

# 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  
Mastervcook.*

## 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  
21 2/3 ounces Spaghetti  
21 2/3 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 13oz 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  
Mastervcook.*

*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

*Sauteed 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 sauteed 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 sauteed 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, saute 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, Julienned  
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  
Mastervcook.*

*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  
Mastervcook.*

*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, Stemed - 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 - Saute 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  
Mastervook.*

*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 4.5oz 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 saute pan - Saute 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  
2.7.05 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, Boneless  
- 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 4oz 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  
11 1/2 ounces Yellow Onions, Diced 1/2 "  
11 1/2 ounces Carrots, Diced 1/2 "  
11 1/2 ounces Celery, Diced 1/4 "  
2 1/4 fluid ounces Canola oil  
11 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  
Mastervcook.*

*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  
Mastervcook.*

*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  
Mastervcook.*

*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 reached 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 -  
Boneless 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 @ USAA*

## **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*  
*55 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*  
*2.7.05 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.

Description:

"Wellness Tea Breads"

Yield:

"4 3/4 pounds"

*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*

# 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 Dining Services @ USAA*

## **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 Mastervcook.*

*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 sprayed 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*  
*11 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 Cantaloupe, 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 Turmeric, 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 turmeric. 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*  
*60g 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*

*80% 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 marinating 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  
90g 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  
Mastervcook.*

*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 Dining Services @ 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  
Mastervcook.*

*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 Krab 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 Immitation 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 @ USAA*

## **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 Grille*

*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*  
*5.5oz 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: 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  
Mastervook*

## *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. Saute 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 sauteed 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, Julienned*

*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*

*11 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, Julienned*  
*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, deiced 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  
Mastervcook.*

*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 - Boneless,  
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.  
Saute the mushrooms in the oil and the lemon  
juice for 3 - 4 minutes.

Add the green peas and saute 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 - Boneless 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 Cavier, See  
Recipe*

*Serving Size is 1 Pita cut into Wdges  
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 untill 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 untill vegetables are tender. Stir in the eggplant, parsley, and the remainig 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.*

*2.50z 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. Saute for 6 to 8 minutes. Add rice and saute 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 @ USAA*

## **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 Eureka Vinaigrette*  
*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 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: 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 Eureka  
Vinaigrette  
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 impinger 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.*  
*150g 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  
Mastervcook.*

*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  
Mastervcook.*

*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 Mayonnaise*  
*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 Mayonnaise*  
*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 - Julienned*  
*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 Santa 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 Tes 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  
Mastervcook.*

*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  
2.7.05 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 - PC&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 10z 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.*

*50% 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",  
Halved  
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*

*60g 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,  
Julienned*

*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 - Saute 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 4oz of meat with 6oz 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, Julienned*  
*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  
90% 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  
Mastervcook*

*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.

. 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 Mastervcook.*

*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.

. 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,  
Halved*

*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 browni 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 at 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 Mastervcook.*

*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, Julienned*  
*1/2 Cup Spinach Leaf*  
*1 Ounce Roasted Yellow Onion, Julienned*  
*1 Each Lettuce Leaf*  
*2 ounces Tomato, Sliced 1/4" thick*  
*1 Ounce Mushrooms, Sautéed*  
*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  
Mastervook*

*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*