

Recipe Book



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Supply, source and serve local food



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Asparagus

Photo credit: Alexei Novikov



Fact:

Michigan ranks second nationally in asparagus production with 27 million pounds harvested from 9,000 acres in 2017.

Fact:

Under ideal conditions, an asparagus spear can grow up to 10 inches in one day.





Photo credit: Colleen Matts

Basic Preparation Instructions

Steaming

Fresh Michigan asparagus can be cooked several ways.

Bring ½ cup of water to a boil in a saucepan, steamer or frying pan. Add 1 pound of fresh asparagus spears or 2 inch asparagus pieces. Add salt and pepper, to taste and butter, if desired. Cover. Cook 5 to 8 minutes, or until crisp-tender.

Microwaving

Put 1 pound of fresh asparagus spears in a microwave-safe rimmed plate or shallow dish. Add ¼ cup of water and cover tightly. Microwave at 100 percent power for 4 to 7 minutes for spears or 3 to 5 minutes for pieces. Stir or turn asparagus halfway through the cooking time.

Roasting

In a medium bowl, lightly cover trimmed spears with olive oil and season to taste with salt and pepper. Place asparagus mixture on cookie/baking sheet and roast in a 450°F oven for 10 to 15 minutes, depending on thickness of spears.

For even browning, roll asparagus partway through cooking time by shaking pan once or twice. Spears are done when tender throughout and lightly browned.

Golden Asparagus Soup

Ingredients

4 cups chicken stock or canned broth

2 thin slices fresh ginger, peeled
(¼ teaspoon ground ginger may be substituted)

½ cup dry sherry

2 ounces cellophane noodles, cooked and drained

2 teaspoons sesame oil

2 green onions, thinly sliced

⅓ pound fresh Michigan asparagus spears cut into 1 ¼ inch pieces (14½ ounce can asparagus cuts and tips, drained, may be substituted for fresh asparagus)

Directions

Combine chicken stock or broth and ginger in medium saucepan; bring to a boil. Stir in sherry and sesame oil. Reduce heat to simmer and add fresh asparagus and noodles (add canned asparagus at the last minute and only to heat through). Continue cooking until asparagus is tender-crisp, 2 to 4 minutes. Stir in green onions and serve immediately.

Yield: 4 servings

Recipe courtesy of the Michigan
Asparagus
Advisory Board.

Asparagus Pasta Salad

Ingredients

18 ½ cups Michigan asparagus, cut into 2 to 3-inch pieces

12 ½ cups small shell pasta

9 ½ cups Italian dressing

6 ½ cups carrots, sliced in thin circles

6 ½ cups onions, diced

3 ¼ cups sweet red peppers, diced

4 tablespoons dried oregano

Directions

Cook pasta according to package directions. Rinse, drain and allow to cool.

Place pasta in a large bowl. Add the other ingredients and mix thoroughly.

Marinate for about 8 hours. Serve.

Yield: 50 servings

1 serving = ½ cup

Recipe courtesy of
Kristen Misiak, former food service
director of Traverse City Area
Public Schools.



Photo credit: iStock

Cream of Asparagus Soup

Ingredients

6 pounds 5 ounces fresh Michigan asparagus, washed, trimmed and cut into 1-inch pieces

 11 ½ gallons milk

 11 ounces onions, finely chopped

 1 pound margarine

 9 ounces all-purpose flour

 3 tablespoons chicken bouillon

Directions

In steam-jacketed kettle or large stockpot at medium heat, cook onions in margarine until soft, but not browned, stirring occasionally. Stir in flour, salt and bouillon. Continue cooking, stirring constantly, about 2 minutes longer. Add liquid ingredients and asparagus, stirring until smooth. Cook, stirring constantly, until mixture begins to boil. Continue cooking and stirring 3 minutes longer. Serve hot and garnished with cooked asparagus spears, if desired.

Yield: 35 servings

Recipe courtesy of the
 Michigan Asparagus
 Advisory Board.

Nutritional content per serving

1 serving = 1 cup

Calories	Fat	Cholesterol	Carbs	Fiber	Sodium
200	14 g	11 mg	16 g	1 g	924 mg

Asparagus Omelet

Ingredients

2 eggs
 4 egg whites
 ½ teaspoon lemon pepper
 ½ teaspoon dill weed
 ½ teaspoon fresh chives, finely chopped
 Cooking spray, as needed
 1 cup fresh Michigan asparagus, thinly sliced, plus tips
 1 green onion, thinly sliced
 1 tablespoon fat-free sour cream
 2 tablespoons fat-free cheddar cheese

Directions

In a small mixing bowl, whip together egg whites, eggs, lemon pepper, dill and chives.

Spray a small nonstick sauté pan with cooking spray. Sauté asparagus and green onions on medium heat until tender. Remove from heat. Add sour cream, warm gently and set aside.

Spray another small nonstick sauté pan with cooking spray. Add egg mixture. Let eggs firm up slightly on the bottom of the pan. Using a spatula, lift eggs slightly until the liquid part of the eggs runs under the already cooked eggs. Repeat until most of the liquid has run under the firm (cooked) layer, and then flip.

Add asparagus mixture and the cheddar cheese, fold in half and cut into two servings.

Recipe courtesy of
Sparrow Hospital.

Yield: 2 servings

Asparagus Soup

Ingredients

1 pound unsalted butter
 1 large onion, diced small
 2 ribs celery, diced small
 5 pounds Michigan asparagus, chopped,
 reserved tips
 1 gallon chicken or vegetable stock
 2 teaspoons dried thyme
 1 quart heavy cream
 Kosher salt and pepper, to taste

Directions

Melt butter in stock pot over medium heat. Sauté the onions, celery and asparagus pieces (but not tips) in the butter. Add stock and simmer for 30 minutes.

Meanwhile, in a different pot, bring water to a boil and blanch the asparagus tips for 2 minutes.

