Place the sandwich fingers in an outtakes container along with 1oz of carrot sticks and 1oz of celery sticks. Garnish with an olive and a cherry tomato.

Hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 220
Total Fat: 4g
Saturated Fat 1g
Calories from fat: 16%
Cholesterol: 25mg
Sodium: 440mg
Carbohydrates: 30g
Fiber: 4g
Sugars: 6g
Protein: 15g*

11/9/04 KG

Balanced Choices - Chicken Taco Salad

Eurest Dining Services @ USAFA

Servings: 1

3 Ounces Chicken Machaca Meat
(Use Recipe)
6 Ounces Iceburg Lettuce, Shredded
1 Ounce Housemade Salsa (Use
Recipe)
1 Ounce Kidney Beans, Canned,
Drained
1/2 Ounce Low Fat Cheddar
Cheese, Alpine Lace, Shredded
2 each Corn Tortilla's 6", Steamed
1 Ounce Tomatoes, Diced
1/2 Ounce Black Olives, Sliced
1/2 Ounce Jalapenos, Canned,
Sliced
1/2 Ounce Low Fat Sour Cream
serving size is 16 oz

Prepare the salsa and Chicken Machaca
recipe's.

Hold the Chicken Machaca meat at a minimum
temperature of 140° for service.

Hold all cold ingredients at a maximum internal
temperature of 41° at all times

Assemble the taco salad on the line in this order:
Shredded Lettuce
Kidney Beans
Diced Tomatoes
Black Olives
Jalapenos
Chicken Machaca Meat
Salsa
Cheese
Sour Cream
Corn Tortillas (Rolled up and Placed on the Side)

Serve Immediately.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Calories: 350
Total Fat: 8g
Saturated Fat: 2.5g
Calories from fat: 21%
Cholesterol: 35mg
Sodium: 410mg
Carbohydrates: 46g
Fiber: 7g
Sugars: 8g
Protein: 21g*

11/7/04 KG

Balanced Choices - Chicken Teriyaki Stir Fry

Servings: 24

6 Pounds Random Chicken Breast, Raw, Large Diced

24 Ounces Red Bell pepper, Large Dice

24 Ounces Green Bell Pepper, Large Dice

24 Ounces Yellow Onion, Large Dice

24 Ounces Pineapple Chunks in juice, Canned

48 Ounces Teriyaki Sauce (Use Balanced Choice Recipe)

2 ounces Canola Oil

2 ounces Sesame Oil

1 Cup Green Onions, Chopped on the Bias

Serving size is 10oz

4oz Chicken

1oz Green Bell Pepper

1oz Red Bell Pepper

1oz Yellow Onion

1oz Pineapple

2oz Teriyaki Sauce

Prepare the Teriyaki sauce according to the recipe.

In a preheated skillet or Wok - Saute the chicken, peppers and onion in the oils on high heat until the vegetables have become al dente. Add the teriyaki sauce and cook for one minute and the chicken has reached a minimum internal temperature of 165° for 15 seconds.

Transfer into pans and top with the green onions. Hold at a minimum internal temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 280

Total Fat: 6g

Saturated Fat 1g

Calories from fat: 20%

Cholesterol: 65mg

Sodium: 520mg

Carbohydrates: 27g

Fiber: 1g

Sugars 19g

Protein: 28g

11/2/04 KG

2.4.05 KG

Balanced Choices - Chickpea Salad

Servings: 24

*3 3/4 pounds garbanzo beans,
canned, Drained*

*7 3/4 ounces Green Bell Peppers,
Diced 1/4 "*

*7 3/4 ounces Red Bell Pepper, Diced
1/4 "*

*7 3/4 ounces Yellow Bell Peppers,
Diced 1/4 "*

*15 tablespoons Lemon Juice, Fresh
Squeezed*

8 3/4 teaspoons Olive Oil

*3 3/4 teaspoons Black Pepper,
Ground*

2 teaspoons Crushed Red Pepper

*3 3/4 tablespoons Basil, Fresh -
Chopped*

1 1/2 teaspoons Salt

Serving size is 4oz

Combine all ingredients. Toss evenly to coat.
CCP - Hold at a maximum temperature of 41° at
all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 80

Total Fat: 2.5g

Saturated Fat 0g

Calories from fat: 28%

Cholesterol: 0mg

Sodium: 300mg

Carbohydrates: 11g

Fiber: 3g

Sugars 2g

Protein: 4g

11/7/04 KG

Balanced Choices - Chocolate Mousse

Servings: 24

4 1/4 cups Skim Milk
9 ounces Chocolate Flavor Mousse
Mix
2 oz per serving

Prepare mix per the instructions provided with the mousse mix.

CCP - Hold Mousse at a maximum temperature of 41° at all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 25
Total Fat: .5g
Saturated Fat 0g
Calories from fat: 18%
Cholesterol: 0mg
Sodium: 25mg
Carbohydrates: 3g
Fiber: 0g
Sugars 2g
Protein: 2g*

11/9/04 KG

Balanced Choices - Cilantro Lime Soy Dressing

Servings: 24

*1/4 Cup Ginger Root, Fresh Grated
4 teaspoons Garlic, Fresh - Minced*

2 Tablespoons Hoisin Sauce

1/2 Cup Cilantro, Fresh - Chopped

1 Cup Low Sodium Soy Sauce

1/2 Cup Lime Juice, Fresh

1/2 Cup Water

1/2 Cup Light Brown Sugar

Serving size is 1 oz

Combine all ingredients. Mix until well blended.
CCP - Hold at a maximum temperature of 41° at all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 30

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 400mg

Carbohydrates: 7g

Fiber: 0g

Sugars 5g

Protein: 1g

11/7/04 KG

Balanced Choices - Cilantro Rice

Eurest Dining Services @ USAA

Servings: 24

*1 7/8 fluid ounces canola oil
3 7/8 ounces Yellow Onion, Diced 1/4"
5 1/16 ounces Celery, Diced 1/4"
11 5/8 ounces rice, short-grain, Raw
5 1/4 tablespoons Lemon Juice, Fresh
5 1/4 cups Water
1/2 teaspoon Thyme, Dried
1 1/8 teaspoons Kosher Salt
1/2 cup Cilantro leaves, whole, Fresh - Chopped
1/8 teaspoon White Pepper
3 7/8 teaspoons Lemon Zest
Serving Size is 3oz of rice*

In a tilt skillet or kettle, saute the onions and celery in the margarine until tender.

Add the rice, saute for 2 minutes.

Add the lemon juice, water, thyme, salt, pepper, lemon zest and cilantro. Bring to a boil. Reduce to a simmer and cook for 20 minutes or until the rice is tender and the liquid has been absorbed.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Information is Provided by "The Food Processor" - not MasterCook

Nutritional Information per Serving:

*Calories: 70
Total Fat: 2.5g
Saturated Fat 0g
Calories from Fat: 27%
Cholesterol: 0mg
Sodium: 85mg
Carbohydrates: 12g
Fiber: 1g
Sugars 0g
Protein: 1g*

11/7/04 KG

Balanced Choices - Citrus Green Bean Salad

Servings: 24

3 1/4 pounds green beans, trimmed and cut into 1-inch pieces

13 tablespoons fresh orange juice

25 1/2 ounces Mandarin Oranges, Canned

4 3/4 teaspoons finely grated orange zest

4 3/4 tablespoons balsamic vinegar

1 1/2 teaspoons sugar

2 teaspoons coarse-grain mustard

1 1/4 teaspoons Kosher salt

3 1/4 tablespoons olive oil

13 tablespoons finely chopped red onion

Freshly ground pepper, to taste

Serving Size is 4 oz

In a large saucepan of boiling water, cook the beans until just crisp-tender, about 3 minutes. Drain and place in a large mixing bowl.

Add the Mandarin oranges to the beans.

In a separate mixing bowl - mix all remaining ingredients together to form the dressing.

Add the dressing to the beans and oranges and toss to evenly coat.

Hold at a maximum temperature of 41° at all times.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 60

Total Fat: 2g

Saturated Fat 0g

Calories from fat: 30%

Cholesterol: 0mg

Sodium: 190mg

Carbohydrates: 11g

Fiber: 2g

Sugars: 8g

Protein: 1g

11/7/04 KG

Balanced Choices - Cold German Potato Salad

Servings: 24

8 1/2 each Hard Boiled Eggs,
Diced 1/2"

3 1/2 pounds Red Potatoes, Diced
1/2 "

1 tablespoon Kosher Salt

3/8 teaspoon Black Pepper, Ground
3 1/2 teaspoons Canola Oil

2/3 cup Apple Cider Vinegar

13 1/2 ounces Celery, Diced 1/4"
2 3/4 ounces Yellow Onions, Diced
1/4"

4 1/4 tablespoons Parsley, Fresh -
Chopped Fine

2 1/2 teaspoons Basil, Dried
2 1/2 teaspoons Yellow Salad
Mustard

Serving size is 4oz

Cook the diced potatoes until they are cooked
but still firm. Cool down to a maximum
temperature of 41° within 4 hours.

Combine the Mustard, oil, vinegar, basil, parsley,
salt, and pepper. Mix well.

Combine all ingredients. Toss evenly to coat.

CCP - Hold at a maximum temperature of 41° at
all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 90

Total Fat: 2.5g

Saturated Fat .5g

Calories from fat: 25%

Cholesterol: 75mg

Sodium: 320mg

Carbohydrates: 12g

Fiber: 1g

Sugars: 1g

Protein: 4g

11/10/04 KG

11/7/04 KG

Balanced Choices - Confetti Rice Salad with Cilantro

Eurest Dining Services @ USAA

Servings: 24

*20 1/2 ounces Rice, Raw
3 3/4 cups Water
3 3/4 ounces Granulated Sugar
15 tablespoons Rice Vinegar
5 3/4 teaspoons Low Sodium Soy
Sauce
7 1/2 tablespoons Sesame Seeds,
Toasted
5 ounces Green Onions, Chopped
10 ounces Red Bell Peppers, Diced
1/4"
5 ounces Yellow Bell Peppers, Diced
1/4"
5 ounces Radishes, Diced 1/4"
2 2/3 ounces Cilantro, Fresh -
Chopped*

Serving Size is 4oz of rice

Rinse the rice by placing in a colander and rinsing thoroughly.

Steam the rice using the specified water. While rice is hot - spread onto a sheet pan.

In a sauce pan, combine the soy sauce, sugar and vinegar. Bring to a boil and pour over the rice. Fold the rice into itself until it has been evenly coated.

Cool the rice to a maximum temperature of 41° within 4 hours.

Combine the cooled rice with the remaining ingredients to form the salad. Hold the salad at a maximum temperature of 41° at all times.

*Nutritional Information is Provided
by "The Food Processor" - not
Mastercook*

*Nutritional Information per Serving:
Calories: 120
Total Fat: 1.5g
Saturated Fat 0g
Calories from Fat: 11%
Cholesterol: 0mg
Sodium: 55mg
Carbohydrates: 25g
Fiber: 0g
Sugars: 5g
Protein: 3g*

11/7/04 KG

Balanced Choices - Confetti Vegetable Salad

Servings: 24

14 ounces black beans, canned, cold, drained

5 1/2 ounces Nonfat Yogurt, Plain

5 2/3 tablespoons Cilantro, Fresh - Chopped

1 1/2 teaspoons Black Pepper, Ground

14 ounces corn, frozen

9 1/2 ounces cucumbers, fresh, peeled, seeded, diced 1/4"

9 1/2 ounces jicama, fresh, peeled, diced 1/4"

3 3/4 ounces radishes, fresh, sliced 1/8" thick

6 1/4 ounces red peppers, fresh, diced 1/4"

1 1/4 teaspoons jalapeno peppers, fresh, seeded, minced

4 3/4 tablespoons pasteurized fresh lime juice

makes 3 ounce servings

Combine the cilantro, black pepper and yogurt to form the dressing.

Note: Use gloves to seed peppers. Pepper juice can burn eyes. Wash hands thoroughly with soap and water after seeding peppers.

Combine all ingredients. Toss gently to evenly coat and distribute. CCP - Hold refrigerated at internal temperature of 40°F or below for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 45

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 65mg

Carbohydrates: 9g

Fiber: 2g

Sugars: 1g

Protein: 2g

11/2/04 KG

2.705 KG

Balanced Choices - Cottage Cheese Cup

Servings: 1

4 ounces Fat Free Cottage Cheese
Serving Size is 4oz

4. In an appropriate sized and approved container: Place 9oz of cottage cheese in the container, cover and label.
5. CCP: Hold at a maximum temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook

Nutritional Information per serving:
Calories: 70
Total Fat: 0g
Saturated Fat 0g
Calories from Fat: 10%
Cholesterol: 5mg
Sodium: 400mg
Total Carbohydrates: 5g
Fiber: 0g
Sugars 5g
Protein: 12g

11/2/04 KG
1.19.05 KG & DP

Balanced Choices - Couscous

Eurest Dining Services @ USAA

Servings: 24

*1 7/8 pounds Middle Eastern Cous Cous, Dry
2 1/4 pints Water
3/8 cup Low Sodium Chicken Base
4 1/2 ounces Yellow Onions, Diced
4 1/2 ounces Celery, Diced
4 1/2 ounces Carrots, Diced
1 1/2 fluid ounces Olive Oil
1 1/2 ounces Cilantro, Fresh - Chopped
3/4 teaspoon Salt
3/8 teaspoon Black Pepper, Ground
Serving size is 3oz*

In a stock pot, saute the onions, celery and carrots in the olive oil for 5 - 7 minutes. add the salt, pepper, water and chicken base. Mix well. Add the cous cous and stir.

Remove from heat and cover with plastic.

After cous cous has set for 5 minutes, flake with a carving fork and add cilantro.

Hold a minimum temperature of 140 degrees until served.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

*Calories: 140
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 12%
Cholesterol: 0mg
Sodium: 150mg
Carbohydrates: 25g
Fiber: 2g
Sugars: 0g
Protein: 4g*

11/2/04 KG

Balanced Choices - Couscous & Tomato Salad

Servings: 24

*28 ounces water (amount of water absorbed by couscous)
28 ounces couscous, raw
4 1/2 tablespoons white vinegar
3 1/2 tablespoons salad oil
3 1/2 Tablespoons mint, Fresh Minced
1/2 teaspoon garlic powder
1 teaspoon black pepper, ground
9 tablespoons green onions, fresh, sliced 1/4":
2 pounds tomatoes, fresh 6x6, diced 1/4"
2 Tablespoons Cilantro, Chopped
3 1/2 Tablespoons Red Wine vinegar
makes approximately 4 ounce servings*

Bring 3 gallons of water to a boil.

Add couscous while stirring. Cook the couscous in the boiling water until it has softened. Remove from heat and drain. CCP - Cool quickly (per HACCP) to internal temperature of 40°F or below for use.

Combine vinegar, oil, mint, garlic powder, Cilantro, Red Wine Vinegar and pepper for dressing. Stir well before use.

Combine couscous, onion, tomato and dressing. Mix well. CCP - Hold refrigerated at internal temperature of 40°F or below for service.

CCP - Place in chilled service container and hold at internal temperature of 40°F or below on salad bar.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 150
Total Fat: 2.5g
Saturated Fat 0g
Calories from fat: 15%
Cholesterol: 0mg
Sodium: 10mg
Carbohydrates: 28g
Fiber: 2g
Sugars 1g
Protein: 5g*

11/2/04 KG

11/29/04

Balanced Choices - Cranberry Orange Tea Bread 3

Servings: 24

*2 1/2 Pounds Pound Cake Mix
(Bernards Diet Foods)*

*1 5/8 pounds water
5/8 pound cranberries, Sliced
5/8 ounce orange emulsion
3/4 ounce orange zest
serving size is 3 oz*

Scale and mix first two ingredients in a 20 quart mixing bowl with a paddle attachment for two minutes on medium speed.

Next, scrape bowl and attachment, and add cranberries, orange emulsion, and orange zest and re-mix for an additional 2-3 minutes on low speed, or until well blended.

Next, scoop out 2 pound portions into a well sprayed loaf pan, transfer to a pre-heated 350 degree oven for about 30-35 minutes, or until a toothpick inserted comes out clean.

Next, once removed from the oven, allow to cool before turning out.

Slice into 3.25 oz. portions, or 10 slices of each 2 pound loaf.

This loaf needs to be cut into 10 slices

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 140

Total Fat: 2.5g

Saturated Fat 1g

Calories from fat: 16%

Cholesterol: 0mg

Sodium: 25mg

Carbohydrates: 28g

Fiber: 2g

Sugars 10g

Protein: 2g

11/10/04 KG

1.19.05 KG & DP

Description:

"Wellness Tea Breads"

Yield:

"4 3/4 pounds"

Balanced Choices - Creole Catfish Fillets

Servings: 24

Creole Sauce

*3/4 Cup Onion, Minced
1 Tablespoon Thyme, Dried
1 1/2 Teaspoons Lemon Zest
3/4 Teaspoon Crushed Red Pepper
2 Tablespoons Cajun Seasoning
1 Cup Yogurt, Low Fat
1/2 Cup Fat Free Mayonnaise
3/8 Cup Dijon Mustard
3/8 Cup Ketchup
Catfish Fillets
2 Tablespoons Paprika
1 Tablespoon Onion Powder
3/4 Teaspoon Salt
3/4 Teaspoon Crushed Red Pepper
9 Pounds Catfish Fillets, 6 oz Fillets
24 Each Lemon Wedges
Portion is 1 6oz fillet with 1oz of
Creole Sauce*

Creole Sauce: Combine the first 9 ingredients together in a mixing bowl. Stir well and hold at a maximum temperature of 41° at all times.

Combine the paprika, onion powder, crushed red pepper and salt together.

Rub the spice mixture into the fish on both sides.

Grill the fish for 6 minutes on each side or until the internal temperature reaches 145° for a minimum of 15 seconds.

Hold at a minimum temperature of 140° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 250
Total Fat: 14g
Saturated Fat 3g
Calories from fat: 50%
Cholesterol: 80g
Sodium: 390mg
Carbohydrates: 4g
Fiber: 0g
Sugars: 2g
Protein: 28g*

11/2/04 KG

Balanced Choices - Crisp Chinese Cabbage

Servings: 24

*3 teaspoons corn starch
1/8 cup soy sauce, low sodium
3 1/4 pounds cabbage, raw, diced
1/2"
11 1/4 ounces onion, yellow, raw,
diced 2"
1 1/2 fluid ounces Margarine
1/2 teaspoon garlic powder
1/2 cup water
4 1/2 tablespoons Sugar,
Granulated
1/8 ounce chicken base, low sodium,
no MSG
3 3/4 teaspoons water
1 1/2 ounces carrot, fresh, shredded
3/4 tablespoon green onion, fresh,
sliced 1/8"
1/8 teaspoon Ginger, Ground*
Portion Size is 3 oz

Saute cabbage and onion together in margarine until crisp-done. CCP- Minimum internal temperature should be 140° F or above.

Combine chicken base, water, garlic powder, ginger, sugar and soy sauce. Bring to a boil.

Combine cornstarch and cold water. Gradually add to above while stirring. Simmer for 5 minutes. Add cabbage and onion mixture. Place mixture in a 2" hotel pan. Hold at a minimum temperature of 140° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 45
Total Fat: 1.5g
Saturated Fat 0g
Calories from fat: 30%
Cholesterol: 0mg
Sodium: 115mg
Carbohydrates: 7g
Fiber: 0g
Sugar 3g
Protein: 1g*

11/2/04 KG

Balanced Choices - Crudite Vegetables with Fat Free Ranch Dip

Eurest DiningServices @ USAIA

Servings: 1

1 ounce Squash, Sticks
1 ounce Red Bell Pepper, Sticks
1 ounce Carrots, Sticks
1 ounce Celery, Sticks
1 1/2 ounces Fat Free Ranch Dip,
See Recipe's
Portion is 5.5 oz Per Person

Assemble vegetables in container accordingly.

Hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:
Calories: 60
Total Fat: 1.5g
Saturated Fat 0g
Calories from fat: 23%
Cholesterol: 5mg
Sodium: 640mg
Carbohydrates: 11g
Fiber: 2g
Sugars: 5g
Protein: 1g

11/2/04 KG

Balanced Choices - Cuban Black Bean Soup 12oz

Servings: 24

2 3/8 pounds Black Turtle Soup Beans, Cleaned - Rinsed - Drained
1 1/2 tablespoons Low Sodium Chicken Base
2 1/4 teaspoons Oregano Leaves, Dried
2 1/4 teaspoons Cumin, Ground
3/8 teaspoon Bay Leaves, Ground
3 ounces Bacon, Cooked, Diced
18 1/2 ounces Yellow Onions, Diced 1/4 "
3 tablespoons Garlic, Fresh, Minced
12 ounces Green Bell Peppers, Diced 1/4"
1/2 teaspoon Kosher Salt
1 1/8 teaspoons Black Pepper, Ground
1/3 cup Cilantro, Fresh - Chopped
4 1/2 tablespoons Red Wine Vinegar
1 1/2 gallons Water

Nutritionals based on an 12 oz serving

Soak beans in water (not Listed) overnight at a maximum temperature of 41°. Drain and discard liquid.

Combine the low sodium chicken base with the water.

In a large soup kettle or stock pot: Combine the beans, broth, oregano, cumin and ground bay leaf. Bring to a boil. Reduce heat and simmer for 1 hour or until the beans are almost tender.

In a saute pan, combine the bacon, onions, garlic and bell pepper. Saute until vegetables are tender.

Add the sauteed bacon and vegetables into the soup and cook for an additional hour or until the beans are tender.

Using a burr mixer, Slightly blend the soup until approx. 1/3 of the soup has been pureed, and 2/3 or the beans remain whole.

Stir in the cilantro, vinegar, salt and black pepper. CCP - Heat to a minimum internal temperature of 165° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 80
Total Fat: 2g
Saturated Fat .5g
Calories from fat: 23%
Cholesterol: 5mg
Sodium: 330mg
Carbohydrates: 12g
Fiber: 4g
Sugars 1g
Protein: 4g

11/2/04 KG
1.19.05 KG & DP

Balanced Choices - Cuban Black Bean Soup 8oz

Servings: 24

1 2/3 pounds Black Turtle Soup Beans, Cleaned - Rinsed - Drained

1 tablespoon Low Sodium Chicken Base

1 1/2 teaspoons Oregano Leaves, Dried

1 1/2 teaspoons Cumin, Ground

1/4 teaspoon Bay Leaves, Ground

2 ounces Bacon, Cooked, Diced

12 1/2 ounces Yellow Onions, Diced 1/4 "

2 tablespoons Garlic, Fresh, Minced

8 ounces Green Bell Peppers, Diced 1/4 "

1/3 teaspoon Kosher Salt

3/4 teaspoon Black Pepper, Ground

1/4 cup Cilantro, Fresh - Chopped

3 tablespoons Red Wine Vinegar

16 1/2 cups Water

Nutritionals based on an 8oz serving

Soak beans in water (not Listed) overnight at a maximum temperature of 41°. Drain and discard liquid.

Combine the low sodium chicken base with the water.

In a large soup kettle or stock pot: Combine the beans, broth, oregano, cumin and ground bay leaf. Bring to a boil. Reduce heat and simmer for 1 hour or until the beans are almost tender.

In a saute pan, combine the bacon, onions, garlic and bell pepper. Saute until vegetables are tender.

Add the sauteed bacon and vegetables into the soup and cook for an additional hour or until the beans are tender.

Using a burr mixer, Slightly blend the soup until approx. 1/3 of the soup has been pureed, and 2/3 or the beans remain whole.

Stir in the cilantro, vinegar, salt and black pepper. CCP - Heat to a minimum internal temperature of 165° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 50

Total Fat: 1g

Saturated Fat: 0g

Calories from fat: 18%

Cholesterol: 5mg

Sodium: 220mg

Carbohydrates: 8g

Fiber: 3g

Sugars: 1g

Protein: 3g

11/2/04 KG

1.19.05 KG & DP

Balanced Choices - Dijon Roasted Potatoes

Eurest Dining Services @ USAA

Servings: 24

*3 7/8 pounds Red Potatoes, Raw - Quartered
1 7/8 tablespoons Garlic, Fresh - Minced
3/4 fluid ounce Olive Oil
1/2 cup Dijon Mustard
1 1/3 ounces Parsley, Fresh - Chopped
3/4 ounce Vegetable Pan Spray
Serving size is 3oz*

Combine the potatoes and garlic in roasting pans that have been spayed with the pan release. Cover tightly with foil and bake in a preheated 375° oven for 60 minutes or until the potatoes are just tender.