Purée the stock mixture with an immersion blender or in a blender in batches. Strain the puréed stock to create a smooth soup. Stir in the thyme.

Add the heavy cream and asparagus tips and simmer for 20 minutes. Add salt and pepper, to taste. If the stock is not thick enough, add a cornstarch slurry (3 ounces water and 3 ounces corn starch) and simmer for 5 more minutes.

The soup is ready for serving when it reaches a temperature of 165°F.

Recipe courtesy of
 Chef Gene Peyerk, Glen Lake
 Community Schools.

Yield: 1.5 gallons

Asparagus Guacamole

Ingredients

2 ½ pounds fresh Michigan asparagus

Salt and pepper, to taste

Vegetable or olive oil to
lightly coat asparagus

½ cup lime juice

1 cup mild salsa

1 cup fresh cilantro, lightly packed

1 cup green onions, roughly chopped

12 to 16 ounces cream cheese, softened

Directions

Wash asparagus and trim into 2-inch pieces. Toss in oil, salt and pepper. Roast in 350°F oven for 6 to 8 minutes, or until tender.

Place all ingredients into a food processor and blend until smooth.

Cover and store in cooler until serving.

Yield: 64 servings

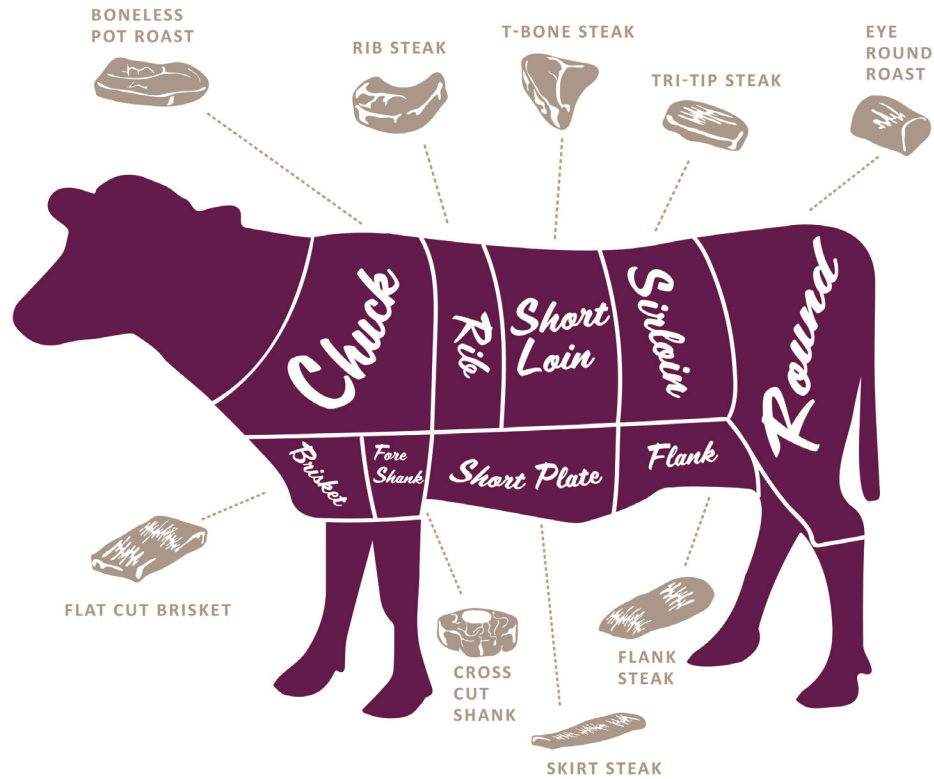
Recipe courtesy of
Sarah Stone, Chartwells
Director of Dining, Grand Haven
Area Public Schools.

Nutritional content per serving

1 serving = 2 tablespoons

Calories	Total Fat	Protein	Carbs	Fiber	Sodium
23	2 g	18 g	1 g	0.5g	42 mg

Beef



Fact:

There are around 8,000 beef farms in Michigan with an average herd size of 31 head (2012 USDA Farm Census)

Fact:

The beef lifecycle takes 2-3 years from pasture to plate.

Fact:

The primary source of ground beef is the chuck, which makes up about one-quarter of a beef carcass.

Beef and Bean Tamale Pie

Ingredients

3 quarts ½ cup dry pinto beans
 2 tablespoons garlic powder
 1 ½ teaspoons ground black pepper
 ¼ cup chili powder
 3 tablespoons ground cumin
 1 tablespoon paprika
 1 tablespoon onion powder
 2 pounds 8 ounces raw Michigan ground beef (no more than 15% fat)
 2 ¾ cups fresh onions, chopped
 2 ¼ cups fresh green bell peppers
 2 ¼ cups fresh red bell peppers
 1 quart frozen corn
 3 ½ cups fresh cilantro, finely chopped
 1 quart 1 cup water
 3 cups (¼ #10 can) canned no salt added tomato paste
 1 quart 2 ¼ cups (½ #10 can) canned no salt added diced tomatoes
 1 quart 2 cups reduced fat cheddar cheese, shredded
 3 cups whole wheat flour
 2 ½ cups white whole grain oatmeal
 1 cup sugar
 ¼ cup baking powder
 1 ½ teaspoons salt
 ⅔ cup frozen whole eggs, thawed
 3 ½ cups nonfat milk
 ½ cup canola oil

Directions

Place pinto beans in a pot and add 10 cups water for every 2 cups of beans. Heat to boiling and boil for an additional 2 to 3 minutes. Remove beans from heat, cover and let stand for 4 to 24 hours. Drain beans, discard soak water and rinse with fresh, cool water.

Combine all spices in a bowl. Stir well.

Place ground beef and half of spices in a medium stock pot. Heat over medium high heat uncovered for 5 to 8 minutes. Stir often until meat is well done. (Critical Control Point: Heat to 165°F or higher for at least 15 seconds.) Remove beef from heat. Drain beef in a colander. Set aside.

Return pot back to heat. Add pinto beans, onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds. Add water. After one minute reduce heat to low. Add tomato paste, diced tomatoes, and drained ground beef. Stir well. Simmer uncovered over low heat for 10 to 15 minutes. (Critical Control Point: Heat to 165°F or higher for at least 15 seconds.) If desired, prepare ground beef mixture ahead and refrigerate overnight.

Fold cheese into beef and bean mixture. Pour 1 gallon (about 9 pounds 8 ounces) mixture into two steam table pans (12" x 20" x 2 ½"). (Critical Control Point: Cool to 41°F or lower within 4 hours.)

For cornbread topping: Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

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Beef and Bean Tamale Pie (cont.)

Recipe courtesy of
What's Cooking?
 USDA Mixing Bowl:
Recipes for Healthy Kids
 Cookbook for Schools.

Combine eggs, milk, and oil in a large bowl. Stir well. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. Do not overmix. Mix for 2 to 3 minutes on medium speed.

Cool meat mixture slightly before pouring batter on top. Pour 2 pounds 4 ounces (3 $\frac{3}{4}$ cups) batter over cooled meat mixture in each pan and spread into corners of pan.

Bake until lightly browned. Conventional oven: 400°F for 30 to 35 minutes. Convection oven: 350°F for 20 to 25 minutes. Remove from oven. Cool for 10 minutes. Cut each pan 5 x 5 (25 pieces per pan).

Yield: 50 servings

1 serving = 1 piece

One serving provides: $\frac{3}{8}$ cup red/orange vegetable,
 $\frac{1}{2}$ cup other vegetable, 1.5 ounces meat/meat alternate, 1 ounce grain equivalent

Nutritional content per serving

CALORIES	270 KCAL
TOTAL FAT	8 G
CHOLESTEROL	36 MG
CARBOHYDRATES	35 G
Dietary Fiber	6 G
SODIUM	388 MG

Beef Stew

Ingredients

3 cups whole wheat flour
 1 tablespoon 1 ½ teaspoons garlic powder
 1 tablespoon paprika
 1 ½ teaspoons ground black pepper
 1 teaspoon dried thyme
 10 pounds 4 ounces Michigan beef stew meat, raw, lean, ½-inch cubes
 ½ cup canola oil
 3 cups fresh onions, diced ¼-inch
 1 gallon 2 quarts low sodium beef broth
 2 quarts 2 ½ cups frozen carrots, sliced
 1 quart 1 cup fresh celery, ½-inch dice
 2 quarts ½ cup fresh red potatoes, unpeeled, 1-inch dice
 2 quarts frozen green peas

Recipe courtesy of
What's Cooking?
 USDA Mixing Bowl:
Recipes for Healthy Kids
 Cookbook for Schools.

Directions

Combine flour with spices in a large bowl. Stir well. Coat beef cubes with half of flour mixture and stir well. Set aside remaining flour mixture.

Heat oil in a roasting pan (20 7/8" x 17 3/8" x 7") over medium high heat. Cook beef until golden brown, about 5 minutes, stirring often. Recommended to cook in batches of 25. Remove beef and set aside. In the same pan, add onions and remaining flour mixture. Reduce heat to low. Cook for 2 minutes, stirring constantly.

Add beef broth to a large stock pot. Scrape bottom of pot and stir well. Bring to a boil. Add beef cubes and stir well. Reduce heat to low. Cover and simmer for about 2 hours or until beef is tender. (Critical Control Point: Heat to 165°F or higher for at least 15 seconds.)

Add carrots, celery, and potatoes to stock pot. Cook for about 15 minutes or until vegetables are tender. Fold in green peas and cook for 3 minutes. Do not overcook. (Critical Control Point: Heat to 165°F or higher for at least 15 seconds.)

Pour beef stew into 2 steam table pans (12" x 20" x 4"). (Critical Control Point: Hold for hot service at 135°F or higher.)

Yield: 50 servings

1 serving = 1 cup (8 fluid ounce ladle)

One serving provides: ¼ cup starchy vegetable, ⅓ cup red/orange vegetable, ⅓ cup other vegetable, 2 ounces meat/meat alternate

Nutritional content per serving

CALORIES	239 KCAL
TOTAL FAT7 G
CHOLESTEROL	57 MG
CARBOHYDRATES	21 G
Dietary Fiber	5 G
SODIUM	318 MG

Beef Stir Fry

Ingredients

2 quarts 3 cups raw boneless Michigan beef top round (inside, cap off), cut in ½-inch cubes

½ cup 2 tablespoons low-sodium soy sauce

1 ½ cups cornstarch

½ cup 2 tablespoons 2 teaspoons fresh ginger, chopped

¼ cup fresh garlic, minced

2 teaspoons ground black or white pepper

2 teaspoons red pepper flakes

¼ cup rice vinegar

1 cup strawberry jam

1 tablespoon 1 teaspoon salt

1 ¾ cups sugar

2 quarts low-sodium beef broth

1 ½ cups 1 tablespoon 1 ¼ teaspoons fresh green onions, sliced

1 gallon 2 quarts ¼ cup 2 tablespoons fresh broccoli, chopped

½ cup canola oil

3 quarts ¾ cups frozen edamame, thawed

3 quarts 2 cups fresh carrots, shredded

1 ½ cups fresh yellow onions, sliced

Directions

Combine beef, soy sauce, ½ cup 2 teaspoons cornstarch, 2 tablespoons 1 ½ teaspoons ginger, 1 tablespoon garlic, black pepper, red pepper flakes, rice vinegar, strawberry jam, salt, and sugar in a large bowl. Stir well. Cover tightly. Recommended to cook in batches of 25. Set remaining ginger and garlic aside. Set remaining cornstarch aside, separately. Allow beef mixture to marinate for 12 to 24 hours.