Combine the oil, dijon mustard and parsley. Pour over the potatoes and gently toss to incorporate. Return to the oven and bake uncovered for 15 minutes. CCP - Hold at a minimum temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

*Calories: 80
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 27%
Cholesterol: 0mg
Sodium: 135mg
Carbohydrates: 13g
Fiber: 1g
Sugars 1g
Protein: 2g*

11/2/04 KG

Balanced Choices - Dilled Cream Cheese

Eurest Dining Services @ USAA

Servings: 5

8 ounces Fat Free Cream Cheese
Cream Cheese
1/4 teaspoon Black Pepper
2 teaspoons Fresh Chopped Dill
Serving Size is 1.5 ounces

Combine the ingredients into a large mixing bowl and mix well.

Hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 40
Total Fat: .5g
Saturated Fat 0g
Calories from fat: 11%
Cholesterol: 5mg
Sodium: 230mg
Carbohydrates: 3g
Fiber: 0
Sugars: 0
Protein: 6

11/10/04 KG

Balanced Choices - Dilled Pea Salad

Servings: 24

*7 1/2 ounces yogurt, low fat, plain
3 1/4 tablespoons mayonnaise, light
5 teaspoons dill weed, dried
3/4 teaspoon onion powder
3/8 teaspoon white pepper, ground
3 1/4 ounces pimento, canned,
drained, diced 1/4"
3/8 teaspoon salt
2 pounds peas, green, frozen, thawed,
drained
26 1/2 ounces water chestnuts,
canned, sliced, rinsed, drained
makes 3 ounce servings*

Combine yogurt, mayonnaise, dill, onion powder, pepper, pimientos and salt for dressing. Mix until well blended. CCP --Hold refrigerated at internal temperature of 40 °F or below for use.

Combine peas, water chestnuts and dressing. Toss gently to evenly distribute and coat. CCP -- hold refrigerated at internal temperature of 40 °F or below for service.

CCP -- place in chilled service container and hold at internal temperature of 40°F or below on salad bar.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 60
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 15%
Cholesterol: 0mg
Sodium: 85mg
Carbohydrates: 11g
Fiber: 4g
Sugars: 3g
Protein: 3g*

*11/2/04 KG
2.7.05 KG*

Balanced Choices - Eggplant Parmesan

Servings: 24

*1 2/3 Cups Bread Crumbs
3/4 teaspoon Garlic, Granulated
3/4 Teaspoon Basil, Dried
3/4 Teaspoon Thyme, Dried
3/8 Teaspoon Black Pepper, Ground
1 2/3 Cups Egg Beaters® 99% egg substitute
6 1/2 Pounds Eggplant, Sliced 1" thick
3 Pounds Marinara sauce
5 Pounds Linguini, Cooked - Drained
1 1/4 pounds Mozzarella Cheese - Part Skim, Shredded
13 tablespoons Parmesan Cheese, Grated
Portion is 12oz per person.*

Mix the bread crumbs with the spices.

Bread the Eggplant by dipping in the eggbeaters, then into the seasoned breadcrumbs. Place the breaded eggplant single layer on a sprayed sheet pan and bake in a preheated 375° oven until the internal temperature has reached a minimum of 145° for 15 seconds. Hold at a minimum internal temperature of 140° for service.

Heat the marinara sauce to a minimum internal temperature of 155° for 15 seconds. Hold at a minimum internal temperature of 140° for service.

In a rarebit - place 4oz of the linguini pasta and 1 baked eggplant. Top with 3 ounces of the marinara sauce 1oz of mozzarella cheese and 2 tsp of parmesan cheese. Hold at a minimum of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

*Nutritional Information per serving:
Calories: 430
Total Fat: 8g
Saturated Fat 3g
Calories from fat: 17%
Cholesterol: 15mg
Sodium: 690mg
Carbohydrates: 68g
Fiber: 4g
Sugars: 58g
Protein: 23g*

11/2/04 KG

Balanced Choices - Eggplant Philly

Servings: 1

*2 Ounces Eggplant, cut in 1" strips
1/2 Teaspoon Mrs. Dash Seasoning
2 Ounces French Bread Loaf, Split
2 ounces Red and Green Bell pepper, Sliced
1 Ounce Yellow Onion, Sliced
1/2 Ounce mozzarella cheese, part skim milk, Sliced
1 Ounce Fat Free Mayonnaise
1/8 Ounce Vegetable Cooking spray
Portion is 1 Sandwich.
9 oz Total Weight*

Using a whole french loaf, cut a section approx 4" long. Weigh needs to be 2 ounces.

Season the vegetables with the Mrs. Dash seasoning and cook on a preheated flat top griddle using the vegetable cooking spray until the internal temperature reaches a minimum of 155 degrees for 15 seconds. Top with 1/2 oz of mozzarella cheese and grill for an additional 30 seconds or until the cheese has melted.

Spread the fat free mayonnaise on the french bread. Place the grilled vegetables on the bread.

Serve immediately.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 260
Total Fat: 6g
Saturated Fat 3g
Calories from fat: 21%
Cholesterol: 15mg
Sodium: 660mg
Carbohydrates: 42g
Fiber: 3g
Sugars 4g
Protein: 9g*

11/2/04 KG

Balanced Choices - Eggplant with Tomato and Onion

Servings: 24

Yield: 6 pounds

1 1/2 tablespoons Olive Oil

1 1/4 ounces Yellow Onions, sliced

1/4" thick

1 1/8 pounds plum tomatoes, sliced
1/4" thick

2 3/8 pounds Eggplant, sliced

1/8-inch thick by 1/4" with skin

1 1/8 teaspoons Cumin, Ground

1 1/8 teaspoons Turmeric, Ground

3/4 tablespoon Salt

3/4 teaspoon Cayenne Pepper

2 1/4 tablespoons Jalapeno Pepper,
Minced

1 1/2 tablespoons Coriander,
Ground

1 1/2 tablespoons Fennel, Ground

3/4 tablespoon Lemon Juice

Serving size is 3oz

In a skillet: Heat 2 Tablespoons of the Olive Oil.
Add the onion and saute for 2 minutes.

Add the tomato and saute for 30 seconds.

Add the eggplant and saute for 1 minute

Add the cumin, turmeric, salt, cayenne pepper, jalapenos, coriander and fennel. Cook over medium heat, stirring frequently for 10 minutes or the eggplant is tender.

Stir in the lemon juice.

Drizzle the remaining Olive Oil over the mixture and remove from skillet. CCP - Hold at a minimum temperature of 140° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 35

Total Fat: 1g

Saturated Fat 0g

Calories from fat: 30%

Cholesterol: 0mg

Sodium: 190mg

Carbohydrates: 6g

Fiber: 1g

Sugars 1g

Protein: 1g

11/3/04 KG

Balanced Choices - English Muffin Breakfast Sandwich with Lean Ham

Servings: 1

*1 Each English Muffin
1 1/2 Ounces Egg Beaters® 99%
egg substitute
1/2 Ounce Alpine Lace Cheddar
Cheese, Sliced
1 Ounce Extra Lean, low sodium
Deli Ham, Sliced Thin
Serving is 1 English Muffin
Breakfast Sandwich
5oz Total Weight*

On a pre-heated flat top griddle or saute pan, place the english muffin open face down to toast lightly.

On a separate part of the griddle, grill the ham to a minimum internal temperature of 165° for 15 seconds.

Cook the Eggbeaters to a minimum internal temperature of 165° for 15 seconds.

Place the cooked Eggbeaters and grilled ham on one side of the toasted Whole Wheat English Muffin. Top with 1 oz of cheese and the other half of the english muffin.

CCP - Hold at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 220
Total Fat: 4g
Saturated Fat 2g
Calories from fat: 16%
Cholesterol: 20mg
Sodium: 620mg
Carbohydrates: 28g
Fiber: 2g
Sugars 2g
Protein: 18g*

*11/2/04 KG
1.18.05 KG ↗ DP*

Balanced Choices - English Muffin Breakfast Sandwich with Turkey Sausage

Servings: 1

1 Each English Muffin
1 1/2 Ounces Egg Beaters® 99%
egg substitute
1/2 Ounce Alpine Lace Cheddar
Cheese, Sliced
1 Ounce Turkey Sausage
Serving is 1 English Muffin
Breakfast Sandwich
5oz Total Weight

On a pre-heated flat top griddle or saute pan, place the english muffin open face down to toast lightly.

On a separate part of the griddle, grill the Sausage to a minimum internal temperature of 165° for 15 seconds.

Cook the Eggbeaters to a minimum internal temperature of 165° for 15 seconds.

Place the cooked Eggbeaters and Turkey Sausage on one side of the toasted Whole Wheat English Muffin. Top with 1 oz of cheese and the other half of the english muffin.

CCP - Hold at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 240
Total Fat: 7g
Saturated Fat 2.5g
Calories from fat: 26%
Cholesterol: 30mg
Sodium: 540mg
Carbohydrates: 27g
Fiber: 2g
Sugar 1g
Protein: 19g

11/2/04 KG
1.18.05 KG & DP

Balanced Choices - Fresh Berry Buckle

Servings: 24

3 1/4 pounds cherry pie filling (FFI)

13 ounces strawberries

13 ounces blueberries

13 ounces blackberries

1 1/2 ounces wheat flour

1 1/2 ounces brown sugar

1 1/2 ounces oats

1 1/2 fluid ounces margarine

Portion is 4oz

Scale and weigh all ingredients, mix all the fresh berries with the cherry pie filling, and fill a shot gun pan, next make streusel.

Last four ingredients will make the streusel, in a 12 quart mixing bowl with a paddle attachment add brown sugar, and margarine and mix for two minutes on second speed, then add the oats and the flour and continue to mix for an additional two minutes on second speed.

Top the berry mixture with the streusel.

Bake in a preheated 325° for 20 - 22 minutes. Hold at a minimum temperature of 140° for service.

Hot Dessert

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 100

Total Fat: 1.5g

Saturated Fat 0g

Calories from fat: 13%

Cholesterol: 0mg

Sodium: 45mg

Carbohydrates: 24g

Fiber: 2g

Sugars: 14g

Protein: 2g

11/9/04 KG

Balanced Choices - Fresh Fruit Salad

Servings: 24

10 ounces strawberries, fresh, remove hulls, quartered

17 ounces cantaloupe, 20ct, peeled & seeded, cubed 1"

17 ounces honeydew melon, peeled & seeded, cubed 1"

16 ounces pineapple, fresh, peeled & cored, diced 1"

10 ounces red seedless grapes, remove stems

makes 3 ounce servings

Note: Follow HACCP procedures for handling fresh melon.

1. Combine all ingredients. Toss gently to evenly distribute. CCP --Hold refrigerated at internal temperature of 40°F or below for service.
2. CCP- Place in chilled service container and hold at internal temperature of 40°F or below on salad bar.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 35

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 10mg

Carbohydrates: 9g

Fiber: 1g

Sugars 6g

Protein: 1g

2.4.05 KG

Balanced Choices - Fresh Strawberry Muffins

Servings: 24

*3/8 teaspoon cinnamon
8 1/2 ounces strawberries, sliced
2 1/8 pounds water
1 3/4 teaspoons vanilla
3 1/2 pounds Bernards Low fat Pound Cake mix
Serving Size is 1 - 5 oz Muffin*

Scale and weigh all ingredients, and gather a 12 quart mixing bowl with a paddle attachment, and add all liquid ingredients: buttermilk, applesauce, vanilla extract, egg whites, and mix for two minutes on second speed.

Next add all dry ingredients and mix for an additional two minutes on second speed.

Next add fresh sliced strawberries to the batter and mix until well blended.

Next scoop out at 3 oz., and bake at 350 degrees for 22-24 minutes.

Breakfast Muffins

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 180
Total Fat: 3.5g
Saturated Fat 1g
Calories from fat: 18%
Cholesterol: 0mg
Sodium: 35mg
Carbohydrates: 37g
Fiber: 1g
Sugars 14g
Protein: 2g*

*11/8/04 KG
1.18.05 KG ↗ DP*

Balanced Choices - Fruit Cup

Servings: 24

Yield: 7 1/2 pounds

48 ounces Honeydew melon,
Chunked

24 ounces Pineapple, Chunked

24 ounces Canteloupe, Chunked

24 ounces Strawberries, Sliced

Portion Size is 5oz

1. CCP: Wash outside of all melons in a sanitary rinse prior to processing.
2. CCP: Wash Strawberries prior to using.
3. Peel and cut all fruit into appropriate sizes and hold in separate containers at a maximum temperature of 41° at all times.
4. In an appropriate sized and approved container combine the following: 2oz Honeydew, 1oz Cantaloupe, 1oz Watermelon, and 1oz Strawberries.
5. CCP: Hold at a maximum temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook

Nutritional Information per serving:

Calories: 50

Total Fat: 0g

Saturated Fat 0g

Calories from Fat: 10%

Cholesterol: 0mg

Sodium: 15mg

Total Carbohydrates: 13g

Fiber: 2g

Sugars 11g

Protein: 1g

11/2/04 KG

1.19.05 KG & DP

Balanced Choices - Garlic Spinach with Pine Nuts & Raisins

Servings: 24

*4 ounces raisins
6 tablespoons water- to plump raisins
5 1/2 pounds spinach, frozen,
chopped
3 1/4 tablespoons garlic, fresh,
minced
2 Ounces pine nuts
1 1/8 teaspoons kosher salt
5/8 teaspoon black pepper, ground
Serving Size is 4 oz*

Soak the raisins in the water to rehydrate them.

Combine all ingredients together and sauté on a flat-top griddle until the internal temperature has reached a minimum temperature of 155° for 15 seconds.

Hold at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 60
Total Fat: 1.5g
Saturated Fat 0g
Calories from fat: 23%
Cholesterol: 0mg
Sodium: 230mg
Carbohydrates: 8g
Fiber: 3g
Sugar 5g
Protein: 3g*

11/2/04 KG

Balanced Choices - Golden Confetti Rice

Eurest Dining Services @ USAA

Servings: 24

2 1/16 fluid ounces canola oil
4 1/8 ounces Yellow Onion, Diced
1/4"
2 1/16 ounces Green Bell Pepper,
Diced 1/4"
1/8 teaspoon Garlic, Fresh - Minced
12 3/8 ounces rice, short-grain, Raw
2 1/16 ounces Red Pepper, Canned
2 1/16 ounces Low Sodium Chicken
Base
5 5/8 cups Water
1/2 teaspoon Thyme, dried
1/2 teaspoon Oregano, Dried
1/2 teaspoon Tumeric, Ground
Serving Size is 3oz of rice

In a tilt skillet or kettle, saute the onions and green bell peppers until tender.

Add the garlic and raw rice, saute for 2 minutes.

Add the diced red peppers, low sodium chicken base, water, thyme, oregano, and tumeric. Bring to a boil. Reduce to a simmer and cook for 20 minutes or until the rice is tender and the liquid has been absorbed.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Information is Provided by "The Food Processor" - not MasterCook

Nutritional Information per Serving:

Calories: 80
Total Fat: 2.5g
Saturated Fat 0g
Calories from Fat: 25%
Cholesterol: 0mg
Sodium: 90mg
Carbohydrates: 13g
Fiber: 0g
Sugars 0g
Protein: 2g

11/9/04 KG

Balanced Choices - Green Beans & Stewed Tomatoes

Servings: 24

11 1/4 ounces Yellow onions, fresh, diced 1/2"

2 3/4 cups tomatoes, canned, diced

7/8 teaspoon garlic powder

1/2 teaspoon salt

2 1/16 quarts green beans, frozen, cut

makes 3 ounce portions

Saute onion.

Add tomatoes, garlic powder, salt, and green beans. Bring to a boil. Reduce heat and simmer for 5 minutes. CCP- Minimum internal temperature should be 140°F or above. CCP- Hold hot (140°F or above) for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 25

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 26%

Cholesterol: 0mg

Sodium: 160mg

Carbohydrates: g

Fiber: 1g

Sugar 2g

Protein: 1g

11/2/04 KG

Balanced Choices - Green Peas

Eurest Dining Services @ USAA

Servings: 24

*3 3/4 pounds Green Peas, Frozen
1/8 teaspoon White Pepper
Serving size is 3oz*

Steam the vegetables until the internal temperature reaches 145° for a minimum of 15 seconds

Sprinkle with the pepper.

6. Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

*Calories: 70
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 95mg
Carbohydrates: 12g
Fiber: 4g
Sugars: 4g
Protein: 4g*

11/3/04 KG

Balanced Choices - Grilled Cheese and Pepper Sandwich

Servings: 1

*2 teaspoons Dijon mustard
2 slices Cracked Wheat Bread
1 Ounce Low Fat Cheddar Cheese,
Alpine Lace
1 Teaspoon Cilantro, Fresh Chopped
2 Ounces Roasted Red Bell Peppers
Cooking Spray
Portion is 1 Sandwich
6oz Total Weight*

Spread 1 teaspoon of mustard on 1 bread slice; top with 1/2oz cheese, 1 oz bell peppers and 1/2 tsp cilantro. Repeat procedure with remaining mustard, bread, cheese, cilantro, and bell peppers.

On a preheated flat top griddle, cook for 2 minutes on each side or until golden brown.

Place the two halves together and cook until the internal temperature reaches 155° for a minimum of 15 seconds.

Serve immediately.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

*Nutritional Information per Serving:
Calories: 270
Total Fat: 9g
Saturated Fat 3g
Calories from Fat: 30%
Cholesterol: 15mg
Sodium: 470mg
Carbohydrates: 37g
Fiber: 6g
Sugars 2g
Protein: 17g*

11/3/04 KG

Balanced Choices - Grilled Chicken Caesar Sandwich

Servings: 1

4 Ounces Chicken Breast, Skinless

1 Each Hamburger Bun, mixed grain

1 each Romaine Lettuce Leaf

1/2 Ounce Creamy Caesar Dressing

2 Slices Tomato, Sliced 1/4" Thick

Portion size is 1 sandwich

8 oz Total Weight

Grill the chicken breast on a char-broiler until the internal temperature has reached 165° for a minimum of 15 seconds.

Spread the caesar dressing on the bun and top with the chicken breast, lettuce and tomato. Serve Immediately.

CCP - If holding the Lettuce and Tomato : Hold at a maximum temperature of 41° at all times.

CCP - Hold the Chicken breast at a maximum temperature of 41° at all times prior to grilling. Hold at a minimum temperature of 140° after grilling.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 260

Total Fat: 4.5g

Saturated Fat 1g

Calories from fat: 15%

Cholesterol: 70mg

Sodium: 470mg

Carbohydrates: 23g

Fiber: 2g

Sugars 5g

Protein: 32g

11/3/04 KG

Balanced Choices - Grilled Teriyaki Salmon

Servings: 24

13 ounces Balanced Choices Teriyaki

Sauce (Use Recipe)

6 pounds Salmon Fillet, 4oz

3 1/4 tablespoons Green Onions,

Chopped

Serving size is 1 - 4oz Salmon fillet

Prepare the teriyaki sauce according to the recipe. Reserve.

Baste the salmon with the teriyaki sauce and cook on a preheated flat top griddle to sear the salmon. If necessary, finish the salmon in a preheated 350 degree oven until the internal temperature reaches 145° for a minimum of 15 seconds.

Garnish the cooked salmon with the green onions.

Hold at a minimum temperature of 140° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 220

Total Fat: 12g

Saturated Fat: 2.5g

Calories from fat: 49%

Cholesterol: 65mg

Sodium: 170mg

Carbohydrates: 4g

Fiber: 0g

Sugars: 3g

Protein: 23g

11/3/04 KG

Balanced Choices - Grilled Vegetable Salad

Servings: 24

*3 1/4 teaspoons chopped fresh rosemary
3/8 teaspoon freshly ground pepper
4 3/4 teaspoons olive oil
3 1/4 cloves garlic, minced
23 ounces zucchini, cut in half lengthwise
23 ounces yellow squash, cut in half lengthwise
3 1/4 large red bell pepper, cut into quarters
2 pounds eggplant, cut in half lengthwise, cored and cut in half crosswise
Portion is 4oz of Grilled Vegetables*

Combine rosemary and next 4 ingredients in a bowl; stir with a whisk until blended. Brush the cut surfaces of the vegetables with half of olive oil mixture, and set aside.

Brush the other side of the vegetables with remaining half of the oil mixture. Place vegetables, cut sides down, on grill. Cook 5 minutes; brush with remaining olive oil mixture. Turn vegetables over, and cook an additional 5 minutes or until tender. Remove from grill.

Cool down to a maximum temperature of 41° with in 4 hours.

Cut vegetables into large chunks and arrange separately on a platter for service.

Hold at a maximum temperature of 41° at all times.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 35
Total Fat: 1g
Saturated Fat 0g
Calories from fat: %26
Cholesterol: 0mg
Sodium: 0mg
Carbohydrates: 5g
Fiber: 1g
Sugars 1g
Protein: 1g*

11/3/04 KG

Balanced Choices - Herb Roasted Inside Round of Beef with Sweet Tomato Sauce

Servings: 24

4 Pounds Lean Inside Round,
Trimmed of all visible fat
4 cups Water
5/8 ounce Low Sodium Beef Base
7 3/4 teaspoons Cornstarch
2 teaspoons Basil, Dry
1 Tablespoon Oregano, Dry
2 teaspoons Thyme, Dry
2 teaspoons Marjoram, Dry
7 3/4 teaspoons Garlic Powder
2 teaspoons Black Pepper, Ground
32 ounces Marinara sauce
1/4 cup Brown Sugar
Serving size is 3.5 oz of Beef with
2oz of Sweet Tomato Sauce

Mix the herbs spices together and rub into the inside round.

Combine the Low sodium beef base, cornstarch and water.

In a stock pot or kettle - bring the mixture to a boil. reduce heat and simmer for 5 minutes or until the sauce thickens.

In a preheated 325° oven - Place the beef in a roasting pan - Pour the sauce over the beef in the pan and cook for 1 to 2 hours until the internal temperature reaches 155° for a minimum of 15 seconds

Mix the Marinara sauce and the brown sugar together. Heat until the internal temperature reaches a minimum of 165° for 15 seconds.

CCP - Hold all items at a minimum temperature of 140° for service.

To serve: Serve 3.5 oz of the herbed inside round with 2 oz of the Sweet Tomato Sauce.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 140
Total Fat: 4.5g
Saturated Fat 1.5g
Calories from fat: 29%
Cholesterol: 45mg
Sodium: 210mg
Carbohydrates: 7g
Fiber: 1g
Sugars: 5g
Protein: 18g*

11/8/04 KG

Balanced Choices - Herbed Tuna Pocket

Servings: 24

Herbed Tuna Salad

6 ounces celery, fresh, diced 1/4"
2 3/4 pounds chunk light tuna, water pack, flaked - Drained
2 3/4 ounces green onions, fresh, sliced 1/8" thick
6 ounces red peppers, fresh, diced 1/4"
3 tablespoons parsley leaves, fresh, chopped
1 tablespoon basil, dried
1 1/3 cups yogurt, plain, low fat
1 1/3 cups mayonnaise, fat free
Herbed Tuna Pocket
5 1/4 pounds Herbed tuna salad (see above)
24 each wheat pita bread 6", cut in half
8 each tomatoes 6x6, fresh, sliced
12 ounces romaine lettuce, chopped
Serving Size is 1 Sandwich
8oz Total Weight

If salad is to be held for more than 24 hours, blanch raw celery for 20 seconds. (When raw celery is used in cold salads, the finished product cannot be held for more than 24 hours.)

Combine celery, tuna, green onion, red pepper, parsley and basil. Mix gently to evenly distribute.

Combine yogurt and mayonnaise. Mix until well-blended. Add to tuna mixture. Mix well. CCP-- Hold refrigerated at internal temperature of 40°F or below for service.

Prepare herbed tuna salad (above.)

Open each pita half carefully to form a pocket. In each pocket, place 3 ounces of tuna salad, 1 slice tomato and 1/4 ounce lettuce. Serve immediately.