Place marinated beef in a large stock pot uncovered over high heat for 2 to 3 minutes, stirring constantly. Add 2 cups beef broth. Heat to a rolling boil allowing mixture to thicken. Set remaining beef broth aside. Add green onions. (Critical Control Point: Heat to 165°F or higher for at least 15 seconds.) (Critical Control Point: Hold for hot service at 135°F or higher.)

Transfer 2 quarts (about 4 pounds 8 ounces) beef mixture to 2 steam table pans (12" x 20" x 2 ½"). Set aside.

Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside.

Heat oil in a large stock pot. Add boiled broccoli, edamame, carrots, onions, and remaining ginger and garlic. Sauté uncovered for 2 to 3 minutes, stirring occasionally. Add remaining beef broth. Heat to a rolling boil. Add remaining cornstarch. Add water. Stir well. Allow mixture to thicken. (Critical Control Point: Heat to 135°F or higher.)

Pour 1 gallon 1 quart (8 pounds 1 ounce) vegetable mixture over beef mixture into each steam table pan (12" x 20" x 2 ½"). Stir well. Use 2 pans. (Critical Control Point: Hold for hot service at 135°F or higher.)

Yield: 50 servings

1 serving = 1 cup (8 fluid ounce ladle)

One serving provides: ⅓ cup dark green vegetable, ⅓ cup red/orange vegetable, ⅓ cup beans and peas, 2 ounces meat/meat alternate

Recipe courtesy of
What's Cooking?
USDA Mixing Bowl:
Recipes for Healthy Kids
Cookbook for Schools.

Nutritional content per serving

CALORIES	204 KCAL
TOTAL FAT6 G
CHOLESTEROL	18 MG
CARBOHYDRATES	27 G
Dietary Fiber	4 G
SODIUM	348 MG

Beef Mushroom Stroganoff

Ingredients

4 ounces olive or cooking oil
 3 pounds mushrooms, chopped
 8 ounces fresh onions, chopped
 3 pounds 8 ounces fine ground Michigan beef crumbles, pan-browned
 8 ounces all-purpose flour
 2 ounces beef gravy base
 1 quart water
 1 ½ teaspoons ground black pepper
 1 tablespoon garlic powder
 32 ounces light sour cream
 1 cup fresh parsley, chopped
 25 cups long grain brown rice, cooked without salt

Recipe courtesy of
 The Culinary Institute of America

Directions

Sauté mushrooms and onions in olive oil until nicely browned and the liquid is gone. Add cooked ground beef and heat. (Critical Control Point: Heat to 165°F or higher for at least 15 seconds.) Sprinkle flour over top of mixture and cook for 5 minutes.

Mix base and water. Add to beef mixture. Add pepper and garlic. (Critical Control Point: Heat to 165°F or higher for at least 15 seconds.)

Remove from heat and stir in sour cream. (Critical Control Point: Hold for hot service at 135°F or higher.) Garnish with chopped parsley. Serve over brown rice.

Yield: 50 servings

1 serving = 1 cup

Nutritional content per serving

CALORIES	257 KCAL
TOTAL FAT.....	11 G
CHOLESTEROL	31 MG
CARBOHYDRATES	29 G
Dietary Fiber	2 G
SODIUM	48 MG

Beef Chili

Ingredients

6 pounds 12 ounces Michigan ground beef
 1 cup fresh onions, chopped
 ¼ cup garlic, minced
 1 tablespoon chili powder
 4 teaspoons ground cumin
 2 teaspoons paprika
 2 teaspoons onion powder
 2 teaspoons ground black pepper
 1 ½ cups canned no salt added tomato paste
 1 quart 3 ½ cups canned kidney beans, with liquid
 1 quart fresh zucchini, with skin, chopped
 4 cups fresh green bell peppers, chopped
 6 cups canned diced tomatoes, drained
 12 ½ ounces reduced fat cheddar cheese, shredded

Recipe courtesy of
 The Culinary Institute of America

Directions

Heat a large skillet over medium heat. Break the ground beef up, add it to the skillet, and cook. Stir as needed to cook evenly and break up clumps, until well-browned, about 10 minutes. Transfer the cooked beef to a wire-mesh sieve and drain for 10 minutes to remove excess fat.

Return the skillet to the heat while the beef drains. Add the onions and garlic and cook. Stir frequently, until the onions are a light golden color, 3 to 4 minutes. Add the chili powder, cumin, paprika, onion powder, and pepper. Stir to combine evenly.

Add the tomato paste and cook, stirring frequently, until the tomato paste turns a deep red, about 2 minutes. Add the drained beef, beans, chopped zucchini, peppers, and tomatoes. Stir well and bring to a simmer. Continue to simmer until the chili has a good flavor and consistency, about 20 minutes. Top with 2 tablespoons cheese per serving.

Yield: 50 servings

1 serving = ½ cup (No. 8 scoop)

Nutritional content per serving

CALORIES	163 KCAL
TOTAL FAT6 G
CHOLESTEROL	44 MG
CARBOHYDRATES	10 G
DIETARY FIBER	4 G
SODIUM	432 MG

Eggs

Photo credit: Pixabay



Fact:

Michigan laying hens produce 227 million dozen eggs per year—enough eggs for each Michigan resident to consume 23 dozen per year.

Fact:

One egg supplies 12% of an adult's required daily protein.



Refrigerated Pickled Eggs

Ingredients

16 Michigan eggs
 2 tablespoons whole allspice
 2 tablespoons whole black peppercorns
 2 tablespoons ground ginger
 4 cups white vinegar (5% acidity)
 2 tablespoons white sugar

Recipe courtesy of
 University of Georgia Cooperative
 Extension's fifth edition of
So Easy to Preserve.

Directions

Cook whole eggs in a saucepan of simmering water for 15 minutes. Place eggs in cold water, then remove shells. Pack eggs into jars that have been sterilized in boiling water for 10 minutes.

In a pot, combine spices, vinegar and sugar. Bring to a boil, reduce heat and simmer for 5 minutes. Pour hot liquid over hard-boiled eggs. Put lid(s) on jar(s), and store the finished product in the refrigerator. Use pickled eggs within one month. Note that this recipe is not intended for long-term storage at room temperature

Yield: 16 eggs

1 serving = 1 egg



Photo credit: Pixabay

Stuffed Flatbread Sandwiches

Ingredients

5 ounces lowfat plain Greek yogurt

juice from 1 lime

1 clove of fresh garlic, minced

1 ounce sriracha or other hot sauce

½ ounce fresh basil

12 ounces fresh spinach

3+ tablespoons vegetable oil

6 ounces red onion, diced

9 ounces button mushrooms, sliced

6 ounces fresh tomato, diced

pinch of Cajun spice

16 ounces frozen shredded hash browns

12 ounces Michigan egg whites

salt and ground black pepper

3 pieces whole-wheat naan or other flatbread

Recipe courtesy of the winning student team from the 2015 Michigan Junior Chef Competition, the Marquette Alger RESA Northern Michigan University Culinary Arts program.

Directions

Create sriracha-lime sauce:

In a medium bowl, mix yogurt, lime juice and garlic. Add sriracha and pepper, to taste. Mix well and set aside in cooler.

Prepare the vegetables:

Chiffonade basil and de-stem spinach. In a skillet over medium heat, sauté onion and mushrooms in 1 tablespoon vegetable oil for 2 minutes; add tomatoes and basil and continue cooking for 2 minutes. Set aside.

In a separate skillet, cook spinach with 1 tablespoon water until wilted. Let spinach cool, squeeze out excess water and chop. Set aside. In the same skillet over high heat, crisp hash browns in batches with 2 tablespoons vegetable oil each. Season with 2 pinches of salt, a pinch of black pepper and a pinch of Cajun spice. Set aside. Scramble egg whites in pan with 1 tablespoon vegetable oil over low heat. Season with a pinch of salt. Set aside.

Build sandwiches:

Warm naan in a dry pan over low heat. Remove from heat and spread sriracha-lime sauce on each piece. On half of each piece, spread a portion each of hash browns, then spinach, then egg whites, then vegetable mixture. Fold naan in half and press between sheet trays on the stovetop over medium heat until heated through and bread is crisped.

Yield: 6 servings

1 serving = ½ sandwich

Mini Bacon and Swiss Quiche

Ingredients

5 cups Bisquick baking mix
 1 ¼ cup butter, softened
 ½ cup boiling water
 20 slices bacon, cooked and chopped
 2 cups half and half
 6 eggs
 1 teaspoon salt
 ½ teaspoon pepper
 8 ounces shredded Swiss cheese

Recipe courtesy of Sarah Stone,
 Food Service Director,
 Grand Haven Public Schools.

Directions

Preheat oven to 375°F. Grease muffin cups (24-cup tray) with pan spray. In mixing bowl, mix Bisquick mix and butter until blended. Add boiling water; stir until soft dough forms. Press rounded teaspoonful of dough on bottom and up sides of each muffin cup. In another mixing bowl, beat eggs and half and half until blended. Stir in bacon, salt and pepper. Spoon egg mixture into each muffin cup and sprinkle cheese over top. Bake for about 20 minutes or until edges are golden brown and centers are set.

Yield: 24 quiches

1 serving = 1 quiche



Photo credit: Pixabay

Stir-Fried Green Rice, Eggs and Ham

Ingredients

1 gallon + 2 ½ quarts water
 5 pounds + 10 ounces long-grain brown rice
 2 ½ teaspoons salt
 1 quart + 1 cup liquid eggs, or 24 large fresh Michigan eggs, beaten
 ½ cup + 2 tablespoons vegetable oil
 1 ½ pounds extra-lean turkey ham, cut in ¼ inch dice
 1 quart fresh green onions, chopped
 5 pounds fresh spinach, chopped
 2 tablespoons + 2 teaspoons sesame oil
 2 tablespoons low-sodium soy sauce

Recipe courtesy of
What's Cooking?
 USDA Mixing Bowl:
Recipes for Healthy Kids
 Cookbook for Schools.

Directions

Bring water to boil. Divide rice between two steam table pans (12 inch x 20 inch x 2 ½ inch) and pour boiling water over each. Stir rice, then cover pans tightly with foil. Bake at 350°F for 40 minutes in conventional oven or at 325°F for 40 minutes in convection oven. When cooked, remove rice from oven and let stand, covered, for 5 minutes. Add salt to rice, mix well and set aside.

Whisk eggs with ½ cup water and place half of the egg mixture in a pan to cook over low heat. Once cooked, chop eggs and set aside. Sauté ham in vegetable oil over high heat for 2 minutes, until ham begins to brown. Reduce heat to medium and mix in brown rice. Add remaining uncooked egg mixture. Stir frequently for about 5 minutes or until cooked. Mix in onions, spinach, cooked egg, sesame oil and soy sauce.

Yield: 50 servings

1 serving = 1 cup (8 ounce spoodle)

Provides 1 ounce equivalent meat/meat alternative
 and 1.5 ounce equivalent grain

Kale

Photo credit: Lindsey J. Scalera



Fact:

Between 2007 and 2012, U.S. kale production rose 60%, mostly because of growing consumer demand.

Fact:

One serving of kale provides more than three-quarters of the recommended daily intake of Vitamin C.



Bumpy, Curly, Purple and Green!

Kale can be found in a variety of textures and colors. While each variety is equally nutritious and nourishing, different attributes make them more suitable to different preparation techniques or uses. Three of the most commonly grown varieties of kale are listed in the table below.