Note: Keep ingredients refrigerated at internal temperature of 40°F or below for use.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 270
Total Fat: 3g
Saturated Fat .5g
Calories from fat: 10%
Cholesterol: 20mg
Sodium: 650mg
Carbohydrates: 41g
Fiber: 6g
Sugars: 4g
Protein: 21g

11/3/04 KG

Balanced Choices - Home Style Vegetables

Servings: 24

Yield: 4 1/2 Pounds

*1 1/4 Pounds Yellow Squash, Fresh
- Diced 1"*

1 1/4 Pounds Broccoli Floret

1 1/4 Pounds Lima Beans

1 Pound Carrots, Fresh - Sliced

2 Teaspoons Salt

Serving size is 3oz

Mix the four vegetables together and place in steamer for 3 - 4 minutes or until the carrots and broccoli are tender.

Sprinkle with the salt and reserve for service.
CCP Hold at a minimum temperature of 140° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 45

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 190mg

Carbohydrates: 9g

Fiber: 2g

Sugars 1g

Protein: 3g

11/12/04 KG

11/2/04 KG

Balanced Choices - Honey Bourbon Grilled Pork

Servings: 24

*3 1/2 Pounds pork loin
13 tablespoons Lemon Juice
3/4 cup Lemon, Diced
13 tablespoons Bourbon
6 1/2 tablespoons Honey
9 1/2 tablespoons Brown Sugar
6 1/2 tablespoons Soy Sauce, Low Sodium
4 3/4 teaspoons Ginger, Fresh - Minced
3 1/4 tablespoons Olive Oil
6 1/2 each Garlic, Fresh - Minced
3/4 Teaspoon Salt
3/8 Teaspoon Black Pepper, Ground
4 3/4 tablespoons all-purpose flour
1 1/4 Cups Yellow Onions, diced fine
2 cups Water
Portion is 3oz of pork with 2 oz of sauce.*

Trim any excess fat from pork.

In a mixing bowl, combine all ingredients except for the flour and water. Marinate the pork in this mixture for minimum of 30 minutes. CCP - Pork must be kept at or below 41° during the marinade process. When the pork is finished marinating - reserve the marinade.

In a preheated 350° oven, roast the pork until the internal temperature has reached a minimum of 165° for 15 seconds. Baste the pork occasionally throughout the cooking process with some of the marinade.

In a sauce pan, place the flour in the bottom and add the water and remaining marinade - stirring constantly with a wire whisk until blended. Bring to a boil over medium heat and cook for 3 minutes or until the sauce has thickened stirring constantly.

CCP - Hold both the pork and the sauce at a minimum temperature of 140° for service.

For service: Cut the pork into 3oz portions and serve with 2oz of the sauce.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 170
Total Fat: 4g
Saturated Fat 1g
Calories from fat: 23%
Cholesterol: 45mg
Sodium: 240mg
Carbohydrates: 14g
Fiber: 0g
Sugars: 10g
Protein: 15g*

11/2/04 KG

11/12/04 KG

Balanced Choices - Honey Dijon Grilled Chicken Sandwich

Servings: 1

1 each *Chicken Breast - 4oz*

1 Pinch *Black Pepper*

1 Each *French Roll*

1 Ounce *Spinach, Fresh - Chiffonade*

1 1/2 Ounces *Tomato, sliced 1/4" thick*

2 Teaspoons *Honey*

2 Teaspoons *Dijon mustard*

*Serving size is 1 Chicken Sandwich
9oz Total Weight*

Mix the dijon Mustard and Honey together.
Reserve.

Rub the chicken breast with the pepper and char-broil until the internal temperature reaches 165° for a minimum of 15 seconds.

Slice the chicken breast into 1/2 " thick pieces.
Hold at a minimum temperature of 140°.

Grill the french roll on the griddle to warm.
Build the sandwich in this order:
Heel of bread
2oz Fresh Spinach
Grilled Chicken Breast
1 Tablespoon honey mustard sauce
1.5 oz sliced tomato.
Top of Roll

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 300

Total Fat: 4g

Saturated Fat 1g

Calories from fat: 12%

Cholesterol: 65mg

Sodium: 590mg

Carbohydrates: 35g

Fiber: 3g

Sugars 12g

Protein: 31g

Balanced Choices - Hungarian Goulash

Servings: 24

7 ounces yellow onions, 1/4" diced
4 2/3 ounces brown gravy mix
1 1/3 quarts Milk, skim, cold
1 3/4 cups marinara sauce, canned
7 fluid ounces sour cream, light
1 1/8 tablespoons garlic, fresh, minced
1 1/8 teaspoons paprika
5/8 teaspoon black pepper, ground
1 3/4 pounds beef top round, broiled, diced 1/2"
7/8 pound tomatoes, canned, diced
makes 5 ounce portions

Add pasta to boiling water (not listed.) Stir while returning to a brisk boil. Reduce heat and simmer until just tender. Drain. Shock under cold water. CCP - Cool quickly (per HACCP) to internal temperature of 41°F or below for use within 24 hours.

Blanch onion. CCP - Cool quickly (per HACCP) to internal temperature of 41°F or below for use within 24 hours.

Combine sauce mix and milk. Whisk for 30 seconds. Let stand for 2 minutes.

Add marinara sauce and sour cream to sauce mixture. Mix well.

Stir garlic, paprika, salt and pepper into sauce mixture. CCP - hold refrigerated at internal temperature of 41°F or below for use within 24 hours.

Combine onions, sauce, beef and tomatoes. Mix well. Portion 2 oz pasta into each casserole dish. Ladle 8 oz beef mixture over pasta. Spread evenly to cover all pasta (exposed pasta will burn.) Use a 2 oz ladle to create an indentation in center of each dish. CCP - Hold refrigerated at internal temperature of 41°F or below for same day use.

CCP - As needed for service, send casserole through a 500°F conveyer oven for 6 minutes or until the internal temperature is a minimum of 165°F (for 15 seconds.) CCP - Hold hot (140°F or above) for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 130

Total Fat: 3g

Saturated Fat 1.5g

Calories from fat: 21%

Cholesterol: 35mg

Sodium: 410mg

Carbohydrates: 10g

Fiber: 1g

Sugars: 2g

Protein: 15g

1.18.05 KG

Balanced Choices - Italian Beef Phyllo Bake

Servings: 24

*27 ounces Phyllo Dough
3 3/4 pounds Marinara sauce
30 1/2 ounces Roasted Red Bell Pepper
30 1/2 Ounces Red Onion, Caramelized
2 1/2 Cups Egg Beaters® 99% egg substitute
6 1/2 Pounds Top Round Beef, Cooked - Shaved
2 Cups Parmesan Cheese, Grated
Portion is 12oz per person.*

Place 3 sheets of phyllo dough on a clean working surface. Brush the phyllo dough with the eggbeaters in between each sheet.

Cut the phyllo dough in half from top to bottom to form two pieces approximately 7" X 9".

In the center of each half, spread 2oz of marinara sauce. Next, 1 oz of roasted red bell pepper, 1 oz of caramelized red onion, and 3.5 ounces of cooked shaved beef on top of the marinara. Top with 1 Tablespoon of grated parmesan cheese.

Roll the phyllo up like a burrito and brush the outside with the eggbeaters as well. Place on a sheet pan that has been sprayed with vegetable spray.

Bake in a pre-heated 400° oven until the phyllo is golden brown and the internal temperature has reached a minimum of 165° for 15 seconds.

Hold at a minimum internal temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 310
Total Fat: 6g
Saturated Fat 2.5g
Calories from fat: 17%
Cholesterol: 55mg
Sodium: 620mg
Carbohydrates: 32g
Fiber: 2g
Sugars 7g
Protein: 35g*

11/8/04 KG

Balanced Choices - Italian Pasta Salad

Servings: 24

Yield: 3 ounces

29 ounces rotini spirals, dry

21 ounces water, boiling

7 tablespoons italian dressing, fat free

1/2 teaspoon white pepper, ground

1/2 teaspoon oregano leaves, dried

3 1/2 ounces provolone cheese, diced
1/4"

4 1/2 ounces green peppers, diced
1/4"

7 1/4 ounces tomatoes, fresh, 6X6,
diced 1/4"

2 1/4 ounces black olive, sliced

4 teaspoons Italian Parsley, Chopped
makes 3 ounce serving.

Add rotini to boiling water. Stir while returning to a brisk boil. Reduce heat and simmer until just tender. Drain. Rinse with cold water. Drain well. Transfer to mixing bowl.

Combine italian dressing, white pepper and oregano for dressing. Mix well. Pour over warm pasta. Toss to evenly coat.

Add cheese, italian parsley, green pepper, tomato and olives. Toss gently to evenly distribute. CCP -- cool quickly (per HACCP) to internal temperature of 40 °F or below and hold refrigerated for at least 2 hours before service.

CCP -- Place in chilled service container and hold at internal temperature of 40 ° F or below on salad bar.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 80

Total Fat: 2g

Saturated Fat 1g

Calories from fat: 23%

Cholesterol: 5mg

Sodium: 100mg

Carbohydrates: 12g

Fiber: 1g

Sugars: 1g

Protein: 3g

11/12/04 KG

12/21/04

Balanced Choices - Italian Vegetable Soup

12oz

Servings: 24

*2 tablespoons Olive Oil
8 Ounces Yellow Onions, Diced 1/2 "
" 8 Ounces Carrots, Diced 1/2 "
8 Ounces Celery, Diced 1/4 "
2 tablespoons Garlic, Minced
1 1/3 tablespoons Rosemary, Dried
1 1/3 pinches Bay Leaf, Ground
2/3 teaspoon Crushed Red Pepper
1 1/3 tablespoons Lemon Zest
2/3 teaspoon Basil, Dried
1 1/3 teaspoons Oregano, Ground
11 Ounces Potatoes, Cubed 1/2 "
2/3 teaspoon Garlic, Granulated
3 pounds Kidney Beans, Canned - Drained
4 quarts Water
1 1/3 quarts Crushed Tomatoes, Canned
16 ounces Elbow Macaroni, Dry
1 cup Parmesan Cheese, Grated
Nutritionals based on an 12 oz serving*

In a soup kettle, saute the onions, carrots, and celery in the margarine until the onions become translucent.

Add the pasta to the saute with the vegetables.

Combine the low sodium chicken base with the water.

Add the chicken stock and potatoes to the pasta and vegetables. Simmer for 20 to 30 minutes or until the pasta is tender.

Stir in the salt, pepper and parsley.

CCP - Heat to a minimum internal temperature of 165° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 180
Total Fat: 2.5g
Saturated Fat 0.5g
Calories from fat: 13%
Cholesterol: 0mg
Sodium: 250mg
Carbohydrates: 31g
Fiber: 6g
Sugars: 4g
Protein: 8g*

*11/3/04 KG
1.19.05 KG & DP*

Balanced Choices - Italian Vegetable Soup

8oz

Servings: 24

4 1/4 teaspoons Olive Oil
5 3/4 ounces Yellow Onions, Diced 1/2 "
5 3/4 ounces Carrots, Diced 1/2 "
5 3/4 ounces Celery, Diced 1/4 "
1/2 teaspoon Garlic, Minced
2 3/4 teaspoons Rosemary, Dried
1/8 teaspoon Bay Leaf, Ground
1/2 teaspoon Crushed Red Pepper
2 3/4 tablespoons Lemon Zest
1/2 teaspoon Basil, Dried
1 teaspoon Oregano, Ground
10 ounces Potatoes, Cubed 1/2 "
1/2 teaspoon Garlic, Granulated
2 5/8 pounds Kidney Beans, Canned - Drained
2 3/4 quarts Water
3 cups Crushed Tomatoes, Canned
14 ounces Elbow Macaroni, Dry
14 tablespoons Parmesan Cheese, Grated

Nutritionals based on an 8oz serving

In a soup kettle, saute the onions, carrots, and celery in the margarine until the onions become translucent.

Add the pasta to the saute with the vegetables.

Combine the low sodium chicken base with the water.

Add the chicken stock and potatoes to the pasta and vegetables. Simmer for 20 to 30 minutes or until the pasta is tender.

Stir in the salt, pepper and parsley.

CCP - Heat to a minimum internal temperature of 165° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 150
Total Fat: 2g
Saturated Fat 0.5g
Calories from fat: 12%
Cholesterol: 0mg
Sodium: 250mg
Carbohydrates: 28g
Fiber: 5g
Sugars: 3g
Protein: 7g

11/10/04 KG
1.19.05 KG & DP

Balanced Choices - Japanese Cucumber Salad

Servings: 24

7/8 cup Rice Vinegar

7/8 cup Water

1 3/4 teaspoons Salt

*6 1/2 tablespoons Sugar,
Granulated*

*2 1/2 tablespoons Sesame Seeds,
Toasted*

7 ounces Green Onions, Chopped

1/3 cup Cilantro, Fresh - Chopped

*4 1/4 pounds Cucumbers, Peeled -
Seeded - Sliced 1/4"*

Serving size is 4oz

Combine all ingredients. Toss to evenly coat.
CCP - Hold at a maximum temperature of 41° at all times

Allow cucumbers to marinade for a minimum of 3 hours prior to service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 40

Total Fat: .5g

Saturated Fat 0g

Calories from fat: 11%

Cholesterol: 0mg

Sodium: 320mg

Carbohydrates: 9g

Fiber: 1g

Sugars 7g

Protein: 1g

11/12/04 KG

Balanced Choices - Kickin' Turkey Sandwich

Servings: 24

24 each Multi Grain Buns

3/4 quart BBQ Sauce

5 1/4 pounds Wellness Deli Turkey,
Sliced Thin

24 each Green Leaf Lettuce Leaves

8 each Tomato, sliced 1/4" thick

6 ounces Yellow Onions, sliced 1/8"
thick

Portion is 1 Sandwich

7.5 oz Total Weight

CCP - Keep all ingredients at a maximum temperature of 41° at all times.

Spread 1/2oz (1oz total per sandwich) of BBQ on each side of bun

Place the remaining ingredients in this order:

3.5oz Turkey Breast

1 each Leaf Lettuce

2 Slices Tomato

4 onion rings

Hold the sandwiches at a maximum temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 420

Total Fat: 11g

Saturated Fat 3g

Calories from fat: 24%

Cholesterol: 75mg

Sodium: 540mg

Carbohydrates: 42g

Fiber: 3g

Sugar 21g

Protein: 35g

Balanced Choices - Leaf Spinach

Servings: 32

*1 teaspoon salt and pepper mixture
7 2/3 pounds Leaf spinach, frozen
2 fluid ounces whipped margarine
makes approximately 3 ounce servings*

Note: Defrost spinach overnight in refrigerator.

Prepare salt and pepper mixture according to recipe.

Place thawed spinach in cooking pan. Steam for 2 minutes or until tender. Or, add to boiling water and simmer for 3 to 5 minutes or until tender. CCP - Minimum internal temperature should be 140°F or above. Drain very well.

Add salt and pepper mix and margarine. Toss to evenly coat. CCP - Hold hot (140°F or above) for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 40
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 27%
Cholesterol: 0mg
Sodium: 115mg
Carbohydrates: 3g
Fiber: 3g
Sugars 0g
Protein: 3g*

11/8/04 KG

Balanced Choices - Lemon Cous Cous Salad with Spinach and Dill

Servings: 24

*2 ounces Green Onion, Chopped
5 1/2 Tablespoons Lemon Juice,
Fresh Squeezed
7 1/2 tablespoons Dill, Fresh Sprigs
- Chopped
3 3/4 Cups Spinach, Fresh
Chopped
1 1/4 Teaspoons Black Pepper,
Ground
19 1/2 Ounces Cous Cous, Dry
1 Teaspoon kosher salt
3 3/4 Tablespoons Olive Oil
19 1/2 ounces water
Serving size is 4oz*

Cook the cous cous using the amount of water stated on the box. Once cooked, mix with the lemon juice and 1/2 of the oil - Cool immediately to a maximum temperature of 41° within 4 hours.

In a tilt skillet - Sauté the spinach, dill, salt, and pepper in the remaining olive oil for 1 -2 minutes. Remove from heat and cool down to a maximum temperature of 41° within 4 hours.

Add the sauteed spinach to the cous cous and toss together. Hold at a maximum temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 110
Total Fat: 3g
Saturated Fat .5g
Calories from fat: 28%
Cholesterol: 0mg
Sodium: 125mg
Carbohydrates: 19g
Fiber: 2g
Sugars: 1g
Protein: 4g*

11/8/04 KG

Balanced Choices - Lemon Poppy Seed Muffins

Servings: 7

16 ounces pound cake mix (bernards diet foods)

10 ounces water

1 1/2 tablespoons poppy seeds

1 tablespoon lemon emulsion

1 1/2 teaspoons lemon zest

Serving Size is 1 - 4 oz Muffin

Breakfast Muffins

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 190

Total Fat: 4.5g

Saturated Fat 1.5g

Calories from fat: 21%

Cholesterol: 0mg

Sodium: 35mg

Carbohydrates: 36g

Fiber: 1g

Sugars 13g

Protein: 3g

11/12/04 KG

1.18.05 KG ↗ DP

Balanced Choices - Lemon Pudding

Servings: 24

*14 ounces lemon flavor pudding mix,
sugar free, Bernard's
9 1/2 cups water
Portion is 4 oz*

Add 14 ounces of lemon pudding mix to 9 1/2 cups of cold water in a 12 quart mixer with a paddle attachment, and mix on low speed for two minutes.

Next scrape bowl and attachment, and continue mixing for an additional 10 minutes on medium speed.

Pour into serving dishes and chill.

Hold at a maximum temperature of 41° at all times.

Desserts

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 10

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 15mg

Sodium: 15mg

Carbohydrates: 1g

Fiber: 0g

Sugars: 1g

Protein: 1g

11/9/04 KG

Balanced Choices - Lentil Soup 12oz

Servings: 24

5 tablespoons Canola Oil

27 1/2 ounces Yellow Onions, Diced

14 ounces Carrots, Diced

14 ounces Celery, Diced

5 1/2 quarts Water

5 1/3 tablespoons Low Sodium Chicken Base

1 3/4 ounces Low Sodium Ham Base

14 ounces Lentils, Picked - Rinsed - Drained

1/3 teaspoon Thyme, Ground

1/2 teaspoon Black Pepper, Ground

1 2/3 cups Water

5 1/2 ounces Cornstarch

Nutritionals based on an 12oz serving

Combine the low sodium chicken base and ham base with the water. Reserve.

In a saute pan, combine the celery, onions and carrots. Saute in the canola oil until vegetables are caramelized.

In a stock pot, add the stock, lentils, thyme, caramelized vegetables and black pepper. Bring to a boil. Reduce heat and simmer for 8 to 10 minutes or until the lentils are tender.

Mix the second water with the cornstarch and combine with the soup. Mix until smooth. Simmer for 5 minutes or until the soup has thickened.

CCP - Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 150

Total Fat: 3.5g

Saturated Fat 0g

Calories from fat: 21%

Cholesterol: 0mg

Sodium: 310mg

Carbohydrates: 24g

Fiber: 3g

Sugars: 3g

Protein: 7g

11/8/04 KG

1.19.05 KG & DP

Balanced Choices - Lentil Soup 8oz

Servings: 24

4 tablespoons Canola Oil
1 1/3 pounds Yellow Onions, Diced
2/3 pound Carrots, Diced
2/3 pound Celery, Diced
4 quarts Water
5 1/3 tablespoons Low Sodium
Chicken Base
1 1/3 tablespoons Low Sodium
Ham Base
10 2/3 ounces Lentils, Picked -
Rinsed - Drained
1/3 teaspoon Thyme, Ground
2/3 teaspoon Black Pepper, Ground
1 1/3 cups Water
4 ounces Cornstarch

Nutritionals based on an 8oz serving

Combine the low sodium chicken base and ham base with the water. Reserve.

In a saute pan, combine the celery, onions and carrots. Saute in the canola oil until vegetables are caramelized.

In a stock pot, add the stock, lentils, thyme, caramelized vegetables and black pepper. Bring to a boil. Reduce heat and simmer for 8 to 10 minutes or until the lentils are tender.

Mix the second water with the cornstarch and combine with the soup. Mix until smooth. Simmer for 5 minutes or until the soup has thickened.

CCP - Hold at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 110
Total Fat: 2.5g
Saturated Fat 0g
Calories from fat: 20%
Cholesterol: 0mg
Sodium: 140mg
Carbohydrates: 17g
Fiber: 2g
Sugars 2g
Protein: 5g

11/8/04 KG
1.19.05 KG & DP

Balanced Choices - Lima Beans

Servings: 24

*3 1/2 pounds baby lima bean
makes 3 ounce servings*

Place lima beans in cooking pan. Steam for 2 to 2 1/2 minutes or until fully tender. Or, add to boiling water and simmer for 10 to 15 minutes or until tender. CCP--Minimum internal temperature should be 140°F or above. Drain. CCP--Hold hot (140°F or above) for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 90

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 17mg

Sodium: 25mg

Carbohydrates: 25g

Fiber: 5g

Sugars: 3g

Protein: 6g

Balanced Choices - Lime Cilantro Yogurt Dressing

Servings: 24

1 pound non fat plain yogurt
6 ounces cucumbers, fresh, peeled,
seeded, chopped coarse

2 ounces cilantro leaves, fresh, minced
2 tablespoons pasteurized fresh lime
juice
1/8 teaspoon salt
1/8 teaspoon white pepper, ground
Portion Size is 1 oz

In a blender or food processor, combine all ingredients. Process until smooth. CCP - Hold refrigerated at internal temperature of 40°F or below for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 10
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 25mg
Carbohydrates: 2g
Fiber: 1g
Sugars: 1g
Protein: 1g*

Balanced Choices - Lite Ranch Dip

Eurest DiningServices @ USAA

Servings: 24

*3 3/4 cups Fat Free Mayonnaise
1 3/4 ounces Ranch-Style Dressing
Mix, Package Weighs 3.35oz*

Portion size is 1.5 ounces.

Combine in a large mixing bowl and mix well.

Hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

*Calories: 30
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 30%
Cholesterol: 5mg
Sodium: 580mg
Carbohydrates: 5g
Fiber: 1g
Sugars: 3g
Protein: 0g*

11/8/04 KG

Balanced Choices - Marinated Bean Salad

Servings: 24

14 1/4 ounces green beans, frozen,
Cooked - Cooled

4 1/4 teaspoons Olive Oil

2 1/2 ounces Diced Red bell pepper,
Canned - Drained

14 1/4 ounces kidney beans, canned,
Drained

14 1/4 ounces garbanzo beans,
canned, Drained

14 1/4 ounces wax beans, frozen,
Cooked - Cooled

1 1/8 cups apple cider vinegar

9 1/4 each lettuce leaves, Green Leaf

Serving size is 3oz

Combine all ingredients. Toss to evenly coat.
CCP - Hold at a maximum temperature of 41° at
all times

Serve 3.5oz of Bean Salad on 1/2 of a green leaf
lettuce leaf.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 50

Total Fat: 1g

Saturated Fat 0g

Calories from fat: 18%

Cholesterol: 0mg

Sodium: 120mg

Carbohydrates: 7g

Fiber: 2g

Sugars 1g

Protein: 2g

11/9/04 KG

2.7.05 KG

Balanced Choices - Marinated Black Eyed Pea Salad

Servings: 24

5 1/2 pounds Black Eyed Peas,
Canned - Drained

3 1/2 tablespoons White Wine
Vinegar

5 teaspoons Olive Oil

5 teaspoons Lemon Juice

1 3/4 teaspoons Honey

1 teaspoon Salt

1/2 teaspoon Dill, Dried

1 teaspoon Ground Thyme

1/2 teaspoon Ground Black Pepper

1 1/2 tablespoons Garlic, Fresh -
Minced

8 ounces Tomatoes, 6X6 Fresh,
Diced

1 3/4 ounces Green Onions,
Chopped Fine

Serving size is 3oz

Combine all ingredients. Toss to evenly coat.
CCP - Hold at a maximum temperature of 41° at
all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 90

Total Fat: 1.5g

Saturated Fat 0g

Calories from fat: 15%

Cholesterol: 0mg

Sodium: 390mg

Carbohydrates: 15g

Fiber: 4g

Sugars 1g

Protein: 5g

11/12/04 KG

12/21/04

Balanced Choices - Marinated Vegetable Salad

Servings: 24

25 ounces small fresh cauliflower flowerets
10 1/2 ounces carrot, diagonally sliced
12 1/2 ounces celery, diagonally sliced
8 ounces sliced red bell pepper
2 ounces sliced pitted ripe olives
29 ounces quartered artichoke hearts, drained
6 tablespoons white wine vinegar
4 teaspoons olive oil
2 teaspoons dried Italian seasoning
1/4 teaspoon crushed red pepper
6 Tablespoons Orange Juice
4oz Portion Size

Arrange cauliflower and carrot in a vegetable steamer over boiling water. Cover and steam 3 minutes or until vegetables are crisp-tender. Plunge into cold water; drain.

Combine cauliflower mixture, celery, and next 3 ingredients in a bowl; toss gently, and set aside.

Combine vinegar and next 4 ingredients in a bowl; stir well. Pour over vegetables; toss gently to coat. Cover and chill.

(serving size: 1 cup)

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 45
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 20%
Cholesterol: 0mg
Sodium: 130mg
Carbohydrates: 7g
Fiber: 1g
Sugars: 2g
Protein: 2g

11/12/04 KG

Balanced Choices - Mexicali Crab Cakes

Servings: 24

1/2 Cup Olive Oil
1 1/2 cups finely chopped celery
1 1/4 cups finely chopped red bell pepper
2 Tablespoons chopped seeded jalapeño pepper
1 1/4 cups light mayonnaise
2 Tablespoons Cilantro, Fresh Chopped
2 Tablespoons Dijon mustard
1 Tablespoon Garlic, Granulated
1 teaspoon pepper
1 Cup Egg Beaters® 99% egg substitute
3 cups Breadcrumbs, Fresh
1 1/4 cups Green Onions, Chopped
4 1/2 pounds Imitation Crab, Flaked
2 Pounds Corn, Frozen - Thawed
5 cups Corn Flakes, Crushed (5 cups crushed)
2 Ounces Cooking spray
Serving Size is two 3.5 oz Crab Cakes.
7oz Total Weight

Preheat oven to 450°.

In a large skillet or tilt skillet, saute the celery, bell pepper, and jalapeño; for 3 minutes or until tender. Cool.

Combine mayonnaise and the next 5 ingredients (mayonnaise through eggbeaters) in a large bowl. Add celery mixture, breadcrumbs, green onions, crabmeat, and corn, and stir well. Divide crabmeat mixture into 10 equal portions, shaping each into a 1/2-inch-thick patty. Dredge patties in cornflakes.

Place patties on a baking sheet coated with cooking spray. Bake at 450° for 15 minutes; turn patties over, and bake an additional 10 minutes or until golden. Serve crab cakes with cocktail sauce, and garnish with cilantro sprigs, if desired.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 320
Total Fat: 11g
Saturated Fat 1g
Calories from fat: 30%
Cholesterol: 45mg
Sodium: 400mg
Carbohydrates: 41g
Fiber: 2g
Sugars 3g
Protein: 17g

11/9/04 KG

Balanced Choices - Mexican Boca Burger

Servings: 1

1 each 3.5 oz Boca Burger
1 each Hamburger Bun - Multi
Grain
1 each Green Leaf lettuce
2 ounces Pico De Gallo, Fresh Made
Serving size is 7.5 oz

Prepare the Pico De Gallo and hold at a maximum temperature of 41° at all times.

Grill the Boca Burger on a char-broiler until the internal temperature reaches 145° for a minimum of 15 seconds.

Toast the Hamburger Bun.

Place the Pico De Gallo on top of the Burger.

Serve on the toasted Hamburger Bun

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 280
Total Fat: 8g
Saturated Fat 2g
Calories from fat: 26%
Cholesterol: 5mg
Sodium: 760mg**
Carbohydrates: 31g
Fiber: 8g
Sugar 4g
Protein: 24g

11/12/04 KG

11/9/04 KG

Balanced Choices - Minted Carrot and Orange Salad

Servings: 24

4 1/2 each Orange, Pealed - Sectioned

2 1/4 pounds Carrots, Fresh - Grated

6 1/2 tablespoons Lemon Juice, Fresh

7 teaspoons Water

1/2 teaspoon Orange Extract

2 1/4 teaspoons Cinnamon, Ground

1/4 teaspoon Salt

7 teaspoons mint leaves, Fresh - Chopped

Serving size is 3oz

Combine orange sections, carrot, lemon juice, water, orange extract, cinnamon and salt. Toss to evenly coat.

CCP - Hold at a maximum temperature of 41° at all times

As needed for service - add the fresh mint - toss to evenly coat.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 35

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 50mg

Carbohydrates: 9g

Fiber: 2g

Sugars 5g

Protein: 1g

Balanced Choices - Mixed Vegetable Medley

Eurest Dining Services @ USAFA

Servings: 24

19 ounces Corn, Frozen
13 ounces Carrots, Diced
13 ounces Yellow Onions, Diced
13 ounces Cut Green Beans, Frozen
13 ounces Celery, sliced 1/4" thick
Serving size is 3oz

Clean the celery before slicing.

Steam the vegetables until the internal temperature reaches 145° for a minimum of 15 seconds

Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 40
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 40mg
Carbohydrates: 9g
Fiber: 1g
Sugars: 3g
Protein: 1g

11/9/04 KG

Balanced Choices - Moroccan Carrot Raisin Salad

Servings: 24

4 3/4 pounds Carrots, Raw - Shredded
7 3/4 ounces Raisins
1 1/2 tablespoons Cinnamon, Ground
3 1/4 ounces Orange Juice Concentrate
6 tablespoons Almonds, Blanched, Sliced
6 tablespoons Honey
Serving size is 4oz

Combine the honey, cinnamon and orange juice concentrate to form the dressing.

Combine the raisins, carrots, almonds and dressing. Toss gently to coat. Hold at a maximum temperature of 41° at all times.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:
Calories: 100
Total Fat: 1.5g
Saturated Fat 0g
Calories from fat: 14%
Cholesterol: 0mg
Sodium: 65mg
Carbohydrates: 23g
Fiber: 4g
Sugars 16g
Protein: 2g

11/9/04 KG

Balanced Choices - Mushroom Tortilla Grille

Servings: 1

*1/4 cup Green Bell Pepper, Chopped
Fine*

*1/4 cup Red Bell Pepper, Chopped
Fine*

*1/8 cup Yellow Onion, Chopped
Fine*

*2 Ounces Portobello mushroom,
Chopped*

2 Ounces Mushrooms

*1/4 Teaspoon Mrs. Dash Seasoning
Cooking spray*

*1 Each 10" Flour Tortilla
1/2 Ounce Low Fat Cheddar
Cheese, Alpine Cheese*

*Portion is 1 Mushroom Tortilla Grill
12oz Total Weight*

On a pre-heated flat top griddle; Place the tortilla on the griddle to warm.

Combine the Bell Peppers, onions, mushrooms and Mrs. Dash together and saute on the flat top griddle until the internal temperature reaches 145° for a minimum of 15 seconds.

Place the sauteed vegetable mixture on 1 half of the tortilla. Top with .5 oz of cheese and fold the tortilla over on itself.

Serve Immediately.

*Nutritional Information is Provided
by "The Food Processor" - not
Mastercook*

Nutritional Information per Serving:

Calories: 310

Total Fat: 6g

Saturated Fat 2.5g

Calories from Fat: 17%

Cholesterol: 10mg

Sodium: 470mg

Carbohydrates: 44g

Fiber: 8g

Sugars 4g

Protein: 14g

11/12/04 KG

Balanced Choices - Open Face Whole Wheat Bagel Breakfast Sandwich with Lean Ham

Servings: 1

1/2 Each Whole Wheat Bagel
1 1/2 Ounces Egg Beaters® 99%
egg substitute
1/2 Ounce Alpine Lace Cheese,
Sliced
1 Ounce Lean Deli Ham
Serving is 1 English Muffin
Breakfast Sandwich
5.50z Total Weight

On a pre-heated flat top griddle or saute pan, place the bagel face down to toast lightly.

On a separate part of the griddle, grill the sausage to a minimum internal temperature of 165° for 15 seconds.

Cook the Eggbeaters to a minimum internal temperature of 165° for 15 seconds.

Place the cooked Eggbeaters and sausage on top of the bagel half. Top with 1/2 oz of cheese.

CCP - Hold at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 250
Total Fat: 3.5 g
Saturated Fat 2g
Calories from fat: 14%
Cholesterol: 20mg
Sodium: 608 mg
Carbohydrates: 33g
Fiber: 2g
Sugars 3g
Protein: 19g

1.18.05 KG ↗ DP

Balanced Choices - Open Face Whole Wheat Bagel Breakfast Sandwich with Turkey Sausage

Servings: 1

1/2 Each Whole Wheat Bagel
1 1/2 Ounces Egg Beaters® 99%
egg substitute
1/2 Ounce Alpine Lace Cheese,
Sliced
1 Ounce Turkey Sausage Patty
Serving is 1 English Muffin
Breakfast Sandwich
5oz Total Weight

On a pre-heated flat top griddle or saute pan, place the bagel face down to toast lightly.

On a separate part of the griddle, grill the sausage to a minimum internal temperature of 165° for 15 seconds.

Cook the Eggbeaters to a minimum internal temperature of 165° for 15 seconds.

Place the cooked Eggbeaters and sausage on top of the bagel half. Top with 1/2 oz of cheese.

CCP - Hold at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
MasterCook.*

*Nutritional Information per serving:
Calories: 250
Total Fat: 7g
Saturated Fat 3g
Calories from fat: 25%
Cholesterol: 30mg
Sodium: 660mg
Carbohydrates: 27g
Fiber: 1g
Sugars 2g
Protein: 19g*

1.18.05 KG

Balanced Choices - Open Faced Mediterranean Boca Burger

Servings: 1

1 Each 3.5 oz Boca Burger
1 Slice Italian Bread
1 Ounce Roasted Red Pepper, Julienned
1/2 Ounce alpine lace swiss
1/2 Cup Spinach Leaf
1 Ounce Roasted Yellow Onion, Julienned
1 Each Lettuce Leaf
2 ounces Tomato, Sliced 1/4" thick
Serving size is approximately 9.5 oz

Roast the onions and Peppers - Hold at a minimum temperature of 140° at all times

Grill the Boca Burger on a char-broiler until the internal temperature reaches 145° for a minimum of 15 seconds.

Toast the italian bread.

Saute the spinach on the grill and add the peppers and onions. Place mixture on top of Boca Burger and top with the cheese.

Serve on a piece of Italian Bread.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 290
Total Fat: 9g
Saturated Fat 3.5g
Calories from fat: 28%
Cholesterol: 15mg
Sodium: 690mg
Carbohydrates: 26g
Fiber: 8g
Sugars 3g
Protein: 27g

11/3/04 KG

11/16/04

Balanced Choices - Open Faced Vegetable Sandwich

Servings: 24

*3/4 cup balsamic vinegar
6 tablespoons olive oil
3 tablespoons fresh basil
6 teaspoons molasses
4 1/2 teaspoons fresh thyme
3/4 teaspoon salt
3/4 teaspoon pepper
9 medium zucchini, cut lengthwise,
into 1/4" thick, oblong slices
3 medium green bell pepper, cut into
6 wedges
3 medium red bell peppers, cut into 6
wedges
3 large onion, cut into 1/2" slices
48 ounces French bread loaf
Cooking spray
2 1/4 cups crumbled Feta cheese
6 tablespoons fat-free mayonnaise
3/4 cup grated fresh Parmesan cheese
Portion is 1 open faced sandwich
7 oz Total Weight*

Combine first 7 ingredients in a large mixing bowl. Marinate the zucchini, bell peppers, and onion in the refrigerator for 2 hours. Remove vegetables, reserving marinade. Set vegetables aside. Cut bread loaf in half horizontally, and brush 3 tablespoons reserved marinade over cut sides of bread; set bread and remaining marinade aside. Grill the vegetables on a panini press. On a preheated char-broiler, grill the vegetables for 5 minutes, basting occasionally with remaining marinade. Place bread, cut sides down, on char-broiler and grill an additional 3 minutes or until vegetables are tender and bread is toasted. Combine Feta cheese and mayonnaise in a bowl; stir well. Spread mayonnaise mixture evenly over cut sides of toasted bread; place grilled vegetables on bottom half of bread. Sprinkle Parmesan cheese over the grilled vegetables and serve immediately.

*Nutritional Information is Provided
by "The Food Processor" - not
Mastercook*

*Nutritional Information per Serving:
Calories: 250
Total Fat: 7g
Saturated Fat 2g
Calories from Fat: 25%
Cholesterol: 5mg
Sodium: 560mg
Carbohydrates: 38g
Fiber: 3g
Sugars 5g
Protein: 9g*

Balanced Choices - Orange Oatmeal Muffins

Servings: 24

13 1/2 ounces quick-cooking oats
2 pounds orange juice

29 ounces flour
1 pound sugar
4 teaspoons baking powder
4 teaspoons baking soda
8 ounces egg whites

TOPPING

11 1/2 tablespoons quick-cooking oats
3 3/4 tablespoons orange juice
2 tablespoons sugar

Serving Size is 1 - 4.5 oz Muffin

In a mixing bowl: Combine the eggwhites and orange juice and mix on medium speed for 1 minute.

Next add all dry ingredients and mix for an additional two minutes on second speed.

Next spray muffin molds with pan spray, and scoop out 60 4 oz. muffins.

Combine the three ingredients for the topping to form a streusel. Top each muffin with 1 tablespoon of the streusel and bake at 350 degrees for 22-24 minutes.

Breakfast Muffins

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 300
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 6%
Cholesterol: 0mg
Sodium: 290mg
Carbohydrates: 64g
Fiber: 3g
Sugars: 26g
Protein: 8g*

11/9/04 KG

Balanced Choices - Oriental Beef Pizza

Servings: 1

2 ounces beef bottom round, R-T-C, Julienned

1 each 10-inch low-fat wheat flour tortilla

2 ounces red and green bell pepper, Julienned

1 ounce white onions, Julienned

1/2 ounce soy sauce, low sodium

1 ounce tomatoes, Diced

1 Tablespoon Green Onions, Chopped

*Serving size is 1 Oriental Pizza.
8.25 oz Total Weight*

Marinate the beef in the soy sauce at a maximum temperature of 41° for 2 hours.

On a pre-heated flat top griddle or saute pan. Sauté the peppers, onions and beef for 5 - 8 minutes or until the internal temperature reaches a minimum of 145° for 15 seconds. If holding the mixture - Hold at a minimum temperature of 140° at all times.

Place the sautéed beef and vegetables evenly across the "toasted" tortilla. Top with the diced tomatoes, run the pizza through an impinzer oven for 4-5 minutes on 400°. cut into wedges and serve immediately.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 220

Total Fat: 6g

Saturated Fat 2g

Calories from fat: 25%

Cholesterol: 55mg

Sodium: 690mg

Carbohydrates: 29g

Fiber: 3g

Sugars: 4g

Protein: 24g

Balanced Choices - Oriental Chicken Fried Rice

Eurest Dining Services @ USAA

Servings: 24

4 3/4 pounds Chicken Breasts,
Cooked - Cooled - Diced
5/8 fluid ounce Olive Oil
5/8 ounce Ginger Root, Grated
3/8 teaspoon Cayenne Pepper,
Ground
1 1/4 ounces Garlic, Fresh - Minced
3 cups Egg Beaters® 99% egg
substitute
4 1/4 teaspoons Sesame Oil
11 1/2 ounces Onion, Julienned
6 5/8 pounds Rice, Cooked - Cooled
1 1/4 pounds Frozen Green Peas,
Thawed
2 Ounces Low Sodium Chicken
Base, Minor's
8 1/2 fluid ounces Cooking Sherry
2 1/8 pounds Green Cabbage,
Shredded Thick
17 ounces Green Onion, Chopped
4 1/4 fluid ounces Low Sodium Soy
Sauce

Serving size is 12oz

Combine the oil, ginger, cayenne pepper, and minced garlic together. Reserve.

Combine the Eggbeaters and sesame oil together and cook in a tilt skillet on medium heat until set. Remove from heat and dice into 1/2" pieces. Reserve.

In a tilting skillet, saute the onions for 1 minute. Add the rice and pork, saute for an additional 3 minutes.

Combine the low sodium chicken base with the sherry and the soy sauce.

Add the peas, eggbeaters, sherry and soy sauce mixture. Saute for 3 minutes - stirring constantly.

Remove from heat and stir in the green cabbage and green onions. Cover and hold at a minimum temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:
Calories: 400
Total Fat: 5g
Saturated Fat 1g
Calories from fat: 11%
Cholesterol: 75mg
Sodium: 470mg
Carbohydrates: 48g
Fiber: 3g
Sugar 3g
Protein: 37g

11/3/04 KG

Balanced Choices - Oriental Pasta Salad

Servings: 24

2 3/8 pounds spaghetti (no margarine) cooked, cold
5/8 teaspoon garlic, fresh, minced
1/4 teaspoon red pepper flakes
7 teaspoons olive oil
4 1/2 ounces celery, fresh, sliced
1/8" on bias
5 3/4 ounces carrots, fresh, Shredded
3 1/4 ounces green onions, fresh, sliced 1/8" thick
5 1/4 ounces green peppers, fresh, diced 1/4"
4 1/4 ounces red peppers, fresh, diced 1/4"
1 1/8 teaspoons ginger, ground
3/4 teaspoon granulated sugar
6 tablespoons soy sauce, low sodium
6 1/2 ounces bean sprouts, fresh
makes 3 ounce servings

Prepare spaghetti according to recipe

Saute garlic and crushed red pepper in oil for 1 minute.

Add celery, carrot, green onion, and green and red peppers. Saute for 5 minutes.

Stir in ginger, sugar, soy sauce and sprouts. CCP -- Cook for 2 minutes or until minimum internal temperature is 140°F or above. CCP -- Cool quickly (per HACCP) to internal temperature of 41°F or below for use.

Combine pasta and vegetable mixture. Toss to evenly coat and distribute. CCP-- Hold refrigerated at internal temperature of 41°F or below for service.

CCP-- Place in chilled service container and hold at internal temperature of 41°F or below on salad bar.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 90
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 20%
Cholesterol: 0mg
Sodium: 140mg
Carbohydrates: 16g
Fiber: 1g
Sugars 1g
Protein: 4g

12/21/04 KG

Balanced Choices - Oriental Pork Fried Rice

Eurest Dining Services @ USAA

Servings: 24

4 1/4 pounds Pork Loin, Cooked - Cooled - Diced

5/8 fluid ounce cooking spray

5/8 ounce Ginger Root, Grated

3/8 teaspoon Cayenne Pepper, Ground

1 1/4 ounces Garlic, Fresh - Minced

3 cups Egg Beaters® 99% egg substitute

4 1/4 teaspoons Sesame Oil

17 ounces Onion, Julienneed

5 3/4 pounds Rice, Cooked - Cooled

1 1/4 pounds Frozen Green Peas, Thawed

8 1/2 fluid ounces Cooking Sherry

1 3/4 Ounces Low Sodium Chicken Base, Minor's

2 1/8 pounds Green Cabbage, Shredded Thick

1 1/2 ounces Green Onion, Chopped

4 1/4 fluid ounces Low Sodium Soy Sauce

Serving size is 12oz

Combine the oil, ginger, cayenne pepper, and minced garlic together. Reserve.

Combine the Eggbeaters and sesame oil together and cook in a tilt skillet on medium heat until set. Remove from heat and dice into 1/2" pieces. Reserve.

In a tilting skillet, saute the onions for 1 minute. Add the rice and pork, saute for an additional 3 minutes.

Combine the low sodium chicken base with the sherry and the soy sauce.

Add the peas, eggbeaters, sherry and soy sauce mixture. Saute for 3 minutes - stirring constantly.

Remove from heat and stir in the green cabbage and green onions. Cover and hold at a minimum temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 360

Total Fat: 10g

Saturated Fat 3g

Calories from fat: 25%

Cholesterol: 65mg

Sodium: 440mg

Carbohydrates: 37g

Fiber: 2g

Sugar 3g

Protein: 31g

11/16/04 KG

Balanced Choices - Oriental Shrimp Fried Rice

Eurest Dining Services @ USAA

Servings: 24

*3 3/4 pounds Shrimp, Large Salad
5/8 ounce Ginger Root, Grated
3/8 teaspoon Cayenne Pepper,
Ground
1 1/4 ounces Garlic, Fresh - Minced
3 cups Egg Beaters® 99% egg
substitute
4 1/4 teaspoons Sesame Oil
17 ounces Onion, Julienne
6 pounds Rice, Cooked - Cooled
20 1/2 ounces Frozen Green Peas,
Thawed
8 1/2 fluid ounces Cooking Sherry
1 3/4 Ounces Low Sodium Chicken
Base, Minor's
2 1/8 pounds Green Cabbage,
Shredded Thick
12 ounces Green Onion, Chopped
4 1/4 fluid ounces Low Sodium Soy
Sauce*
Serving size is 12oz

Combine the oil, ginger, cayenne pepper, and minced garlic together. Reserve.

Combine the Eggbeaters and sesame oil together and cook in a tilt skillet on medium heat until set. Remove from heat and dice into 1/2" pieces. Reserve.

In a tilting skillet, saute the onions for 1 minute. Add the rice and pork, saute for an additional 3 minutes.

Combine the low sodium chicken base with the sherry and the soy sauce.

Add the peas, eggbeaters, sherry and soy sauce mixture. Saute for 3 minutes - stirring constantly.

Remove from heat and stir in the green cabbage and green onions. Cover and hold at a minimum temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 310
Total Fat: 8g
Saturated Fat 1g
Calories from fat: 23%
Cholesterol: 80mg
Sodium: 540mg
Carbohydrates: 40g
Fiber: 3g
Sugar 3g
Protein: 18g*

11/16/04 KG updated

Balanced Choices - Orzo Salad with Peppers and Olives

Servings: 24

*3 1/2 pounds orzo, cooked, cold
4 1/2 ounces yellow pepper, diced
1/4"
4 1/2 ounces red pepper, diced 1/4"
2 1/4 ounces black olives, medium, pitted, drained, quartered
6 tablespoons green onions, chopped
1 1/2 tablespoons parsley leaves, fresh, chopped
1/3 cup olive oil
3 1/16 tablespoons balsamic vinegar
1 1/8 teaspoons kosher salt
3/4 teaspoon black pepper, ground
portion is 3 ounces*

Note* Do not mix any oil into the orzo pasta after it has been cooked. If the pasta sticks together, rinse under cold water to separate it.

Combine the olive oil, vinegar, salt and pepper to form the dressing. Reserve at a maximum temperature of 41° at all times.

Combine orzo, yellow and red peppers, olives, onion and parsley. Toss to evenly distribute.

Add dressing and mix well. CCP--hold refrigerated at internal temperature of 41 °F or below for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 130
Total Fat: 4g
Saturated Fat .5g
Calories from fat: 28%
Cholesterol: 0mg
Sodium: 115mg
Carbohydrates: 20g
Fiber: 1g
Sugar 1g
Protein: 3g*

*11/2/04 KG
2.7.05 KG*

Balanced Choices - Orzo Salad with Vegetables & Herbs

Servings: 24

*1 teaspoon Pepper
2 1/3 teaspoons Salt
13 1/2 ounces sugar snap peas,
3/4" pieces
2 1/3 pounds Orzo, Cooked,
Cooled, Drained
2 3/4 tablespoons lemon juice, fresh
squeezed
1 1/8 tablespoons lemon rind, fresh
grated
4 1/2 teaspoons garlic, fresh, minced
6 3/4 teaspoons honey
5 1/16 tablespoons olive oil
1 1/8 pounds cucumbers, fresh,
peeled, seeded, diced 1/2"
13 1/2 ounces tomatoes, fresh, 6x6,
seeded, diced 1/2"
3 2/3 each green onion, fresh, diced
1/8"
1/2 cup parsley leaves, fresh, chopped
fine
1/2 cup mint leaves, fresh, chopped
fine*

Serving Size is 4 oz

Cook snap peas in boiling water. Remove snap peas and cool quickly (per HACCP) to internal temperature of 41°F or below for use.

Combine salt and pepper, lemon juice, lemon rind, garlic and honey for dressing. Mix well.

Add olive oil in a slow, steady stream until incorporated.