Variety	Leaf	Flavor	Uses
Curly Kale (Common Kale)	Ruffled leaves with a fibrous stalk, typically deep green in color	Peppery and assertive with a pleasantly bitter edge	Great for all cooking uses; especially good for kale chips
Lacinato Kale (Dinosaur or Tuscan Kale)	Long, flat leaves, dark green or bluish in color with an embossed texture	Less bitter than common kale with a milder, sweeter flavor	Commonly used in pastas and soups, such as minestrone
Red Russian Kale (Ragged Jack Kale)	Greenish-purple leaves with a fibrous, deep purple, stalk and an oak-shaped leaf	Mild, nutty flavor that is slightly sweet and earthy	Sauté or braise mature leaves and add smaller, fresh leaves to salads

Which Kale Is This?

Pictured from left to right: Red Russian, Lacinato, Redbor, and Green Scotch varieties.



Photo credit: Suzie's Farm/Flickr

Moroccan Toasted Kale Chips

Ingredients

15 pounds fresh Michigan kale
 2 ½ cups canola oil
 1 tablespoon + 2 teaspoons salt
 ½ cup + 2 tablespoons granulated garlic
 1 ¼ cups lemon juice
 1 ½ cups + 1 tablespoon African Six-Spice Seasoning Mix (recipe below)
 Cooking spray



Photo Credit: Flickr User Nicole

Directions

Thoroughly wash and dry kale.

Remove kale ribs and tear leaves into 1-inch pieces.

Combine kale, garlic, seasoning mix, salt, lemon juice and oil in a large bowl.

Spray the pan with cooking spray, and spread kale evenly in a single layer on a baking sheet.

Roast at 325°F for 6 to 8 minutes, or until toasted chips are crisp but not too dark.

Serve immediately.

Yield: 100 servings

1 serving = ½ cup toasted kale chips

1 serving provides ½ cup Total Vegetables
 (Dark Green: ¾ cup, Red/Orange: ⅛ cup)

African Six-Spice Mix

Ingredients

¼ cup + ½ teaspoon ground cinnamon
 ½ cup + ¾ teaspoon whole black pepper
 ½ cup + ¾ teaspoon ground ginger
 ½ cup + ¾ teaspoon turmeric
 2 tablespoons + 2 ½ teaspoons ground cumin
 1 tablespoon + 1 ¼ teaspoons ground nutmeg

Directions

Measure cinnamon and whole black peppercorns into a heavy skillet and toast over medium heat for approximately 4 minutes.

Monitor the heat closely, stirring often. Remove from heat once toasting has begun.

Grind toasted cinnamon and peppercorns together into a powder.

Stir powder together with all remaining spices.

Recipes courtesy of
 Chartwells School Dining Services.

Sautéed Kale with Tomatoes

Ingredients

3 tablespoons canola oil
 1 quart + 2 cups fresh onions,
 julienne sliced
 1 tablespoon minced garlic
 7 pounds fresh Michigan kale, chopped
 2 quarts + 1 cup canned diced tomatoes
 (no salt added)
 $\frac{3}{4}$ teaspoon ground black pepper
 1 $\frac{1}{2}$ teaspoons kosher salt

Recipe courtesy of
 Chartwells School Dining Services.

Directions

Heat oil in a skillet, and sauté onions until translucent.
 Add the garlic and kale, and toss until the kale wilts.
 Stir in drained diced tomatoes, and season with salt and pepper.
 Serve hot.

Yield: 72 servings

1 serving = $\frac{1}{2}$ cup

1 serving provides $\frac{3}{8}$ cup Total Vegetables
 (Dark Green: $\frac{1}{8}$ cup, Red/Orange: $\frac{1}{8}$ cup, Other: $\frac{1}{8}$ cup)

Kale and Jicama Slaw

Ingredients

$\frac{3}{4}$ cup sesame seeds
 2 pounds + 4 ounces fresh Michigan kale,
 trimmed of stems
 1 pound + 14 ounces jicama, peeled and
 julienned
 1 pound + 14 ounces canned mandarin
 oranges, drained
 1 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon ground black pepper
 $\frac{3}{4}$ cup fresh lemon juice
 $\frac{3}{4}$ cup canola oil

Recipe courtesy of
 Chartwells School Dining Services.

Directions

Place sesame seeds in dry skillet and toast the seeds over medium-low heat. Stir often and toast until dark brown. Let cool and set aside.
 Wash kale leaves and slice very thinly. Place in a bowl with the jicama.
 Add the mandarin oranges.
 Toss with salt, black pepper, lemon juice and oil.
 Sprinkle with sesame seeds as a garnish.

Yield: 72 servings

1 serving = $\frac{1}{2}$ cup

$\frac{3}{8}$ cup Total Vegetables
 (Dark Green: $\frac{1}{8}$ cup, Red/Orange: $\frac{1}{8}$ cup, Other: $\frac{1}{8}$ cup)

Crisp Kale Salad with Dried Cranberries, Garbanzo Beans and Cheddar Cheese



Photo credit: Lindsey J. Scalera

Ingredients

3 gallons + 2 cups fresh Michigan kale,
chopped

2 gallons + 5 ½ cups romaine blend lettuce

1 cup + 2 teaspoons maple syrup

½ cup + 1 teaspoon lemon juice

2 tablespoons + ¼ teaspoon ground black
pepper

2 tablespoons + ¼ teaspoon kosher salt

3 cups + 2 tablespoons olive/canola oil
blend

3 quarts + ½ cup canned garbanzo beans,
drained and rinsed

3 cups + 2 tablespoon dried cranberries

1 quart + 2 ¼ cups shredded carrot

3 pounds + 2 ounces shredded cheddar
cheese

Directions

Blend syrup, lemon juice, salt, pepper and oil together well.

Mix kale and lettuce together and toss to combine with dressing.

Top with ¼ cup beans, 1 tablespoon cranberries, 2 tablespoons
shredded carrot, 1 ounce (¼ cup) shredded cheese.