Combine snap peas, orzo, cucumber, tomato, green onion, parsley, mint and dressing. Toss gently to evenly coat and distribute. CCP - Hold refrigerated at internal temperature of 41°F or below for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 170
Total Fat: 4.5g
Saturated Fat .5g
Calories from fat: 24%
Cholesterol: 0mg
Sodium: 250mg
Carbohydrates: 28g
Fiber: 3g
Sugar 5g
Protein: 5g*

11/3/04 KG

Balanced Choices - Orzo with Lemon & Herbs

Servings: 24

*19 1/8 ounces vegetable broth, low sodium, at 180 degrees
3 pounds orzo, cooked, cold
4 7/8 tablespoons Lemon juice, Fresh squeezed
4 7/8 tablespoons parsley, fresh, chopped
5 3/8 teaspoons chervil leaves, dried
3/8 cup basil leaves, fresh, chopped
1/2 teaspoon black pepper, ground
1/2 teaspoon salt
portion is 3ounces*

Combine orzo, Hot Vegetable broth, lemon juice, parsley, chervil, basil, salt and pepper. Toss to evenly distribute.

The orzo will absorb the broth during the cooling process.

Cool to a maximum temperature of 41° within 4 hours. CCP--hold refrigerated at internal temperature of 41 °F or below for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 210
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 3%
Cholesterol: 0mg
Sodium: 55mg
Carbohydrates: 43g
Fiber: 2g
Sugar 2g
Protein: 8g*

11/3/04 KG

Balanced Choices - Oven Fried Chicken

Servings: 24

24 Each Chicken Breast - Bonless,

Skinless 4oz

2 Cups Plain Nonfat Yogurt

8 Ounces Corn Flakes Cereal,

Crushed

Serving size is 1 - 4oz Chicken

Breast

Pound the chicken breasts to an even thickness.

Coat the chicken breasts with the yogurt. Allow any excess to drain off of the chicken.

Roll the chicken breasts in the crushed cornflakes, shake off any excess.

In a preheated 350° oven, bake the chicken breast - single layer on sheet pans until the internal temperature reaches 165° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 130

Total Fat: 1g

Saturated Fat 0g

Calories from fat: 7%

Cholesterol: 55mg

Sodium: 125mg

Carbohydrates: 8g

Fiber: 0g

Sugars 1g

Protein: 22g

Balanced Choices - Peas and Carrots

Eurest Dining Services @ USAA

Servings: 24

2 1/4 pounds Green Peas, Frozen
2 1/4 pounds Carrots, Sliced 1/4"
Thick
1 1/8 teaspoons White Pepper
Serving size is 3oz

Steam the two vegetable separately to ensure proper cooking.

Steam the vegetables until the internal temperature reaches 145° for a minimum of 15 seconds

Combine the two vegetables together and sprinkle with the pepper.

6. Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 50

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 75mg

Carbohydrates: 9g

Fiber: 2g

Sugars 2g

Protein: 3g

11/12/04 KG

Balanced Choices - Peas and Mushrooms

Eurest Dining Services @ USAA

Servings: 24

*1/2 fluid ounce Canola Oil
1/4 tablespoon Lemon Juice, Fresh
1 1/8 pounds Mushrooms, sliced
1/2" thick
1/16 teaspoon White Pepper,
Ground
4 1/8 pounds Green Peas, Frozen
Serving size is 3oz*

Wash and drain the mushrooms prior to slicing.

On a preheated flat top griddle or tilt skillet. Sauté the mushrooms in the oil and the lemon juice for 3 - 4 minutes.

Add the green peas and sauté until the internal temperature has reached 145° for a minimum of 15 seconds.

Season with the pepper and remove from the heat.

Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

*Calories: 60
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 13%
Cholesterol: 0mg
Sodium: 75mg
Carbohydrates: 10g
Fiber: 3g
Sugars: 4g
Protein: 4g*

Balanced Choices - Pesto Chicken Phyllo Bake

Servings: 24

*2 1/8 pounds Phyllo Dough
8 3/4 ounces Balanced Choices Pesto
Sauce (use recipe)
3 3/4 pounds Roasted Red Bell
Pepper
3 Cups Egg Beaters® 99% egg
substitute
7 Pounds Chicken Breasts - Bonless
Skinless, Grilled - Julienned
3 pounds Marinara Sauce
2 Cups Parmesan Cheese, Grated
Portion is 12oz per person.*

Place 3 sheets of phyllo dough on a clean working surface. Brush the phyllo dough with the eggbeaters in between each sheet.

Cut the phyllo dough in half from top to bottom to form two pieces approximately 7" X 9".

In the center of each half, spread 1/2 a tablespoon of pesto sauce. Next, place 1 oz of roasted red bell pepper, and 3.5 ounces of grilled julienned chicken breasts on top of the pesto. Top with 2oz of marinara and 1 Tablespoon of grated parmesan cheese.

Roll the phyllo up like a burrito and brush the outside with the eggbeaters as well. Place on a sheet pan that has been sprayed with vegetable spray.

Bake in a pre-heated 400° oven until the phyllo is golden brown and the internal temperature has reached a minimum of 165° for 15 seconds.

Hold at a minimum internal temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 380
Total Fat: 7g
Saturated Fat 1.5g
Calories from fat: 17%
Cholesterol: 80mg
Sodium: 700mg
Carbohydrates: 35g
Fiber: 2g
Sugars 4g
Protein: 40g*

11/16/04 KG

Balanced Choices - Pesto Sauce

Servings: 24

3 Ounces Olive Oil
4 Ounces Basil, Fresh - Minced
1 Teaspoon Salt
2 Tablespoons Garlic, Fresh Minced
1/2 Ounce Pine Nuts, Crushed
5 ounces water
Portion is 1/2 ounce of pesto sauce.

Combine all ingredients in a food processor a blend on medium speed for 2 minutes.

Hold at a minimum temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 40
Total Fat: 4g
Saturated Fat .5g
Calories from fat: 90%
Cholesterol: 0mg
Sodium: 80mg
Carbohydrates: 1g
Fiber: 0g
Sugars 0g
Protein: 0g*

11/16/04 KG

***when used in other recipes (i.e.
phyllo bakes) the whole recipe meets
BC criteria*

11/3/04 KG

Balanced Choices - Pico De Gallo

Servings: 24

2 1/4 Pounds Tomatoes, Diced fine

6 Ounces Yellow Onion, Diced fine

6 Ounces Jalapenos, Minced

6 Ounces Lime Juice

1/2 Teaspoon Kosher Salt

1/2 Cup Cilantro, Fresh - Chopped

Portion is 2oz per person

Combine all ingredients and mix well. Hold at a maximum internal temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 15

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 45mg

Carbohydrates: 3g

Fiber: 1g

Sugars 1g

Protein: 0g

11/3/04 KG

Balanced Choices - Pita Chips with Poor Man's Caviar

Servings: 1

*1 6 inch Pita Bread, Cut into Chips
1 1/2 ounces Poor Mans Caviar, See
Recipe*

*Serving Size is 1 Pita cut into Wedges
with 2oz of Caviar
4 oz Total Weight*

Arrange the pita chips in an outtakes container.
Place the caviar in a solo cup and place in the
container with the pita chips.

Hold at a maximum internal temperature of 41°
at all times.

*Nutritional Information is provided
by "The Food Processor" - not
Mastercook.*

*Nutritional Information per serving:
Calories: 190
Total Fat: 1.5g
Saturated Fat 0g
Calories from fat: 7%
Cholesterol: 0mg
Sodium: 400mg
Carbohydrates: 38g
Fiber: 2g
Sugars: 2g
Protein: 6g*

11/3/04 KG

Balanced Choices - Poor Man's Caviar

Servings: 24

1 1/4 pounds Eggplant
1 1/4 tablespoons Olive Oil
7/8 cup Yellow Onion, Chopped
5/8 cup Green Bell Peppers, Chopped
5/8 cup Red Bell Peppers, Chopped
1 3/4 each Garlic Cloves, Minced
1/4 cup Parsley, Chopped
5/8 tablespoon Sugar
1 1/4 tablespoons Tomato, Chopped
1 1/4 tablespoons Lemon Juice
5/8 teaspoon Salt
5/8 teaspoon Pepper
5/8 teaspoon Dried Basil
1/16 teaspoon Pepper
9 5/8 fluid ounces Canned Crushed Tomatoes
Portion is 2oz

Perforate the eggplant with a fork ; place on a foil- lined baking sheet pan. Bake at 400 degree's for 45 minutes or until tender. Let it cool slightly, peel and finely chop. Place eggplant in a colander; let drain.

Heat oil in a large nonstick skillet over medium - high heat. Add onion, bell peppers, and garlic then saute until vegetables are tender. Stir in the eggplant, parsley, and the remaining ingredients. Cover, reduce heat, and simmer for 1 hour, stirring occasionally.

Remove from heat and cool to a maximum internal temperaturte of 41° within 4 hours.

Hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 20
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 45%
Cholesterol: 0mg
Sodium: 65mg
Carbohydrates: 4g
Fiber: 0g
Sugars: 1g
Protein: 1g

***this is served with pita chips, and therefore together as a snack meets BC criteria.*

11/3/04 KG

Balanced Choices - Ranchero Beans

Servings: 24

2 1/4 pounds Great Northern Beans, Dried - Picked - Rinsed - Drained

2 1/4 pounds Mexican Red Beans, Dried - Picked - Rinsed - Drained, cooled

3/4 cup Water

6 3/4 ounces Yellow Onions, Fresh - Minced

3 ounces Garlic, Fresh - Minced

1/8 cup Oregano, Fresh - Minced

1 1/8 tablespoons Salt

1 1/8 tablespoons Black Pepper, Ground

Serving size is 3oz

In a large sauce pan or stock pot, add total ingredients. Bring to a simmer for 10 minutes.

Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 80

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 300mg

Carbohydrates: 15g

Fiber: 4g

Sugars 1g

Protein: 5g

11/3/04 KG

Balanced Choices - Raspberry Mousse

Servings: 24

9 1/2 ounces raspberry mousse mix
2 3/8 pounds milk, skim
24 each raspberries
Portion Size is 2oz

Prepare mousse according to directions. Place single raspberry for each serving.

Hold at maximum temperature of 41°F at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 25
Total Fat: .5g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 25mg
Carbohydrates: 4g
Fiber: 0g
Sugars 0g
Protein: 2g

11/12/04 KG

Balanced Choices - Refried Beans

Servings: 24

3/8 can Pinto Beans, #10 Can with Liquid

3/4 tablespoon Lemon Juice

3/8 teaspoon Black Pepper, Ground

3/8 teaspoon Mrs. Dash

1/8 teaspoon Cayenne Pepper

3/4 teaspoon Cumin

3/8 tablespoon Chili Powder

3/8 teaspoon Salt

Serving Size is 3oz

Combine all ingredients in mixing bowl and blend with a burr mixer until smooth.

Hold at a maximum internal temperature of 41 degrees or lower until needed.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 70

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 4%

Cholesterol: 0mg

Sodium: 240mg

Carbohydrates: 14g

Fiber: 3g

Sugars 1g

Protein: 4g

11/12/04 KG

11/3/04 KG

Balanced Choices - Refried White Beans

Eurest @ USAA

Servings: 24

3 7/8 pounds navy beans, cooked

3/4 cup water

1/8 cup cilantro, chopped

2 1/4 teaspoons garlic, fresh, minced

3/4 tablespoon Minors chicken base, low sodium

3/8 teaspoon cumin powder

3/4 tablespoon Salt

1 1/2 tablespoons chili powder

1 1/2 tablespoons olive oil

Serving Size is 3oz

Puree cooked beans with remainder of ingredients.

Hold at internal temperature of 40 degrees or lower until needed.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 120

Total Fat: 1.5g

Saturated Fat 0g

Calories from fat: 11%

Cholesterol: 0mg

Sodium: 200mg

Carbohydrates: 20g

Fiber: 5g

Sugar 0g

Protein: 7g

11/3/04 KG

Balanced Choices - Rice Cakes with Apricot Cream Cheese Spread

Eurest Dining Services @ USAA

Servings: 4

8 ounces Fat Free Cream Cheese

2 tablespoons Apricot Preserves

5 each Rice Cakes

Serving size is 5 pieces of rice cakes (quartered) and 2 oz of Apricot Cream Cheese.

2.5oz Total Weight

Combine the first two ingredients in a large mixing bowl.

Hold at a maximum internal temperature of 41° at all times.

Cut the rice cakes into quarters. Portion 5 quarters with 2oz of the apricot spread in an outtakes container. Hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 120

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 10mg

Sodium: 260mg

Carbohydrates: 17g

Fiber: 0g

Sugars: 7g

Protein: 8g

11/3/04 KG

Balanced Choices - Rice Pilaf

Servings: 24

*18 ounces rice, white, Raw
39 fluid ounces Water
3/4 tablespoon canola oil
1 1/8 ounces chicken base, low sodium
9 3/4 ounces mushrooms, fresh, diced 1/4"
4 7/8 ounces yellow onions, fresh, diced 1/4"
1 1/8 teaspoons seasoned salt
1 1/2 tablespoons Italian Parsley, Chopped
Portion is 3oz of Rice Pilaf*

Combine canola oil, chicken base, mushrooms, onion and seasoned salt. Sauté for 6 to 8 minutes. Add rice and sauté for 1 minute. Add the water, bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat, place into a hotel pan, cover with foil. Bake in a 375°F standard (325°F convection) oven for 20 minutes. CCP - Minimum internal temperature should be 140°F or above. Uncover and stir gently. CCP - Hold hot (140°F or above) for service.

Garnish with the Italian parsley

*Nutritional Analysis Provided by
The Food Processor - Not
MasterCook.*

*Nutritional Information per serving:
Calories: 90
Total Fat: 0.5g
Saturated Fat 0g
Calories from fat: 8%
Cholesterol: 0mg
Sodium: 110mg
Carbohydrates: 18g
Fiber: 1g
Sugars 1g
Protein: 2g*

11/3/04 KG

Balanced Choices - Rigatoni with Bell Peppers, Olives, and Feta

Servings: 24

*1 cup chopped kalamata olives
4 tablespoons chopped fresh oregano
1 teaspoon salt
2 teaspoons crushed red pepper
8 1/4 teaspoons olive oil
2 Pounds Red Onion, Sliced Thin
2/3 Cup garlic cloves, Fresh Minced
2 3/4 Pounds red bell pepper strips, Julienned
2 3/4 Pounds green bell pepper strips, Julienned
3 cups water
12 pounds Rigatoni, cooked, hold hot
3 cups Crumbled Feta cheese
Portion is 12oz*

Combine first 4 ingredients in a Mixing Bowl set aside.

Heat oil in a tilt skillet over medium-high heat. Add onion; sauté 3 minutes or until tender. Add garlic; cook 1 minute. Stir in peppers. Cover; reduce heat, and cook 10 minutes. Add 1/2 cup water; cover and simmer an additional 10 minutes or until peppers are tender. Stir in olive mixture; Heat to an internal temperature of 145° for a minimum of 15 seconds. Hold at a minimum internal temperature of 140° for service.

Combine pasta and pepper mixture in a large bowl; toss well; Add feta cheese; toss gently to coat.

Hold at a minimum internal temperature of 140° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 350
Total Fat: 10g
Saturated Fat 3.5g
Calories from fat: 26%
Cholesterol: 15mg
Sodium: 460mg
Carbohydrates: 55g
Fiber: 4g
Sugars: 5g
Protein: 12g*

11/3/04 KG

11/3/04 KG

Balanced Choices - Roast Beef Sandwich

Servings: 24

*48 Slices White Bread
4 1/2 Pounds Deli Roast Beef,
Sliced Thin
3 Pounds Tomatoes, Sliced
24 Each Green Leaf Lettuce Leaves,
Cleaned
Portion is 1 Sandwich
7 oz Total Weight*

CCP - Hold The Roast Beef at a maximum temperature of 41° at all times.

To assemble a sandwich:

*2 Slices White Bread
3oz Deli Roast Beef
1 green leaf lettuce leaf
2oz sliced tomato*

CCP - If holding assembled sandwiches: Hold at a maximum temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 260
Total Fat: 4g
Saturated Fat 1g
Calories from fat: 14%
Cholesterol: 5mg
Sodium: 570mg
Carbohydrates: 44g
Fiber: 3g
Sugars 7g
Protein: 11g*

11/3/04 KG

Balanced Choices - Roast Pork Loin with Raisin Sauce

Eurest Dining Services @ USAA

Servings: 24

*6 Pounds Pork Loin
1 teaspoon Kosher Salt
1/4 teaspoon black pepper
1 1/2 Quarts Raisin Sauce
Raisin Sauce
8 Ounces Raisins
11 Ounces granulated sugar
1 3/4 Pints Water
1/2 Teaspoon Cinnamon, Ground
1/4 Teaspoon Cloves, Ground
5/8 Cup Lemon Juice
1 1/4 Cups Orange Juice
1 1/2 Ounces Cornstarch
Serving size is 3.5oz of Pork with 2 oz of Raisin Sauce*

Rub the pork loin with the salt and pepper. Cook in a preheated 350° oven until the internal temperature reaches 165° for a minimum of 15 seconds.

When the pork comes out of the oven, allow to rest for 10 minutes prior to slicing. Slice the pork into 3.5oz slices. Hold at a minimum temperature of 140° at all times.

1. Prepare Raisin Sauce: Combine raisins, sugar and water in a stock pot. Cover and simmer for 15 minutes.
2. Combine the cinnamon, cloves, lemon juice, orange juice and cornstarch. Mix Well. Stir into above. Simmer for 5 minutes until clear and the internal temperature has reached 165° for a minimum of 15 seconds. Hold at a minimum temperature of 140° at all times.

Serve 1 3.5oz slice of pork loin with 2oz of the raisin sauce.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 230
Total Fat: 6g
Saturated Fat 2g
Calories from fat: 23%
Cholesterol: 60mg
Sodium: 135mg
Carbohydrates: 17g
Fiber: 0g
Sugars 15g
Protein: 25g*

11/3/04 KG

Balanced Choices - Roast Pork on French Bread with Honey Mustard

Eurest Dining Services @ USAIA

Servings: 24

6 Pounds Pork Loin
1 teaspoon Salt
1/4 teaspoon black pepper
3/4 Cup Honey
3/4 Cup Yellow Mustard
24 Each Hoagie Roll, Split Lengthwise
24 each lettuce leaf
24 ounces tomato, sliced
Serving Size is 1 Sandwich.
approx 7oz Total Weight

Rub the pork loin with the salt and pepper. Cook in a preheated 350° oven until the internal temperature reaches 165° for a minimum of 15 seconds.

Cool pork to below 41 degrees F.

Combine the honey and mustard together. Reserve.

Slice the roast on a slicer to achieve a shaved product.

Grill the hoagie roll on a flat top griddle. Place 4 oz of the shaved pork loin on the roll and top with 1oz of the honey mustard.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

Nutritional Information per Serving:
Calories: 280
Total Fat: 7g
Saturated Fat 1.5g
Calories from Fat: 22%
Cholesterol: 75mg
Sodium: 560mg
Carbohydrates: 30g
Fiber: 2g
Sugars: 9g
Protein: 28g

11/12/04 KG

11/3/04 KG

Balanced Choices - Roasted Button Mushrooms

Eurest Dining Services @ USAA

Servings: 24

4 1/3 pounds Mushrooms, Small - Whole

1/2 teaspoon rosemary

1/2 teaspoon oregano

1/2 teaspoon basil

3 teaspoons olive oil

3/8 teaspoon salt

3/4 pinch pepper

Serving size is 3oz

- 1 Clean mushrooms and reserve.
2. Combine the olive oil, oregano, basil, rosemary, salt and pepper in a blender and thoroughly incorporate.
3. Toss the mushrooms in the mixture and allow to marinate for 30 minutes.
4. Place the marinated mushrooms in a 475° preheated oven on sheet pans - single layered.
5. Roast the mushrooms for 10 to 20 minutes until they have lightly caramelized and the internal temperature has reached 145° for a minimum of 15 seconds.
6. Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 25

Total Fat: .5g

Saturated Fat 0g

Calories from fat: 30%

Cholesterol: 0mg

Sodium: 45mg

Carbohydrates: 4g

Fiber: 1g

Sugars 1g

Protein: 2g

11/3/04 KG

Balanced Choices - Roasted Chicken Godfather Sandwich

Servings: 1

1/2 Each Hoagie Rolls
3 Ounces Chicken Breast, Cooked - Cooled - Julienned
3/4 Ounce Mozzarella - Part Skim, Sliced
2 Ounces Tomatoes, Sliced
2 Ounces Green Bell Peppers, Roasted - Cooled
1 Ounce Yellow Onions, Roasted - Cooled
3/4 Ounce Eurest Viniagrette
1 Ounce Marinara Sauce
Portion is 1 Open-Face Godfather Sandwich
12oz Total Weight

CCP - Hold all products at a maximum temperature of 41° at all times.

Combine the Marinara Sauce and the Vinaigrette.

To assemble a sandwich:

1/2 Hoagie roll
1.75 oz Marinara Mixture
3oz Julienned Chicken Breast
2 oz Sliced Tomato
1oz Roasted Peppers
1 oz Roasted Onions
3/4 oz Mozzarella Cheese

CCP - If holding assembled sandwiches: Hold at a maximum temperature of 41° at all times.

To Prepare: Bake the sandwich in a preheated 325° oven for 8-10 minutes. The internal temperature must reach 165° for a minimum of 15 seconds.

Or run the sandwich through an impinger oven until the internal temperature reaches 165° for a minimum of 15 seconds.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 460
Total Fat: 15g
Saturated Fat 4g
Calories from fat: 29%
Cholesterol: 85mg
Sodium: 700mg
Carbohydrates: 44g
Fiber: 7g
Sugars 11g
Protein: 40g

11/3/04 KG

Balanced Choices - Roasted Garlic Whipped Potatoes

Eurest Dining Services @ USAA

Servings: 243

30 3/8 ounces *Garlic Cloves, Roasted*

45 1/2 pounds *Potatoes, Whole - Peeled*

7 5/8 gallons *Water*

15 1/8 cups *milk, Whole*

11 3/8 teaspoons *salt*

11 3/8 teaspoons *paprika*

Serving size is 3oz

1 In a stock pot or kettle - boil the potatoes in the water for 20 minutes, or until they have cooked completely through and the internal temperature has reached a minimum temperature of 145° for a minimum of 15 seconds . Drain excess water.

2. Place the potatoes in a mixing bowl and mix on low speed until the potatoes are mashed.

3. Add the salt, pepper, roasted garlic and the milk while mixing on low speed - mix for 3 minutes.

4. Garnish with the paprika and hold at a minimum temperature of 140°.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 60

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 85mg

Carbohydrates: 14g

Fiber: 1g

Sugars 0g

Protein: 2g

11/8/04 KG

Balanced Choices - Roasted House Salsa

Eurest Dining Services @ USAA

Servings: 36

Roasted Salsa
2 Pounds Tomatoes, Cored - Quartered
1 Pound Yellow Onions, Peeled - Coarse Chopped
3 Ounces Jalapenos, Stemmed - Seeded
2 Ounces Cilantro, Fresh
2 Teaspoons Chili Powder
Serving Size is 1 oz

Roasted Salsa: Roast the tomatoes, jalapenos, and onions in a preheated 350° oven for 15 to 20 minutes. Remove from oven and place in a straight sided stock pot. Add the cilantro and chili powder. Blend together with a burr mixer until smooth (If you do not have a burr mixer, blend together in a food processor). Cool down to a maximum temperature of 41° within 4 hours. Reserve.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:
Calories: 10
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 0mg
Carbohydrates: 2g
Fiber: 0
Sugars 1g
Protein: 0g

11/3/04 KG

Balanced Choices - Roasted Pork Godfather Sandwich

Servings: 1

*1/2 Each Hoagie Rolls
2 1/2 Ounces Pork Loin, Cooked - Cooled - Sliced
3/4 Ounce Mozzarella - Part Skim, Sliced
2 Ounces Tomatoes, Sliced
1 Ounce Green Bell Peppers, Roasted
1 Ounce Yellow Onions, Roasted
1 1/2 Ounces Marinara Sauce
Portion is 1 Open-Face Godfather Sandwich
11oz Total Weight*

CCP - Hold all products at a maximum temperature of 41° at all times.