Place 1 ¾ cups dressed greens in serving bowl.

Yield: 50 servings

1 serving = 1 individual salad

1 serving provides

- » Total Meat/Meat Alternate: 2 ounce equivalent
(Meat/Meat Alternate: 2 ounce equivalent)
- » Total Fruits: ⅛ cup
- » Total Vegetables: 1 cup (Dark Green: ½ cup, Red/Orange:
⅛ cup, Other: ⅜ cup)

Recipe courtesy of
Chartwells School
Dining Services.

Sautéed Kale with Cranberries

Ingredients

25 pounds fresh Michigan kale
 1 cup oil blend
 4 red onions, diced
 10 garlic cloves, minced
 1 cup pine nuts, toasted
 4 cups dried cranberries (or dried Michigan cherries)
 ½ cup extra-virgin olive oil
 Zest and juice of 4 lemons
 Kosher salt and black pepper, to taste

Recipe courtesy of
 University of Michigan Dining.

Directions

Fold each kale leaf in half lengthwise and tear stem away along crease. Discard. Coarsely tear leaves and set aside.

In a large sauté pan, heat olive oil over medium high heat.

Sweat onion and garlic for about 5 minutes.

Add half of kale and cook until kale wilts, about 2 to 3 minutes.

Add remaining kale and cook an additional minute, until kale is just tender and still bright green.

Add lemon juice, zest and olive oil.

Season with salt and pepper.

Stir in pine nuts and dried cranberries.

Serve immediately.

Yield: 100 servings



Photo Credit: Flickr User Mike Lang

Milk

Photo credit: Len Villano

**Fact:**

Every container of milk is identified by a 5-digit code. This code includes a 2-digit state code followed by a 3-digit processing plant code. Michigan's state code is 26.

Fact:

Dairy is Michigan's leading agricultural segment, contributing \$14.7 billion to the state's economy annually as of 2015.

Loaded Baked Potato Soup

Ingredients

3 pounds + 3 ounces hickory-smoked bacon
 2 pounds + 9 ounces butter
 4 pounds + 8 ounces peeled Spanish onions, diced
 4 pounds + 1 ounce fresh celery, diced
 3 pounds + 7 ounces all-purpose flour
 7 ½ gallons 2% Michigan milk
 15 ounces chicken base
 2 pounds + 5 ounces sharp cheddar cheese, shredded
 24 pounds + 12 ounces frozen diced potatoes ¼ cup
 1 ½ tablespoons salt
 2 ¾ teaspoons white pepper

Directions

Cook bacon until crisp; reserve drippings and crumble. Mix bacon drippings with butter in steam kettle. Add onions and celery, cooking until almost tender. Stir in flour to make a roux and cook 5 to 7 minutes. Turn off heat. While whisking, slowly add in milk. Return to heat and cook, stirring frequently until the mixture thickens. Stir in base. Gradually add cheese. Cook and stir until melted and incorporated into the soup.

Add potatoes and reserved bacon crumbles and heat through. Season with salt and white pepper, as needed. Reserve and serve warm, at 145°F minimum, with toppings available next to soup during service.

Yield: 11 gallons, or 352 servings

1 serving = 4 ounces

Toppings

4 pounds + 5 ounces sharp cheddar cheese, shredded
 5 pounds + 12 ounces hickory-smoked bacon, crumbled
 1 pound + 6 ounces fresh green onions, chopped
 5 pounds + 8 ounces sour cream

Recipe courtesy of Michigan State University Culinary Services.

Fresh Cream of Broccoli Soup

Ingredients

3 pounds + 10 ounces butter
 2 pounds + 6 ½ ounces peeled
 Spanish onions
 2 pounds + 1 ounce fresh celery, diced
 3 pounds + 10 ounces all-purpose flour
 9 ¾ gallons 2% Michigan milk
 1 pound + 6 ounces sautéed vegetable base
 2 ¾ teaspoons ground nutmeg
 2 ¾ teaspoons white pepper
 11 pounds broccoli florets, cut into
 bite-sized pieces

Recipe courtesy of Michigan State
 University Culinary Services.

Directions

Melt butter in a large pot. Add onions and celery and sauté until onions are translucent. Stir in flour to make a roux and cook for 5 to 7 minutes, stirring constantly. Using a wire whisk, slowly stream in milk and whisk until there are no lumps. Stir in base, nutmeg and white pepper. Bring to a low boil. Add broccoli, reduce heat and simmer for at least 30 minutes, making sure the broccoli is tender.

Adjust taste with salt and white pepper as needed. Reserve and serve warm, at 145°F minimum.

Yield: 11 gallons, or 352 servings

1 serving = 4 ounces

Onions

Photo credit: Pixabay

**Fact:**

In 2016, 88 million pounds of Michigan onions were harvested with a value of more than \$10 million.

Fact:

Onions are grown in south central and southern Michigan counties: Allegan, Barry, Eaton, Ionia, Kent, Newaygo, Ottawa and Van Buren.

Nurition Fact:

Onions are rich in potassium and vitamins C and B6.



Curried Apple and Onion Soup

Ingredients

1 ½ gallon + 1 cup water, hot
 ½ cup + ½ tablespoon chicken or vegetable base
 12 ½ ounces Grade A unsalted butter
 5 large yellow onions, sliced
 Salt, to taste
 Ground white pepper, to taste
 2 ¼ cups white cooking wine
 ¼ cup + ⅓ tablespoon vegetable oil
 ¼ cup + ⅓ tablespoon water, hot
 5 large yellow onions, chopped
 38 medium stalks celery, chopped
 9 fresh leeks, chopped
 ¼ cup + ⅓ tablespoon fresh thyme, chopped
 10 whole bay leaves
 ¼ cup + ⅓ tablespoon curry powder
 1 ¾ cup flour
 3 quarts + ½ cup water, hot
 ¼ cup + ⅓ tablespoon 100% lemon juice
 10 pounds + 8 ounces Granny Smith apples
 1 quart + ¾ cup heavy whipping cream

Recipe courtesy of
 Gordon Food Service.