To assemble a sandwich:

*1/2 Hoagie roll
3oz Roasted Pork Loin - Sliced Thin
2 oz Sliced Tomato
1oz Roasted Peppers
1 oz Roasted Onions
1.5 oz Marinara Sauce*

CCP - If holding assembled sandwiches: Hold at a maximum temperature of 41° at all times.

To Prepare: Bake the sandwich in a preheated 325° oven for 8-10 minutes. The internal temperature must reach 165° for a minimum of 15 seconds.

Or run the sandwich through an impinzer oven until the internal temperature reaches 165° for a minimum of 15 seconds.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

*Nutritional Information per serving:
Calories: 430
Total Fat: 14g
Saturated Fat 5g
Calories from fat: 29%
Cholesterol: 70mg
Sodium: 680mg
Carbohydrates: 45g
Fiber: 7g
Sugars 12g
Protein: 34g*

11/3/04 KG

Balanced Choices - Roasted Roma Vegetables

Servings: 24

1 1/2 pounds Zucchini, 1/2" Bias Cut

1 1/2 pounds Baby Carrots, Steamed - Chilled

1 1/2 pounds Red Onion, 1/2 " Diced

3 3/4 each Green Bell Pepper, 1/2 " Diced

3/4 tablespoon Olive Oil

3/8 cup Balsamic Vinegar

3/4 teaspoon Basil, Dried

3/4 teaspoon Thyme, Dried

3/8 teaspoon Black Pepper, Ground

Serving size is 3oz

Combine all vegetables in a mixing bowl.

In a separate mixing bowl, combine the oil, vinegar and spices.

Pour over the vegetables and coat thoroughly.

Place vegetables on a parchment lined sheet pan and roast in a pre-heated 375° oven for 20 minutes or until the vegetables are tender.

CCP - Hold the vegetables at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 30

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 18%

Cholesterol: 0mg

Sodium: 20mg

Carbohydrates: 6g

Fiber: 1g

Sugars 3g

Protein: 1g

11/3/04 KG

Balanced Choices - Roasted Tomatoes

Servings: 24

*4 1/2 pounds plum tomato, diced
1/2"
3/4 tablespoon olive oil
3/4 teaspoon salt
3/4 teaspoon black pepper, ground
3/4 teaspoon granulated sugar
4 1/2 teaspoons garlic, fresh, minced
portion is one 3oz. serving*

Combine all ingredients. Spread on sheet pan and roast in a preheated 425°F standard oven for 6 minutes or until lightly browned.
CCP--Minimum internal temperature should be 140°F or above. CCP- hold hot (140° F or above) for use.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 25
Total Fat: .5g
Saturated Fat 0g
Calories from fat: 30%
Cholesterol: 0mg
Sodium: 65mg
Carbohydrates: 4g
Fiber: 1g
Sugars: 2g
Protein: 1g*

11/3/04 KG

Balanced Choices - Roasted Turkey Breast

Servings: 24

*5/8 Teaspoon kosher salt
5/8 teaspoon black pepper
5 3/4 pounds Turkey breast
1 1/8 ounces yellow onions, fresh,
diced 1/4"
1 1/8 ounces celery, fresh, diced
1/4"
1 1/2 cups water
Serving Size is 4oz*

**Thaw turkey in refrigerator at 41 °F or below.
Preheat standard oven to 350°F.**

Place turkey on wire rack in roasting pan and season with the salt and pepper. Top with onion and celery. Add water to pan to a depth of 1/4" and cover the pan with foil . CCP- Roast to minimum internal temperature of 170° to 175°F for 15 seconds. About 23 minutes per pound.

Note: If pan becomes dry, add 2 cups water at a time. Do not pour over meat.

Remove roast from oven. Let stand in warm place for 45 minutes before carving. Save drippings to make gravy or au jus. CCP -- Slice and hold hot (140° F or above) for service or cool quickly (per HACCP) to internal temperature of 40°F or below.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 120
Total Fat: 1.5g
Saturated Fat 0g
Calories from fat: 11%
Cholesterol: 45mg
Sodium: 160mg
Carbohydrates: 0g
Fiber: 0g
Sugars: 0g
Protein: 28g*

11/3/04 KG

Balanced Choices - Roasted Vegetable Godfather Sandwich

Servings: 1

*1/2 Each Hoagie Rolls
3/4 Ounce Mozzarella - Part Skim
- Reduced Fat, Sliced
2 Ounces Portobello Mushroom,
Roasted - Cooled - Sliced
2 Ounces Tomatoes, Sliced
2 Ounces Green Bell Peppers,
Roasted
1 Ounce Yellow Onions, Roasted
1 Ounce Marinara Sauce
1 1/2 Tablespoons Eurest
Viniagrette
Portion is 1 Open-Face Godfather
Sandwich
11.5 oz Total Weight*

CCP - Hold all products at a maximum temperature of 41° at all times.

Combine the Marinara Sauce and the Vinaigrette.

To assemble a sandwich:

1/2 Hoagie roll
1.75 oz Deli Marinara Mixture
2 oz Roasted Portobello Mushrooms
2 oz Sliced Tomato
1oz Roasted Peppers
1 oz Roasted Onions
3/4 oz Mozzarella Cheese

CCP - If holding assembled sandwiches: Hold at a maximum temperature of 41° at all times.

To Prepare: Bake the sandwich in a preheated 325° oven for 8-10 minutes. The internal temperature must reach 145° for a minimum of 15 seconds.

Or run the sandwich through an impinzer oven until the internal temperature reaches 145° for a minimum of 15 seconds.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 350
Total Fat: 12g
Saturated Fat 3.5g
Calories from fat: 30%
Cholesterol: 10mg
Sodium: 640mg
Carbohydrates: 47g
Fiber: 8g
Sugars 13g
Protein: 14g*

11/3/04 KG

Balanced Choices - Roasted Vegetable Pasta Bake

Servings: 24

3 Pounds Zucchini, 1/2" Bias Cut

3 Pounds Baby Carrots, Steamed - Chilled

3 Pounds Red Onion, 1/2 " Diced

7 Each Green Bell Pepper, 1/2 " Diced

1 Tablespoon Olive Oil

1/2 Cup Balsamic Vinegar

1 Teaspoon Basil, Dried

1 Teaspoon Thyme, Dried

1/2 Teaspoon Black Pepper, Ground

4 1/2 Pounds Marinara sauce

6 Pounds Mostaccioli, Cooked - Drained

24 Ounces Mozzarella Cheese - Part Skim, Shredded

1 1/2 Cups Parmesan cheese, Grated

Portion is 1 pasta bake per person.

15oz Total Weight

Combine all vegetables in a mixing bowl.

In a separate mixing bowl, combine the oil, vinegar and spices.

Pour over the vegetables and coat thoroughly.

Place vegetables on a parchment lined sheet pan and roast in a pre-heated 375° oven for 20 minutes or until the vegetables are tender.

In a mixing bowl, combine the Roasted Vegetables, cooked mostaccioli pasta, and marinara sauce.

In a Rarebit - place 10 oz of the mixture, cover, and bake in a preheated 350° oven until the internal temperature reaches 165° for a minimum of 15 seconds.

Top the pasta dish with 1oz of mozzarella cheese and 1oz of parmesan cheese. hold at a minimum of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 360

Total Fat: 8g

Saturated Fat 4.5g

Calories from fat: 20%

Cholesterol: 15mg

Sodium: 630mg

Carbohydrates: 54g

Fiber: 7g

Sugars 13g

Protein: 16g

11/3/04 KG

Balanced Choices - Roasted Vegetable Phyllo Bake

Servings: 24

*36 Sheets Phyllo Dough
56 Ounces Marinara Sauce
10 1/2 Pounds Roasted Vegetables
(use recipe)
1 2/3 Cups Egg Beaters® 99% egg
substitute
2 3/4 Cups Parmesan Cheese,
Grated
Portion is 12oz per person.*

Place 3 sheets of phyllo dough on a clean working surface. Brush the phyllo dough with the eggbeaters in between each sheet.

Cut the phyllo dough in half from top to bottom to form two pieces approximately 7" X 9".

In the center of each half, spread 2oz of the marinara sauce. Next, place 4 oz of roasted vegetables on top of the marinara sauce. Top with 1 Tablespoon of grated parmesan cheese.

Roll the phyllo up like a burrito and brush the outside with the eggbeaters as well. Place on a sheet pan that has been sprayed with vegetable spray.

Bake in a pre-heated 400° oven until the phyllo is golden brown and the internal temperature has reached a minimum of 155° for 15 seconds.

Hold at a minimum internal temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 300
Total Fat: 4g
Saturated Fat 1g
Calories from fat: 12%
Cholesterol: 5g
Sodium: 670mg
Carbohydrates: 52g
Fiber: 5g
Sugars 5g
Protein: 11g*

11/10/04 KG

Balanced Choices - Roasted Vegetable Pita

Servings: 24

*6 each Eggplant
6 tablespoons Parsley, Fresh Chopped
3/4 cup Lemon Juice, Fresh
6 teaspoons Olive Oil
1 1/2 teaspoons Salt
3/4 teaspoon Pepper
6 teaspoons Garlic, Fresh - Minced
12 each Red Bell Pepper
6 cups Navy Beans, Cooked and Drained
2 Tablespoons Cumin, Ground
12 each Wheat Pita Bread Rounds
3 cups Plain Yogurt
3/4 cup Green Onions, Chopped
24 Each Green Leaf Lettuce Leaves
Serving Size is 1 Pita Sandwich
11.25 oz Total Weight*

Peel the eggplant and cut into 1" pieces.

Cut the peppers into 1" pieces.

Combine the Vegetables, olive oil, salt, pepper and garlic and place on a sheet pan in a preheated 400° oven and bake for 12 - 15 minutes or until the eggplant is tender. Reserve and hold at a minimum temperature of 140° at all times.

Combine the navy beans and the cumin in a saute pan and heat until the internal temperature has reached 140° for a minimum of 15 seconds. Reserve and hold at a minimum temperature of 140° at all times.

To assemble: Cut the pita rounds in half to form 24 pockets. In each pita layer 1 leaf of lettuce, 2oz of yogurt, 3oz roasted vegetables and 2oz of navy beans. Garnish with green onions and serve immediately.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 220
Total Fat: 3g
Saturated Fat 0g
Calories from fat: 12%
Cholesterol: 0mg
Sodium: 320mg
Carbohydrates: 41g
Fiber: 6g
Sugars 3g
Protein: 10g*

11/10/04 KG

Balanced Choices - Roasted Vegetables for Phyllo Bake

Servings: 24

25 ounces Zucchini, 1/2" Bias Cut

25 ounces carrots, Steamed - Chilled

25 ounces Red Onion, 1/2 " Diced

4 Each Green Bell Pepper, 1/2 "

Diced

2 1/4 teaspoons Olive Oil

6 tablespoons Balsamic Vinegar

3/4 Teaspoon Basil, Dried

3/4 Teaspoon Thyme, Dried

3/8 Teaspoon Black Pepper,

Ground

Serving size is 4oz

Combine all vegetables in a mixing bowl.

In a separate mixing bowl, combine the oil, vinegar and spices.

Pour over the vegetables and coat thoroughly.

Place vegetables on a parchment lined sheet pan and roast in a pre-heated 375° oven for 20 minutes or until the vegetables are tender.

CCP - Hold the vegetables at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 40

Total Fat: .5g

Saturated Fat 0g

Calories from fat: 11%

Cholesterol: 0mg

Sodium: 30mg

Carbohydrates: 8g

Fiber: 2g

Sugars 4g

Protein: 1g

11/10/04 KG

Balanced Choices - Roasted Zucchini

Eurest Dining Services @ USAA

Servings: 24

4 1/3 pounds Zucchini, Fresh Sliced
1/2"

3/4 teaspoon Basil, Dry

3/4 teaspoon Salt

3/8 teaspoon Pepper, Ground

3/4 teaspoon Oregano, Dried

3/4 teaspoon Garlic, Granulated

3/4 tablespoon Olive Oil

Serving size is 3oz

Mix the spices together first, then mix into the zucchini.

Roast the vegetables in a preheated 350° oven for 6 minutes or until the zucchini is al dente.

6. Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories 20

Total Fat: .5 g

Saturated Fat 0g

Calories from fat: 23%

Cholesterol: 0mg

Sodium: 60mg

Carbohydrates: 3g

Fiber: 1g

Sugars: 0g

Protein: 2g

11/10/04 KG

12/7/04 KG

Balanced Choices - Santa Fe Beef Pita

Servings: 24

Sante Fe Mayonnaise
3/4 Cup Fat Free Mayonaisse
3/4 Cup Medium Picante Sauce
Sante Fe Corn Blend
3 Cups Corn, Frozen - Thawed
3/4 Cup Black Beans, Canned - Drained
2 Tablespoons Yellow Onions, Minced
1 Ounce Red Bell Pepper, Minced
24 Each Whole Wheat Pita Bread, Whole Rounds
3 Pounds Beef Fajita Strips, Cooked
12 Ounces Low Fat Colby Jack Cheese, Shredded
24 Ounces Iceburg Lettuce, Shredded
24 Ounces Tomatoes, Fresh - Diced
Portion is 1 Pita Sandwich
8 oz Total Weight

Prepare the Sante Fe Mayonnaise by mixing the two ingredients together. Reserve and hold at a maximum temperature of 41°.

Prepare the Sante Fe Corn Blend by mixing all four ingredients together. Reserve and hold at a maximum temperature of 41°.

Cook the fajita beef to an internal temperature of 165° for a minimum of 15 seconds. Cool to a Maximum temperature of 41° within 4 hours.

Keep all ingredients at a Maximum temperature of 41° for service.

To assemble: Prepare the sandwich in this order.

Whole Pita Round on Bottom.
1 TBL Mayonnaise
1/2 oz Corn Blend
2 oz Fajita Beef
1/2 oz Cheese
1 oz Lettuce
1 oz Tomato

Serve immediately.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 330
Total Fat: 9g
Saturated Fat 4g
Calories from fat: 24%
Cholesterol: 40mg
Sodium: 660mg
Carbohydrates: 41g
Fiber: 6g
Sugars 2g
Protein: 23g

11/10/04 KG

Balanced Choices - Santa Fe Chicken Pita

Servings: 24

Sante Fe Mayonnaise

3/4 Cup Fat Free Mayonaisse

3/4 Cup Medium Picante Sauce

Sante Fe Corn Blend

3 Cups Corn, Frozen - Thawed

3/4 Cup Black Beans, Canned - Drained

2 Tablespoons Yellow Onions, Minced

1 Ounce Red Bell Pepper, Minced

24 Each Whole Wheat Pita Bread, Whole Rounds

3 Pounds Chicken Breast, Cooked - Julienneed

12 Ounces Low Fat Colby Jack Cheese, Shredded

24 Ounces Iceburg Lettuce, Shredded

24 Ounces Tomatoes, Fresh - Diced

Portion is 1 Pita Sandwich

8 oz Total Weight

Prepare the Sante Fe Mayonnaise by mixing the two ingredients together. Reserve and hold at a maximum temperature of 41°.

Prepare the Sante Fe Corn Blend by mixing all four ingredients together. Reserve and hold at a maximum temperature of 41°.

Cook the Chicken to an internal temperature of 165° for a minimum of 15 seconds. Cool to a Maximum temperature of 41° within 4 hours.

Keep all ingredients at a Maximum temperature of 41° for service.

To assemble: Prepare the sandwich in this order.

Whole Pita Round on Bottom.

1 TBL Mayonnaise

1/2 oz Corn Blend

2 oz Chicken

1/2 oz Cheese

1 oz Lettuce

1 oz Tomato

Serve immediately.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 300

Total Fat: 6g

Saturated Fat 2.5g

Calories from fat: 18%

Cholesterol: 45mg

Sodium: 660mg

Carbohydrates: 41g

Fiber: 6g

Sugars: 2g

Protein: 24g

11/10/04 KG

Balanced Choices - Santa Fe Corn Salad

Servings: 24

12 cups Corn, Frozen - Thawed

3 cups Black Beans, Canned -

Drained

6 tablespoons Yellow Onions, Minced

3 ounces Red Bell Pepper, Minced

Portion is 4 oz

Prepare the Sante Fe Corn Blend by mixing all four ingredients together. Reserve and hold at a maximum temperature of 41°.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 100

Total Fat: 1g

Saturated Fat 0g

Calories from fat: 9%

Cholesterol: 0mg

Sodium: 105mg

Carbohydrates: 22g

Fiber: 4g

Sugars: 3g

Protein: 4g

11/3/04 KG

Balanced Choices - Sauteed Mushrooms

Eurest Dining Services @ USAA

Servings: 24

*3/4 fluid ounce Canola Oil
1 1/8 tablespoons Lemon Juice,
Fresh
4 1/2 pounds Mushrooms, sliced
1/2" thick
1/2 teaspoon White Pepper, Ground
Serving size is 3oz*

Wash and drain the mushrooms prior to slicing.

On a preheated flat top griddle or tilt skillet. Saute the mushrooms in the oil and the lemon juice for 3 - 4 minutes.

Season with the pepper and remove from the heat.

Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

*Calories: 25
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 26%
Cholesterol: 0mg
Sodium: 5mg
Carbohydrates: 4g
Fiber: 1g
Sugars: 1g
Protein: 2g*

11/3/04 KG

Balanced Choices - Seafood (Surimi) Vegetable Stir-Fry

Servings: 24

28 ounces Vegetable broth, low sodium

28 ounces Vegetable broth, low sodium

2 1/8 pounds white rice, cooked

5 1/2 tablespoons canola oil

3 1/4 tablespoons garlic, fresh, minced

2 3/4 teaspoons Chinese sesame seed oil

22 ounces broccoli florets, fresh

7 1/4 ounces mushrooms, fresh, sliced, 1/4"

30 1/2 ounces carrots, fresh, sliced, 1/4"

22 1/2 ounces yellow onions, fresh, julienned, 1/4"

14 1/2 ounces green peppers, fresh, julienned 1/4" x 1/4" x 2"

22 ounces celery, fresh, diagonal cut 1/4"

3 1/4 pounds surimi mini cuts, thawed, drained

7 1/4 ounces bean sprouts, fresh

6 1/2 teaspoons ginger, ground

8 1/2 tablespoons soy sauce, low sodium

4 1/4 tablespoons cornstarch

Portion Size is 12oz

Prepare vegetable broth and rice according to recipes. CCP - Hold rice hot (140°F or above) for service.

Heat vegetable oil, garlic and sesame oil in saute pan or wok.

Combine broccoli florets, mushrooms, carrots, onions, green peppers and celery. Add to above and quickly cook or "stir fry" until vegetables are cooked but still crisp.

Add 1st listed vegetable broth. Cover pan and steam vegetables for 1 minute.

Add surimi and bean sprouts. CCP - Cook until minimum internal temperature is 140°F or above.

Combine ginger, soy sauce, cornstarch and 2nd listed vegetable broth. Mix well. Add to above, tossing to coat all ingredients. Cook until slightly thickened. CCP - Hold hot (140°F or above) for service. Serve immediately.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 200

Total Fat: 5g

Saturated Fat .5g

Calories from fat: 23%

Cholesterol: 20mg

Sodium: 390mg

Carbohydrates: 26g

Fiber: 3g

Sugars: 3g

Protein: 14g

11/3/04 KG

Balanced Choices - Sesame Bread Sticks

Servings: 1

*3 Ounces Pizza Dough
1/8 Teaspoon Mrs Dash Seasoning
1/4 Teaspoon Sesame Seeds
1/8 Ounce Vegetable Cooking Spray
1/8 Teas Black Pepper
Portion Size is 3oz total weight*

Roll the pizza dough until it is 1/16 of an inch thick. Cut into strips.

Spray the pizza dough with the vegetable cooking spray and evenly sprinkle the seasonings and sesame seeds onto it.

Bake in a preheated 350° oven until golden brown.

Allow to cool then bundle together and band with a piece of parchment paper and then an outtakes band lable. (See Picture)

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 230
Total Fat: 3.5g
Saturated Fat 0g
Calories from fat: 14%
Cholesterol: 0mg
Sodium: 570mg
Carbohydrates: 41g
Fiber: 1g
Sugars 4g
Protein: 8g*

11/3/04 KG

Balanced Choices - Sesame Soba Noodle Salad

Servings: 24

5/8 cup Soy sauce, low sodium

3/8 cup water

5/8 cup chinese rice wine

3/8 cup unseasoned rice vinegar

1/4 cup granulated sugar

2 1/3 teaspoons garlic, fresh, minced

1 1/2 ounces ginger root, fresh, minced

1/4 cup chinese sesame seed oil

2 1/3 tablespoons sesame seed

3 1/8 ounces Green onion, tops only, sliced 1/4" thick

3 7/8 pounds Lo Mein Noodles, Cooked

9 1/4 ounces red peppers, julienned 1/4" x 1/4" x 2"

3 7/8 ounces carrots, julienned 1/4" x 1/4" x 2"

1 1/2 ounces spinach, fresh, chiffonade

9 1/4 ounces shiitake mushrooms, fresh, sliced 1/4" thick

makes 3 ounce servings

Combine soy sauce, 1st listed water, wine, vinegar, sugar, garlic, ginger, oil, sesame seed and onion for dressing. Mix until well-blended. Stir well before use.

Separately blanch the red pepper, carrot, spinach and mushrooms just to bring out their color. Shock in ice water. Drain well.

Combine noodles, vegetables and dressing. Toss to evenly coat and distribute. CCP -- Hold refrigerated at internal temperature of 41°F or below for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 120

Total Fat: 3g

Saturated Fat .5g

Calories from fat: 23%

Cholesterol: 15mg

Sodium: 190mg

Carbohydrates: 18g

Fiber: 1g

Sugars 1g

Protein: 4g

11/3/04 KG

2.705 KG

Balanced Choices - Shrimp Jambalaya

Eurest Dining Services @ USAA

Servings: 24

Yield: 9 Pounds

5 Ounces canola oil

14 1/2 ounces Onion, Chopped -
Raw

10 ounces Green Bell Pepper,
Chopped - Raw

1 1/2 teaspoons garlic cloves, Minced

2 pounds Rice, Uncooked

29 ounces Shrimp, Pieces - Raw -
P&D

17 1/2 Ounces Ham, Paysanne Cut

3 ounces Low Sodium Chicken Base,
Minor's

8 1/2 cups Water

8 1/2 cups Tomatoes, canned, Diced
in Juice

1 tablespoon Lemon Juice

1/4 teaspoon White Pepper, Ground

1/3 teaspoon Kosher Salt

1 tablespoon Sugar, Granulated

2 1/4 teaspoons Worcestershire
sauce, Low Sodium

1/4 teaspoon tabasco sauce

23 ounces okra, frozen

Serving size is 6oz

Combine the low sodium chicken base and water. Reserve.

1. In a tilt skillet or kettle, saute the onion, garlic, and peppers in the margarine until tender.

2. Stir in rice, ham, and shrimp. Mix well.

3. Add the tomatoes, low sodium chicken broth, lemon juice, pepper, salt, sugar, worcestershire sauce, Tabasco and okra. Bring to a boil. Remove from heat and cover.

4. Place in a preheated 375° oven for 1 to 1 1/2 hours until the rice is tender and the liquid has been absorbed and the internal temperature reaches a minimum of 165° for 15 seconds.

5. Hold at a minimum temperature of 140° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 290

Total Fat: 8g

Saturated Fat 1g

Calories from fat: 26%

Cholesterol: 60mg

Sodium: 660mg

Carbohydrates: 41g

Fiber: 2g

Sugars 5g

Protein: 15g

11/3/04 KG

Balanced Choices - Southwest Chicken Tortilla Grille

Servings: 1

*3 Ounces Chicken Breast, Boneless - Skinless
2 Ounces Pico De Gallo
1 Ounce Diced Green Chilis, Roasted
1 Pinch freshly ground pepper
Cooking spray
1 Each 10" Whole Wheat Tortilla, Low Fat
1/2 Ounce Low Fat Cheddar Cheese, Alpine Cheese
Portion is 1 Chicken Tortilla Grill
8oz Total Weight*

Grill the chicken breast on a pre-heated charbroiler until the internal temperature reaches 165° for a minimum of 15 seconds. Remove from heat and sliced into thin julienne strips. Hold at a minimum temperature of 140°.

On a pre-heated flat top griddle; Place the tortilla on the griddle to warm.

Combine the pico de gallo, green chilies, pepper and chicken breast together and saute on the flat top griddle until the internal temperature reaches 165° for a minimum of 15 seconds.

Place the sauteed chicken mixture on 1 half of the tortilla. Top with .5 oz of cheese and fold the tortilla over on itself.

Serve Immediately.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

*Nutritional Information per Serving:
Calories: 210
Total Fat: 4g
Saturated Fat 2g
Calories from Fat: 17%
Cholesterol: 55mg
Sodium: 590mg
Carbohydrates: 25g
Fiber: 3g
Sugars: 3g
Protein: 28g*

11/4/04 KG

Balanced Choices - Spaghetti and Turkey Meatballs

Servings: 24

6 Pounds Wellness 1oz Meatballs, Turkey

*9 Pounds Spaghetti, Cooked
5 1/2 Pounds Marinara sauce, Canned*

1 1/2 Cups Parmesan cheese, Grated

Portion is 5oz of pasta with 4oz of meatballs, 3oz of marinara sauce and 1oz of parmesan cheese.

Prepare the meatballs according to the recipe.
Hold at a minimum temperature of 140°

Cook the Spaghetti noodles and hold at a minimum temperature of 140° for service.

Heat the marinara sauce to an internal temperature of 165° for a minimum of 15 seconds. Hold at a minimum temperature of 140° for service

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 430

Total Fat: 7g

Saturated Fat 2g

Calories from fat: 15%

Cholesterol: 75mg

Sodium: 640mg

Carbohydrates: 55g

Fiber: 4g

Sugars: 7g

Protein: 27g

11/4/04 KG

Balanced Choices - Spinach and Mushroom Breakfast Frittata

Servings: 24

12 cups Egg Beaters® 99% egg substitute

2 teaspoons Kosher Salt

1 teaspoon Ground White Pepper

2 teaspoons Olive Oil blend

24 ounces Spinach, Freshly ground

8 ounces Mushrooms, Fresh - Sliced

Serving size is 1 wedge.

5oz Total Weight

Combine Eggbeaters with salt and pepper - Reserve. CCP Hold at a maximum temperature of 41° at all times.

Heat the olive oil in a non-stick ovenable saute pan. Add the spinach and mushrooms and saute for 6 - 7 minutes or until the product is heated through.

Add the Eggbeater mixture and cook over medium heat, stirring as necessary to ensure even cooking without burning.

When the frittata is almost set, place the saute pan in a broiler and cook until the top is just slightly browned and the internal temperature has reached a minimum of 155° for 15 seconds. Or - Place pan in a preheated 375° oven and bake for 15 minutes until the internal temperature has reached 155° for a minimum of 15 seconds.

CCP - Hold at a minimum temperature of 140° during service.

To Serve: Cut the frittata into 6 wedges and serve. Portion is one wedge.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 60

Total Fat: .5g

Saturated Fat 0g

Calories from fat: 8%

Cholesterol: 0mg

Sodium: 340mg

Carbohydrates: 2g

Fiber: 1g

Sugars 1g

Protein: 11g

11/4/04 KG

1.18.05 KG ↗ DP

Balanced Choices - Spinach Pasta

Servings: 24

*1 2/3 gallons Water
2 1/4 pounds Spinach fettucine, dry
makes 3 ounce servings*

Bring water to a full rolling boil.

Add spinach noodles to boiling water. Stir while returning to a brisk boil. Reduce heat. Simmer for 3 to 5 minutes or until just tender. CCP- Minimum internal temperature should be 140°F or above. Drain. Use immediately.

If holding for 1/2 hour or longer before serving, drain and "shock" under cold running water. Drain. Hold in cool place.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 230
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 8%
Cholesterol: 0mg
Sodium: 190mg
Carbohydrates: 46g
Fiber: 2g
Sugars: 1g
Protein: 10g*

11/4/04 KG

Balanced Choices - Spinach Pinwheels

Servings: 1

2 Ounces Spinach, Fresh - Chopped

1 Each Low Fat Whole Wheat Tortilla

1 1/2 Ounces Fat Free Cream Cheese

2 ounces Yellow Onions, Minced

Portion Size is 7oz total weight

On a preheated Flat Top griddle, saute the onions and spinach together until the onions are transparent. Remove from griddle and cool to a maximum internal temperature of 41° within four hours.

Spread the cream cheese evenly over the tortilla and top with the spinach and onion mixture. Roll the tortilla up in one direction and cut into 1" strips.

Place the pinwheels in an outtakes container and hold at a maximum internal temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 160

Total Fat: 4.5g

Saturated Fat .5g

Calories from fat: 25%

Cholesterol: 5mg

Sodium: 570mg

Carbohydrates: 19g

Fiber: 6g

Sugars 4g

Protein: 13g

11/4/04 KG

Balanced Choices - Steamed Broccoli and Cauliflower

Servings: 24

*2 1/4 pounds broccoli florets
2 1/4 pounds cauliflower flowerets
Serving size is 3oz*

Place vegetables in a steamer and cook for 3 minutes or until tender.

Sprinkle with the pepper and serve.

CCP - Hold the vegetables at a minimum temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 20
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 20mg
Carbohydrates: 4g
Fiber: 2g
Sugars 1g
Protein: 2g*

11/4/04 KG

Balanced Choices - Steamed New Potatoes with Garlic

Eurest Dining Services @ USAA

Servings: 24

*4 1/2 pounds Red Potatoes "B",
Hahed*

*1 7/8 ounces Parsley, Fresh -
Chopped*

*3/4 tablespoon Garlic, Whole Cloves
3/8 teaspoon Black Pepper, Ground*

Serving size is 3oz

Steam the potatoes until fork tender.

Toss with the first listed parsley.

Toss garlic with potatoes and black pepper hold hot in a 200 hotel pan for service at a minimum temp. of 140 degrees.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 60
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 5mg
Carbohydrates: 13g
Fiber: 1g
Sugars: 1g
Protein: 2g*

11/4/04 KG

Balanced Choices - Steamed Rice

Eurest Dining Services @ USAA

Servings: 24

Yield: 5 5/8 pounds

3 cups Rice

3/4 gallon Water

Serving Size is 3oz of Steamed Rice

1. In a stock pot- Boil the rice in the water until the water has been absorbed and the rice is tender.

2. Hold at a minimum temperature of 140°.

Nutritional Information is Provided by "The Food Processor" - not MasterCook

Nutritional Information per Serving:

Calories: 110

Total Fat: 0g

Saturated Fat 0g

Calories from Fat: 0%

Cholesterol: 0mg

Sodium: 0mg

Carbohydrates: 24g

Fiber: 1g

Sugars -g

Protein: 2g

11/4/04 KG

Balanced Choices - Stir Fried Chinese Cabbage

Servings: 24

*48 ounces Chinese cabbage, Chopped Coarse
12 ounces Carrots, Fresh - Grated
6 ounces Green Onion, Chopped
12 teaspoons Garlic, Fresh - Minced
6 teaspoons Sesame Oil
6 fluid ounces soy sauce - Lite*
Serving size is 3oz

In a preheated skillet on high heat. Add the sesame oil and heat just to the smoke point. Add the Cabbage, Carrots, Garlic and Green Onion. Quickly saute until the cabbage has just become tender and a light browning has occurred. Add the soy sauce and stir only until coated. Remove from heat immediately by removing product from pan.

Hold at a minimum temperature of 140° for service.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

*Nutritional Information per serving:
Calories: 25
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 40%
Cholesterol: 0mg
Sodium: 370mg
Carbohydrates: 3g
Fiber: 1g
Sugars 1g
Protein: 1g*

11/10/04 KG

Balanced Choices - Strawberry Banana Pie

Servings: 10

*1 each graham cracker crumb pie crust
1/3 ounce splenda (No Calorie Sweetner)
3 tablespoons cornstarch
1 1/4 cups cranberry-apple drink
2 cups strawberries
2 cups banana
Serving Size is 1/8 of a Pie
6oz Total Weight Per Serving*

To make the glaze, combine the sugar and cornstarch in a medium sauce pan, slowly stir in the juice, place over a medium heat and bring to a boil, stirring constantly.

Reduce the heat to low, and cook and stir for another minute. Remove the pan from the heat, and set aside for 15 minutes.

Stir the glaze, and spoon a thin layer over the bottom of the pie crust, arrange half of the strawberries and half of the bananas over the bottom of the crust.

Spoon half of the remaining glaze over the fruit, arrange the rest of the fruit over the glaze, and top with the remaining glaze.

Chill for several hours at a maximum temperature of 41° until glaze is set. Cut into wedges and serve cold.

Hold at a maximum temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

*Calories: 200
Total Fat: 6g
Saturated Fat 1.5g
Calories from fat: 27%
Cholesterol: 0mg
Sodium: 140mg
Carbohydrates: 37g
Fiber: 2g
Sugars: 21g
Protein: 2g*

11/10/04 KG

Balanced Choices - Summer Squash Medley

Eurest Dining Services @ USAA

Servings: 24

*1 1/2 pounds Summer Squash,
Sliced 1/2" thick
1 1/2 pounds Zucchini, Sliced 1/2"
Thick
1 1/2 pounds Red Bell Peppers,
Diced 1"
3/4 quart Water
3/4 tablespoon Low Sodium
Vegetable Base
3/4 tablespoon Basil, Fresh -
Chopped
3/4 tablespoon Oregano, Fresh -
Chopped
3/4 tablespoon Garlic, Fresh -
Minced
3/4 teaspoon Black Pepper, Ground
Serving size is 3oz*

1 Clean the squash and zucchini before slicing.

Combine the water and the low-sodium vegetable base together - reserve.

In a large mixing bowl, combine all remaining ingredients and toss well to coat.

Place the seasoned vegetables in a hotel pan and pour the vegetable stock on top.

Cover the pan with aluminum foil and bake in a preheated 350° oven for 30 minutes or until the vegetables are Al Dente.

6. Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 10
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 15mg
Carbohydrates: 2g
Fiber: 1g
Sugars 1g
Protein: 1g*

11/4/04 KG

Balanced Choices - Supreme Beef Pita

Servings: 1

*3 Ounces Flank Steak, Raw,
Julienneed*

1 Pinch Black Pepper

1 Pinch Cayenne Pepper

1 Pinch Salt

1 Ounce Fat Free Sour Cream

*1 Ounce Low Fat Cheddar Cheese,
Alpine Lace*

1 Ounce Pico De Gallo

1 Each Green leaf Lettuce Leaf

1/2 Each Pita Bread, Open Pocket.

Serving size is 1 Supreme Pita

Sandwich

7.5 oz Total Weight

Rub the flank steak with the spices and char-broil until the internal temperature reaches 155° for a minimum of 15 seconds.

Hold at a minimum temperature of 140°.

Place the pita on the griddle to warm.

Fill the Pita sandwich in this order:

Leaf Lettuce

Grilled Flank Steak

1 oz Fat Free Sour Cream

1 oz Pico De Gallo

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 320

Total Fat: 11g

Saturated Fat 6g

Calories from fat: 30%

Cholesterol: 60mg

Sodium: 590mg

Carbohydrates: 23g

Fiber: 1g

Sugars 3g

Protein: 30g

11/4/04 KG

Balanced Choices - Sweet and Sour Pork

Eurest Dining Services @ USAA

Servings: 24

Pork Loin

4 1/4 pounds Pork Loin, Raw

3/8 Ounce Olive Oil

1/2 ounce Ginger Root, Grated

1/8 teaspoon Cayenne Pepper, Ground

1 ounce Garlic, Fresh - Minced

Sweet and Sour Sauce

11 1/2 ounces Ketchup

3 cups Water

1 1/2 cups White Vinegar

1 1/2 Cups Granulated Sugar

6 tablespoons Cornstarch

6 tablespoons Water

17 1/2 ounces Green Bell Peppers, Diced - Large

17 1/2 ounces Red Bell Peppers, Diced - Large

17 1/2 ounces Onions, Diced - Large

5 3/4 ounces Green Onions, Chopped

Portion is 3 oz of pork with 3 oz of vegetables and 2 oz of sauce.

Rub the pork with the oil, ginger, cayenne pepper, and minced garlic. Place in a roasting pan and cover with foil. Roast in a pre-heated 350° until the internal temperature reaches 165° for a minimum of 15 seconds.

Cut the pork into bite size pieces. 1/2" X 1/2" X 1". Hold at a minimum temperature of 140° until needed.

Sweet and Sour Sauce: Combine the ketchup, sugar, vinegar and 2 cups of water in a stock pot. Bring to a boil. Combine the cornstarch with the 1/2 cup of water and mix into the sauce, stirring constantly. Return to a boil. Remove from heat and hold at a minimum temperature of 140°.

In a tilt skillet, saute the onions and peppers for 4 - 6 minutes over high heat. Add the pork and saute for 3 minutes. Add the sweet and sour sauce and heat to a minimum temperature of 165° for 15 seconds. Stir in the green onions and remove from heat. Hold at a minimum temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 210

Total Fat: 6g

Saturated Fat 2.5g

Calories from fat: 26%

Cholesterol: 40mg

Sodium: 440mg

Carbohydrates: 23g

Fiber: 1g

Sugars: 17g

Protein: 16g

11/4/04 KG

updated 11/23/04 KG

Balanced Choices - Swiss and Onion Boca Burger

Servings: 1

1 Each 3.5 oz Boca Burger
1 Each Potato Bun
1/4 Cup Yellow Onion, Chopped - Grilled
3/4 ounce Swiss cheese, lowfat
1 each Green Leaf lettuce
2 Ounces Tomato, Fresh Sliced 1/4"
Serving size is 10oz

Roast the onions - Hold at a minimum temperature of 140° at all times

Grill the Boca Burger on a char-broiler until the internal temperature reaches 145° for a minimum of 15 seconds.

Toast the Potato Bun.

Place the onions on top of Boca Burger and top with the cheese.

Serve on the toasted Potato Bun

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 410
Total Fat: 14g
Saturated Fat: 5g
Calories from fat: 30%
Cholesterol: 20mg
Sodium: 830 mg**
Carbohydrates: 43g
Fiber: 8g
Sugars: 4g
Protein: 31g

***high sodium content is due to the Boca burger itself*
11/16/04 KG

Balanced Choices - Tapioca Pudding

Servings: 30

21 ounces tapioca pudding mix - Fat free

3 quarts water

Portion is 4 oz

Add 21 ounces of tapioca pudding mix to 3 quarts of cold water in a 12 quart mixer with a paddle attachment, and mix on low speed for two minutes.

Next scrape bowl and attachment, and continue mixing for an additional 10 minutes on medium speed.

Pour into serving dishes and chill.

Hold at a maximum temperature of 41° at all times.

Desserts

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 80

Total Fat: 2g

Saturated Fat 0g

Calories from fat: 23%

Cholesterol: 5mg

Sodium: 120mg

Carbohydrates: 13g

Fiber: 0g

Sugars 5g

Protein: 4g

11/4/04 KG

Balanced Choices - Teriyaki Sauce

Servings: 24

*1 1/4 Cups Soy Sauce, low sodium
2 1/2 Cups Pineapple Juice
1 1/4 cups Brown Sugar
9 1/2 tablespoons Water
4 3/4 Tablespoons Cornstarch
Portion is 2oz of Teriyaki Sauce*

Combine the sugar, soy and pineapple juice

In a preheated skillet or Wok - Sauté the chicken, peppers and onion in the olive oil on high heat until the vegetables have become al dente. Add the teriyaki sauce and cook for one minute and the chicken has reached a minimum internal temperature of 165° for 15 seconds.

Transfer into pans and hold at a minimum internal temperature of 140° for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 70
Total Fat: 0g
Saturated Fat 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 450mg
Carbohydrates: 17g
Fiber: 0g
Sugars 14g
Protein: 1g*

11/4/04 KG

Balanced Choices - Tex Mex Pizza

Servings: 1

*2 ounces Extra Lean Ground Beef,
Cooked*

*1 each 10-inch low-fat wheat flour
tortilla*

*1 ounce red and green bell pepper,
Julienned*

1 ounce yellow onions, Julienned

*2 Ounces Balanced Choices Refried
Beans (Use Recipe)*

1 ounce tomatoes, Diced

*1 Ounce Green Chilies, Diced -
Canned*

*1/2 Ounce Reduced Fat Colby Jack
Cheese*

*Serving size is 1 Tex Mex Pizza.
10oz Total Weight*

Heat the refried beans to a minimum internal temperature of 165° for 15 seconds. Hold at a minimum temperature of 140° for service.

On a pre-heated flat top griddle or saute pan. Saute the peppers, onions, green chilies and beef for 5 - 8 minutes or until the internal temperature reaches a minimum of 145° for 15 seconds. If holding the mixture - Hold at a minimum temperature of 140° at all times.

Spread 2 oz of refried beans evenly across the tortilla. Place the sauteed beef and vegetables evenly across the top. Top with the diced tomatoes and cheese. Run the pizza through an impinzer oven for 4-5 minutes on 450° Cut into wedges and serve immediately.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 250

Total Fat: 6g

Saturated Fat 2.5g

Calories from fat: 22%

Cholesterol: 40mg

Sodium: 560mg

Carbohydrates: 37g

Fiber: 6g

Sugars: 5g

Protein: 22g

11/4/04 KG

Balanced Choices - Texas Pot Roast

Eurest Dining Services @ USAA

Servings: 24

MARINADE

18 ounces Worcestershire sauce

18 ounces Lime juice, Pasteurized

8 Ounces Mustard, Yellow

1/2 Cup Garlic, Minced

BEEF BROTH

2 Ounces Beef Base, No MSG, Low Sodium

2 3/4 quarts Water

ENTREE

6 1/2 Pounds Beef Top Round, Trimmed

9 1/2 ounces Tomato Juice, Canned

4 3/4 tablespoons Cocktail Sauce

7 teaspoons Fresh Lemon Juice

7 teaspoons Light Brown Sugar

1 1/8 Ounces Jalapeno chile pepper, Seeded, Minced

1 Tablespoon Cilantro, Chopped

2 3/4 teaspoons Cha Cha's Seasonings

5 Pounds Potatoes, Peeled - Large Chunks

5 Pounds Carrots, Large Chunks

2 Pounds Yellow Onions, Large Chunks

Portion is 4 oz of meat with 6 oz of pot roasted vegetables, 2 oz pan jus. 12 oz total.

1. Using a whisk combine Worcestershire , Lime Juice, Mustard and Garlic into a large mixing bowl.

2. Pour Marinade over beef. CCP-- Hold over night in refrigerator at an internal temperature of 40 degrees or below to marinate. Drain and discard excess marinade and place into a deep roasting pan.

Cut the vegetables into the correct size and to the beef in the large roasting pan.

Use gloves to seed peppers. Pepper juice can burn eyes. Wash Hands Thoroughly with soap and water after seeding peppers.

3. Combine broth, tomato juice, chili sauce, lie juice, brown sugar, jalapeno, cilantro and seasonings. Mix well. Pour over Beef and cover.

4. Braise in oven preheated to 300 degrees F. for 3 1/2 hours or until beef is fork tender. CCP-- Minimum internal temperature should be at least 145 degree's F. (for 15 seconds). Let stand for at least 15 minutes before slicing. Arrange in serving pan and pour the pan sauce over the meat.

Use with in 48 hours. CCP-- reheat quickly (per HACCP) to an internal temperature of 165 degrees F. (for 15 seconds)

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 110

Total Fat: 3.5g

Saturated Fat 1.5g

Calories from fat: 29%

Cholesterol: 45mg

Sodium: 320mg

Carbohydrates: 2g

Fiber: 0g

Sugars: 1g

Protein: 22g

***analysis reflects 5% absorption of marinade*

11/4/04 KG

1/4/05 KG, KE

Balanced Choices - Thai Pasta Salad

Servings: 24

*9 2/3 ounces Cilantro Lime Dressing (See Recipe)
2 7/8 pounds Lo Mein Noodles, Cooked
9 2/3 ounces Red Bell pepper, Julienne
1 1/16 cups Green onions, Chopped
9 2/3 ounces Cilantro, Fresh Chopped
4 5/8 tablespoons Mint, Fresh Chopped
4 5/8 tablespoons Basil leaf, Fresh - Chiffonade
Serving size is 3oz*

Prepare the dressing according to the recipe. Reserve.

Prepare the noodles according to directions printed on the packaging.

Add the Red Pepper, Onion, Cilantro, Mint, Basil and dressing to the noodles and gently mix until all ingredients are incorporated.

Hold at a maximum temperature of 41° at all times.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

*Calories: 120
Total Fat: 1.5g
Saturated Fat .5g
Calories from fat: 11%
Cholesterol: 15mg
Sodium: 210mg
Carbohydrates: 21g
Fiber: 1g
Sugars 2g
Protein: 5g*

*11/4/04 KG
2.7.05 KG*

Balanced Choices - Three Bean Tacos

Servings: 24

4 teaspoons olive oil
4 cups diced onion
2 cups diced red bell pepper
2 cups diced green bell pepper
4 tablespoons chili powder
8 teaspoons dried oregano
4 teaspoons ground cumin
4 garlic clove, minced
2 cups canned chickpeas (garbanzo beans), rinsed and drained
2 cups canned black beans, rinsed and drained
1 1/2 cups canned pinto beans, rinsed and drained
2 Pounds Pico De Gallo
48 each Flour Tortillas, 6"
3 cups shredded iceberg lettuce
3 cups diced tomato
16 ounces Low Fat Cheddar Cheese, Alpine Lace
Serving Size is two Soft Tacos
9oz Total Weight

Heat oil in a large nonstick skillet over medium-high heat until hot. Add onion and next 6 ingredients (onion through garlic), and sauté 2 minutes. Add the chickpeas and beans. Heat to a minimum internal temperature of 155° for 15 seconds.

Heat the tortillas on a flat top griddle to soften them. Spoon 1/4 cup bean mixture onto each tortilla. Top each with lettuce, 1 tablespoon tomato, 2 teaspoons cheese, and 2 teaspoons salsa.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

Nutritional Information per Serving:
Calories: 330
Total Fat: 11g
Saturated Fat 2g
Calories from Fat: 30%
Cholesterol: 10mg
Sodium: 710mg*
Carbohydrates: 43g
Fiber: 5g
Sugars: 4g
Protein: 16g

**sodium content reflects higher than actual, due to canned beans being drained and rinsed. This will reduce the amount of sodium in the recipe.*

11/4/04 KG

Balanced Choices - Three Pepper Tortilla Grille

Servings: 1

*1/4 cup Green Bell Pepper, Chopped Fine
1/4 cup Red Bell Pepper, Chopped Fine
1/8 cup Yellow Onion, Chopped Fine
1/2 teaspoon Jalapeno Pepper, Finely Chopped
1/8 teaspoon ground cumin
1/8 teaspoon salt
1 Pinch freshly ground pepper
Cooking spray
1 Each 10" Flour Tortilla
1/2 Ounce Low Fat Cheddar Cheese, Alpine Cheese
Portion is 1 Three Pepper Tortilla Grill
7oz Total Weight*

On a pre-heated flat top griddle; Place the tortilla on the griddle to warm.

Combine the Bell Peppers, onions, jalapenos, cumin, salt and pepper together and saute on the flat top griddle until the internal temperature reaches 145° for a minimum of 15 seconds.

Place the sauteed vegetable mixture on 1 half of the tortilla. Top with .5 oz of cheese and fold the tortilla over on itself.

Serve Immediately.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

*Nutritional Information per Serving:
Calories: 280
Total Fat: 6g
Saturated Fat 2.5g
Calories from Fat: 19%
Cholesterol: 10mg
Sodium: 670mg
Carbohydrates: 38g
Fiber: 7g
Sugars: 2g
Protein: 11g*

11/4/04 KG

Balanced Choices - Tomato Basil Soup

12oz

Eurest Dining Services @ USAA

Servings: 24

5 1/2 Pounds tomatoes, Concasse

5 Quarts Vegetable Broth

2 1/2 Tablespoons Olive Oil

3 Tablespoons Garlic, Fresh - Chopped

7 Ounces Yellow Onions, Minced

3/4 Cup Tomato Paste

1 1/2 Ounces Basil Leaves, Fresh - Chopped

1 Tablespoon Jalapeno Peppers, Fresh - Minced

1 3/4 Teaspoons Oregano, Fresh - Chopped

1 3/4 Teaspoons Thyme, Fresh - Chopped

1 Cup White Wine

1/8 teaspoon Ground bay leaf

Serving size is 12 oz

1. In a large soup kettle or stock pot - saute the garlic and onion in the oil until the onion has become translucent.
2. Add the tomato paste. Saute until it has a sweet aroma and taken on a rusty color.
3. Add the tomato concasse, broth, basil, jalapeno, oregano, thyme, wine and bay leaf. Simmer for 30 minutes.
4. CCP - Return to pot and heat to a minimum internal temperature of 140°
5. Hold at a minimum temperature of 140° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 60

Total Fat: 1.5g

Saturated Fat 0g

Calories from fat: 23%

Cholesterol: 0mg

Sodium: 140mg

Carbohydrates: 6g

Fiber: 1g

Sugars 2g

Protein: 1g

11/4/04 KG

1.19.05 KG & DP

Balanced Choices - Tomato Basil Soup 8oz

Eurest Dining Services @ USAA

Servings: 24

*3 3/4 Pounds tomatoes, Concasse
7 pints Vegetable Broth
3 1/4 teaspoons Olive Oil
3 3/4 teaspoons Garlic, Fresh - Chopped
5 1/2 Ounces Yellow Onions, Minced
4 3/4 ounces Tomato Paste
3/4 Ounce Basil Leaves, Fresh - Chopped
1 3/4 teaspoons Jalapeno Peppers, Fresh - Minced
1 1/4 Teaspoons Oregano, Fresh - Chopped
1 1/4 Teaspoons Thyme, Fresh - Chopped
7 ounces White Wine
1/8 teaspoon Ground bay leaf*

Serving size is 8 oz

1. In a large soup kettle or stock pot - saute the garlic and onion in the oil until the onion has become translucent.
2. Add the tomato paste. Saute until it has a sweet aroma and taken on a rusty color.
3. Add the tomato concasse, broth, basil, jalapeno, oregano, thyme, wine and bay leaf. Simmer for 30 minutes.
4. CCP - Return to pot and heat to a minimum internal temperature of 140°
5. Hold at a minimum temperature of 140° at all times.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

*Calories: 35
Total Fat: .5g
Saturated Fat 0g
Calories from fat: 13%
Cholesterol: 0mg
Sodium: 100mg
Carbohydrates: 4g
Fiber: 1g
Sugars 1g
Protein: 0g*

*11/4/04 KG
1.19.05 KG ↗ DP*

Balanced Choices - Tomato Cucumber Salad

Servings: 24

*3 1/8 pounds Cherry Tomatoes,
Hulled*

*1 5/8 each Cucumbers, Fresh -
Peeled, Sliced thin*

*13 tablespoons Fat Free Italian
Salad Dressing*

Serving size is 3oz

Combine all ingredients - Mix well.

CCP - Hold at a maximum temperature of 41° at
all times

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 20

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 120mg

Carbohydrates: 4g

Fiber: 1g

Sugars 2g

Protein: 1g

11/4/04 KG

Balanced Choices - Tuna Melt

Servings: 1

Vegetable cooking spray

2 Slices multigrain bread, toasted

2 1/2 Ounces solid white tuna in water, drained

3/4 ounce Fat Free Mayonnaise

1/2 tablespoon finely chopped red onion

1/2 tablespoon Celery, chopped fine

2 slices Tomato, Sliced 1/4" thick

1 Pinch pepper

3/4 ounce Low Fat Swiss Cheese, Alpine Lace

Serving Size 1 Sandwich

7oz Total Weight

Preparation Time: 20 minutes**Cooking Time: 14 minutes**

Combine the tuna, onion, mayonnaise and pepper. Hold at a maximum temperature of 41° at all times.

On a preheated flat top griddle - Spray the griddle with the vegetable cooking spray and place the bread on the griddle. Place 1 slice of cheese and two tomato slices on one piece of the bread and 4oz of tuna salad on the other. Grill the open faced until the bread has toasted. Place the two halves together and grill until the internal temperature reaches 165° for a minimum of 15 seconds.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

Nutritional Information per Serving:

Calories: 270

Total Fat: 7g

Saturated Fat 3.5g

Calories from Fat: 23%

Cholesterol: 45mg

Sodium: 690mg

Carbohydrates: 26g

Fiber: 7g

Sugars 3g

Protein: 29g

11/5/04 KG

Balanced Choices - Tuna Salad

Servings: 24

6 ounces celery, fresh, diced 1/4"
2 3/4 pounds chunk light tuna, water pack, flaked - Drained
2 3/4 ounces green onions, fresh, sliced 1/8" thick
6 ounces red peppers, fresh, diced 1/4"
3 tablespoons parsley leaves, fresh, chopped
1 tablespoon basil, dried
1 1/3 cups yogurt, plain, low fat
1 1/3 cups mayonnaise, fat free
Portion size is 3.5 ounces

If salad is to be held for more than 24 hours, blanch raw celery for 20 seconds. (When raw celery is used in cold salads, the finished product cannot be held for more than 24 hours.)

Combine celery, tuna, green onion, red pepper, parsley and basil. Mix gently to evenly distribute.

Combine yogurt and mayonnaise. Mix until well-blended. Add to tuna mixture. Mix well. CCP-- Hold refrigerated at internal temperature of 40°F or below for service.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:
Calories: 80
Total Fat: 1g
Saturated Fat 0g
Calories from fat: 11%
Cholesterol: 20mg
Sodium: 300mg
Carbohydrates: 4g
Fiber: 0g
Sugars: 2g
Protein: 14g

11/9/04 KG

Balanced Choices - Tuna Salad Finger Sandwiches

Servings: 24

48 slices Wheat Bread
48 ounces Balanced Choices Tuna Salad, See Recipe
24 ounces Carrots, Sticks
24 ounces Celery, Sticks
24 each Olive
24 each Cherry Tomato
Portion is 1 sandwich with 2oz of Vegetables
6.5 oz Total Weight

Prepare the Tuna salad according to the recipe. Hold at a maximum internal temperature of 41° at all times.

Spread 2oz of the tuna salad on the wheat bread, top with the other piece to form the sandwich. Cut the crusts from the sandwich and then cut the sandwich into 4 equal strips.

Place the sandwich fingers in an outtakes container along with 1oz of carrot sticks and 1oz of celery sticks. Garnish with an olive and a cherry tomato.

Hold at a maximum internal temperature of 41° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:
Calories: 200
Total Fat: 3.5g
Saturated Fat .5g
Calories from fat: 16%
Cholesterol: 10mg
Sodium: 520mg
Carbohydrates: 30g
Fiber: 4g
Sugars: 5g
Protein: 13g

11/9/04 KG

Balanced Choices - Turkey and Swiss Sandwich

Servings: 24

24 Each Wheat Hoagie Rolls
(Rotellas)

3 Pounds Easy Carvers Turkey,
Sliced Thin

1 1/2 Pounds Swiss Cheese -
Lowfat, Sliced

3 Pounds Tomatoes, Sliced

24 Each Green Leaf Lettuce Leaves,
Cleaned

12 Ounces Spicy brown Mustard
(Guldens)

Serving Size is 1 Sandwich
7.5 oz Total Weight

CCP - Hold The Turkey and the swiss cheese at a maximum temperature of 41° at all times.

To assemble a sandwich:

1 Hoagie roll
3oz Turkey
1oz Swiss cheese
1 green leaf lettuce leaf
2oz sliced tomato
1/2 oz brown mustard

CCP - If holding assembled sandwiches: Hold at a maximum temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

Nutritional Information per serving:

Calories: 320

Total Fat: 11g

Saturated Fat 5g

Calories from fat: 30%

Cholesterol: 50mg

*Sodium: 740mg***

Carbohydrates: 27g

Fiber: 2g

Sugars 5g

Protein: 23g

***does not meet BC criteria for
Sodium. Processed turkey meat is
commonly high in sodium. This is
one of the lowest available.*

11/16/04 KG

Balanced Choices - Turkey Meatballs

Eurest Dining Services @ USAA

Servings: 24

4 3/4 pounds Ground Turkey, 95-5
1/16 cup Granulated Garlic
2 teaspoons Kosher Salt
2 teaspoons Pepper
1/8 quart Egg Beaters® 99% egg substitute
1/16 cup Worcestershire sauce
1/16 gallon Skim Milk
3 pieces White Bread
1/16 gallon Ice
1/4 pound Onions
Serving size is 4 oz

Thaw the ground turkey under refrigeration at a maximum internal temperature of 41°

In a mixing bowl, combine the white bread and the milk.

Add the salt, pepper, garlic and mix until incorporated. Add the turkey and ice water and mix for 3 - 5 minutes until everything is incorporated evenly.

Roll the mixture into 1oz balls and place on a sheet pan.

In a preheated 350° oven, bake the meatballs until the internal temperature reaches 165° for a minimum of 15 seconds.

Hold at a minimum internal temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 160
Total Fat: 4.5g
Saturated Fat 1.5g
Calories from fat: 25%
Cholesterol: 75mg
Sodium: 240mg
Carbohydrates: 3g
Fiber: 0g
Sugars 1g
Protein: 18g

11/4/04 KG

Balanced Choices - Turkey Meatloaf

Eurest Dining Services @ USAA

Servings: 24

4 3/4 pounds Ground Turkey, 95-5
1/16 cup Granulated Garlic
2 teaspoons kosher salt
2 teaspoons Pepper
1/8 quart Egg Beaters® 99% egg substitute
1/16 cup Worcestershire sauce
1/16 gallon Skim Milk
1/8 Loaves White Bread
1/16 gallon Ice
1/4 pound Onions
Serving size is 4 oz

Thaw the ground turkey under refrigeration at a maximum internal temperature of 41°

In a mixing bowl, combine the white bread and the milk.

Add the salt, pepper, garlic and mix until incorporated. Add the turkey and ice water and mix for 3 - 5 minutes until everything is incorporated evenly.

Roll the turkey mixture in parchment paper as tight as possible, sealing the ends with the roll.

In a preheated 350° oven, bake the meatloaf until the internal temperature reaches 165° for a minimum of 15 seconds.

Hold at a minimum internal temperature of 140° for service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 160
Total Fat: 4.5g
Saturated Fat 1.5g
Calories from fat: 25%
Cholesterol: 75mg
Sodium: 240mg
Carbohydrates: 3g
Fiber: 0g
Sugars 1g
Protein: 18g

11/4/04 KG

Balanced Choices - Turkey Reuben

Servings: 1

*3 Ounces Turkey Breast
3/4 Ounce Low Fat Swiss Cheese,
Alpine Lace
3/4 Ounce Sauerkraut
3/4 Ounce Fat Free Thousand
Island Dressing
2 each Rye bread slice
Serving Size is 1 Sandwich
6.75 oz Total Weight*

Place the rye bread on a pre-heated flat top griddle. Place the cheese on one side of the bread and the 1000 isle dressing and sauerkraut on the other.

On a separate part of the griddle, grill the turkey breast for 2 - 3 minutes. Place the turkey breast on top of the sauerkraut and top with the other piece of bread. Grill the sandwich until the internal temperature reaches 165° for a minimum of 15 seconds.

Holding is not recommended, but if holding. Hold at a minimum temperature of 140° for service.

*Nutritional Information is Provided
by "The Food Processor" - not
Mastercook*

*Nutritional Information per Serving:
Calories: 320
Total Fat: 7g
Saturated Fat 4g
Calories from Fat: 20%
Cholesterol: 90mg
Sodium: 680mg
Carbohydrates: 26g
Fiber: 3g
Sugars 4g
Protein: 35g*

11/4/04 KG

Balanced Choices - Turkey Sandwich with Jack and Red Onion

Servings: 24

24 teaspoons Guldens Spicy Brown Mustard

24 Each Rotellas Wheat Hoagie, Sliced

48 ounces Easy Carvers Boneless Turkey Breast Roast, Sliced

1 Tablespoon Black Pepper, Ground

12 Ounces Monterey Jack Cheese, Sliced 1/2 oz Each

8 Each Tomatoes, Sliced 1/4" Thick

14 Ounces Red Onion, Sliced 1/8" Thick

24 pieces lettuce leaf

Serving Size is 1 Sandwich

7 oz Total Weight

CCP - Hold The Turkey and the swiss cheese at a maximum temperature of 41° at all times.

To assemble a sandwich:

1 hoagie roll

2oz Turkey

1/2 oz Jack cheese

.5 oz Red Onion

1 piece lettuce

2 each sliced tomato

1 tsp. mustard

CCP - If holding assembled sandwiches: Hold at a maximum temperature of 41° at all times.

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 280

Total Fat: 10g

Saturated Fat 3.5g

Calories from fat: 26%

Cholesterol: 45mg

Sodium: 700mg

Carbohydrates: 27g

Fiber: 2g

Sugars 5g

Protein: 18g

****subtract 2g total fat per serving due to trimming of meat after cooking
11/9/04KG

Balanced Choices - Veggie Lovers Boca Burger

Servings: 1

1 Each 2.5 oz Boca Burger
1 Each Multi Grain Hamburger Bun
1 Ounce Roasted Red Pepper, Julienneed
1/2 Cup Spinach Leaf
1 Ounce Roasted Yellow Onion, Julienneed
1 Each Lettuce Leaf
2 ounces Tomato, Sliced 1/4" thick
1 Ounce Mushrooms, Sauted
Serving size is 11oz

Roast the onions and Peppers - Hold at a minimum temperature of 140° at all times

Grill the Boca Burger on a char-broiler until the internal temperature reaches 145° for a minimum of 15 seconds.

Toast the Bun

Saute the spinach and the Mushrooms on the grill and add the peppers and onions. Place mixture on top of Boca Burger.

Serve on a Multi Grain Bun

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 350
Total Fat: 8g
Saturated Fat 2g
Calories from fat: 21%
Cholesterol: 5mg
Sodium: 770mg**
Carbohydrates: 41g
Fiber: 11g
Sugars 7g
Protein: 28g

***sodium content high due to Boca burger itself*
11/16/04 KG

Balanced Choices - Vinaigrette Cole Slaw

Servings: 24

*2 3/8 pounds Green Cabbage leaf
Fresh - Shredded
4 1/4 ounces Red Cabbage, Fresh -
Shredded
6 1/4 ounces Carrots, Fresh -
Shredded
3 1/4 ounces granulated sugar
2 1/8 cups Fat Free Mayonnaise
2 teaspoons ground ginger
1 teaspoon dry mustard
6 1/4 teaspoons Salad oil
6 1/4 teaspoons Garlic, Fresh -
Minced
1 cup Red Wine Vinegar
Serving size is 3.5 oz*

Combine the mayo, ginger, sugar, mustard, vinegar, and garlic powder to form the dressing.

Combine the green cabbage, red cabbage and carrots together in a large mixing bowl.

Add the dressing and mix well until it is thoroughly incorporated.

Hold at a maximum temperature of 41° at all times.

*Nutritional Analysis Provided by
The Food Processor - Not
Mastercook.*

*Nutritional Information per serving:
Calories: 60
Total Fat: 2g
Saturated Fat 0g
Calories from fat: 30%
Cholesterol: 0mg
Sodium: 190mg
Carbohydrates: 11g
Fiber: 1g
Sugars 6g
Protein: 1g*

11/4/04 KG

Balanced Choices - Wax Beans

Eurest Dining Services @ USAA

Servings: 24

4 1/2 pounds Wax Beans

Serving size is 3oz

Clean the beans before cooking.

Steam the vegetables until the internal temperature reaches 145° for a minimum of 15 seconds

Hold at a minimum temperature of 140° during service.

Nutritional Information is provided by "The Food Processor" - not MasterCook.

Nutritional Information per serving:

Calories: 25

Total Fat: 0g

Saturated Fat 0g

Calories from fat: 0%

Cholesterol: 0mg

Sodium: 10mg

Carbohydrates: 4g

Fiber: 2g

Sugars 2g

Protein: 1g

11/4/04 KG

Balanced Choices - Wheat Breakfast Biscuit with Egg and Cheese

Servings: 1

1 Each Wheat Biscuit - (Use Recipe)

2 Ounces Egg Beaters® 99% egg substitute

1/2 Ounce Reduced Calorie Cheddar Cheese, Shredded

Serving Size is 1 Biscuit Breakfast sandwich

5.5 oz Total Weight

On a flat top griddle: Toast the Whole Wheat Biscuit. On a separate portion of the griddle: Cook the eggbeaters until the internal temperature has reached a minimum of 155° for 15 seconds.

Place the cooked Eggbeaters on the toasted biscuit and top with the cheddar cheese.

CCP - Hold at a minimum temperature of 140° at all times.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 290

Total Fat: 6g

Saturated Fat 2.5g

Calories from fat: 19%

Cholesterol: 10mg

Sodium: 440mg

Carbohydrates: 39g

Fiber: 4g

Sugars: 4g

Protein: 18g

11/5/05 KG

1.18.05 KG ↳ DP

Balanced Choices - Whipped Fresh Potatoes

Eurest Dining Services @ USAA

Servings: 24

4 1/2 pounds Potatoes, Whole - Peeled

1 7/8 cups milk, skim

1 1/8 teaspoons salt

1 1/8 teaspoons paprika

Serving size is 3oz

- 1 In a stock pot or kettle - boil the potatoes in the water (not listed) for 20 minutes, or until they have cooked completely through and the internal temperature has reached 145° for a minimum of 15 seconds . Drain excess water.
2. Place the potatoes and the margarine in a mixing bowl and mix on low speed until the potatoes are mashed.
3. Add the salt, pepper, and milk while mixing on low speed - mix for 3 minutes.
4. Garnish with the paprika and hold at a minimum temperature of 140°.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

*Nutritional Information per serving:
Calories: 60
Total Fat: 0g
Saturated Fat: 0g
Calories from fat: 0%
Cholesterol: 0mg
Sodium: 80mg
Carbohydrates: 13g
Fiber: 1g
Sugars: 0g
Protein: 2g*

11/4/04 KG

Balanced Choices - Whole Wheat Breakfast Biscuit

Servings: 24

27 ounces Whole Wheat Flour

18 ounces Pillsbury Biscuit Mix

27 ounces Low Fat Buttermilk

Serving Size is 1 - 3oz Biscuit

Combine the flour and biscuit mix together in a mixing bowl. Add the buttermilk and blend together until incorporated - be careful not to over mix.

Roll the dough into a 1" Thickness. Using a biscuit cutter, cut the dough into 3oz portions.

Bake the biscuits in a preheated 350 oven until the center is cooked and the biscuits have reached a golden brown.

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 220

Total Fat: 4.5g

Saturated Fat 1g

Calories from fat: 18%

Cholesterol: 0mg

Sodium: 310mg

Carbohydrates: 38g

Fiber: 4g

Sugars: 4g

Protein: 8g

11/4/04 KG

Balanced Choices - Yogurt Parfait - Blueberry

Servings: 24

96 ounces Fat Free Plain Yogurt

mixed with honey (see below)

18 ounces Blueberries, Fresh

12 ounces Granola

Portion is 1 - 5 oz Parfait

Add 6 Tbsp. honey to 32 oz. of Fat Free Plain Yogurt

Place the yogurt into an appropriate Outtakes Parfait Cup. Top with the fresh fruit.

Using a flat lid and dome lid (that both fit the yogurt cup) - Place the granola in the dome lid and seal the bottom with the flat lid.

Place the lid filled with granola on top of the parfait cup - label appropriately.

Hold at a maximum temperature of 41° at all times.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

Nutritional Information per Serving:

Calories: 160

Total Fat: 1g

Saturated Fat 0g

Calories from Fat: 6%

Cholesterol: 0mg

Sodium: 110g

Carbohydrates: 33g

Fiber: 1g

Sugars 24g

Protein: 7g

11/5/04 KG

11/15/04 KG

1/10/05 KG

1.19.05 KG & DP

Balanced Choices - Yogurt Parfait - Mango

Servings: 24

*96 ounces Fat Free Plain Yogurt
mixed with honey (see below)
18 ounces Mango, Fresh - Sliced
12 ounces Granola*

Portion is 1 - 5oz Parfait

Mix 6 Tbsp of honey in 32 oz of plain fat free yogurt

Place the yogurt into an appropriate Outtakes Parfait Cup. Top with the fresh fruit.

Using a flat lid and dome lid (that both fit the yogurt cup) - Place the granola in the dome lid and seal the bottom with the flat lid.

Place the lid filled with granola on top of the parfait cup - label appropriately.

Hold at a maximum temperature of 41° at all times.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

Nutritional Information per Serving:

Calories: 160

Total Fat: 0g

Saturated Fat 0g

Calories from Fat: 0%

Cholesterol: 0mg

Sodium: 110mg

Carbohydrates: 34g

Fiber: 1g

Sugars 25g

Protein: 7g

11/5/04 KG

1/10/05 KG

1.19.05 KG ↳ DP

Balanced Choices - Yogurt Parfait - Strawberry

Servings: 1

*4 ounces Fat Free plain Yogurt
mixed with honey (see below)*

3/4 ounce Strawberries

1/2 ounce Granola

Portion is 1 - 5oz Parfait

Mix 6 tablespoons of honey in 32 oz of fat free plain yogurt.

Place the yogurt into an appropriate Outtakes Parfait Cup (Sweetheart DD05C Cup). Top with the fresh fruit.

Cover the yogurt and strawberries using a flat lid (Dart Lid 12CL). -

Then place the granola on top of the flat lid and cover the granola with a dome lid (Sweetheart DD05DL).

Label appropriately.

Hold at a maximum temperature of 41° at all times.

Nutritional Information is Provided by "The Food Processor" - not Mastercook

Nutritional Information per Serving:

Calories: 160

Total Fat: 1g

Saturated Fat 0g

Calories from Fat: 6%

Cholesterol: 0mg

Sodium: 110g

Carbohydrates: 32g

Fiber: 1g

Sugars 23g

Protein: 7g

11/5/04 KG

11/15/04 KG

1/10/05 KG

1.19.05 KG ↗ DP

Balanced Choices - Zucchini Bread 4

Servings: 24

Yield: 4 3/4 pounds

2 3/8 Pounds Pound Cake Mix
(Bernards Diet Foods)

1 1/2 pounds water

3/4 pound zucchini

1/8 pound pecan

1/2 tablespoon cinnamon

1/4 tablespoon clove, ground

Slice this loaf in 10 pieces, or 3.25 oz. for each serving.

Description:

"Wellness Tea Bread"

Yield:

"4 3/4 pounds"

Nutritional Information is provided by "The Food Processor" - not Mastercook.

Nutritional Information per serving:

Calories: 140

Total Fat: 4g

Saturated Fat 1g

Calories from fat: 26%

Cholesterol: 0mg

Sodium: 25mg

Carbohydrates: 25g

Fiber: 1g

Sugars: 9g

Protein: 2g

11/10/04 KG

1.18.05 KG & DP

Balanced Choices - Zucchini Lasagna

Servings: 24

2 pounds Lasagna Noodles, Cooked
3 cups Mozzarella - Part Skim, Shredded
6 cups Fat Free Cottage Cheese
1 cup Parmesan Cheese
4 each Zucchini, Sliced 1/8" Thick - Lengthwise
9 cups Marinara Sauce
8 teaspoons Basil, Dried
8 teaspoons Oregano, Dried
1 cup Onion, Diced
2 teaspoons Garlic, Fresh - minced
1/2 tablespoon Black Pepper, Ground

Serving size is 9 oz

Preheat Oven to 350° Lightly spray a 2" hotel pan with vegetable spray.

Mix 1/2 cup of mozzarella cheese with 1/4 cup parmesan cheese. Reserve.

In a mixing bowl, combine the remaining mozzarella, parmesan and the cottage cheese. Reserve.

Combine the marinara sauce with the remaining ingredients.

To prepare: Layer the four items (sauce, zucchini, cheese mixture and noodles) three times in the pan in this order.

Sauce
Noodles
Cheese mixture
Zucchini

Use the reserved mozzarella cheese and parmesan to top the lasagna. Cover and bake in a preheated 350° oven for 45 - 60 minutes or until the internal temperature reaches 165° for a minimum of 15 seconds.

Hold at a minimum temperature of 140° for service

Nutritional Analysis Provided by The Food Processor - Not Mastercook.

Nutritional Information per serving:

Calories: 290
Total Fat: 6g
Saturated Fat 1.5g
Calories from fat: 19%
Cholesterol: 5mg
Sodium: 700mg
Carbohydrates: 36g
Fiber: 4g
Sugars: 11g
Protein: 22g

11/5/04 KG