Directions

Bring first amount of water to a boil and add soup base to create stock. Melt ⅓ of the butter in a large nonstick pan over medium heat. Add the sliced onion and season with salt and pepper. Sauté until the onions are golden brown, about 25 to 30 minutes.

Add half of the soup stock and white wine. Bring to a boil. Lower heat and slowly simmer for 15 minutes.

Heat vegetable oil and second amount of water over medium heat in a saucepan. Add chopped onion, celery and leeks. Season with salt and pepper. Cook for 5 minutes. Add the remaining soup stock.

Tie thyme and bay leaves together with a string or place in cheesecloth. Add to stock and vegetables and bring to a boil. Lower heat and simmer for 25 to 30 minutes.

Melt remaining butter in a saucepan over low heat. Whisk in curry powder and flour to make a roux. Cook until the roux bubbles, stirring occasionally to prevent scorching.

Strain ⅓ of the stock and vegetable mixture from the saucepan into roux. Whisk vigorously until smooth, then return mixture to the saucepan. Stir until well combined. Bring to a boil, reduce heat and simmer for 10 minutes.

Remove from heat. Discard tied herbs. Purée soup in a food processor and strain. Return to a saucepan and add the sliced onions and stock mixture. Simmer over low heat.

Acidulate third amount of water with lemon juice. Peel, core, quarter and slice apples widthwise. Place apples in acidulated water to prevent discoloration.

Heat cream in a nonstick pan over medium heat. Drain the apples, rinse with running water and shake dry. Add apples to cream and heat through, about 3 to 4 minutes, making sure it does not boil. Add cream and apples to soup and season to taste with salt and pepper. Soup may be held hot for up to 1 hour.

Yield: 50 servings

1 serving = 6-ounce



Kimchee Slaw

Ingredients

2 pounds + 6 ounces Napa cabbage, trimmed

9 ½ ounces Japanese daikon radishes

4 pounds + 12 ounces yellow onions, thinly sliced

2 ½ tablespoon salt

¼ cup + ⅓ tablespoon rice wine vinegar

2 ⅓ tablespoon Asian red chili paste

1 ⅔ tablespoon ginger root, shredded and drained

1 tablespoon + ½ teaspoon Asian fish sauce

1 tablespoon + ½ teaspoon granulated sugar

1 ¼ teaspoon fresh garlic, peeled

Recipe courtesy of
Gordon Food Service.

Directions

Trim and peel 1 pound daikon. Slice widthwise into 2-inch pieces. Julienne on a mandoline. Thinly slice 8 ounces onions on mandoline. Finely grate 3 tablespoons ginger on a box grater. Trim off any blemished leaves from the top of the cabbage. Slice the cabbage into quarters and remove the core. Thinly slice the cabbage widthwise.

Place the cabbage, daikon and onions in a 2-inch perforated stainless steel hotel pan. Place the 2-inch pan of cabbage inside a 4-inch full stainless steel hotel pan to catch any liquid that is extracted from the cabbage mixture.

Sprinkle ½ cup of salt over the cabbage mixture. Toss together until mixed. Cover with film wrap. Allow to rest at room temperature for up to 3 hours.

Combine rice vinegar, Asian red chili paste, ginger root, fish sauce, granulated sugar, and garlic in a stainless steel mixing bowl large enough to hold the cabbage after pressing. Whisk together thoroughly. Cover with film wrap.

Rinse off the salt from the cabbage under cold tap water. Place the perforated cabbage pan back inside the 4-inch pan. Loosely cover the cabbage mixture with film wrap. Place the full 2-inch stainless steel hotel pan on top of the cabbage. Place enough weight inside of the top pan to press out the water. Allow to rest for 30 minutes.

Remove the weighted pan. Pat the cabbage as dry as possible with paper towels. Add the cabbage to the pickling mixture. Mix thoroughly until evenly coated. Place in a nonreactive storage container. Cover and refrigerate for at least 12 hours. Stir periodically. Drain before use.

Refrigerate at 41°F or below.

Yield: 50 servings

1 serving = 1 ounce



Lentil Soup

Ingredients

½ cup + ⅓ tablespoon vegetable oil
 1 quart + ¼ cup yellow onions, finely chopped
 2 cups carrots, finely chopped
 2 cups celery, finely chopped
 1 tablespoon + ¼ teaspoon salt
 4 pounds + 3 ounces lentils, rinsed
 4 cups tomatoes, chopped
 ⅔ cup + ⅓ tablespoon low-sodium chicken or vegetable base
 2 gallons water, hot
 2 ⅓ teaspoon ground coriander
 2 ⅓ teaspoon ground cumin

Recipe courtesy of
Gordon Food Service.

Directions

Place the oil in a large pot and heat on medium. Once hot, add the chopped onions, carrots, celery and salt (if desired) and let the vegetables sweat until the onions are translucent.

Add the rinsed lentils, chopped tomatoes, broth (prepared from base and hot water), coriander and cumin. Stir to combine. Increase the heat to high and bring to a boil. Reduce the heat to low, cover and simmer until the lentils are tender (approximately 35 to 40 minutes).

If desired, blend the soup to a smooth consistency before serving. Serve 6 fluid ounces of soup per portion.

Yield: 50 servings

1 serving = 6 ounces



Berries

Photo credit: Lindsey J. Scalera



Fact:

Michigan farmers grow berries for both fresh and processed uses.

Fact:

A great source of fiber, berries are also rich in vitamin C and potassium.

Fact:

In 2016, Michigan ranked seventh nationally in strawberry production.



Arctic Berry Dessert

Ingredients

3 pounds strawberries
 3 pounds raspberries
 3 pounds blackberries
 3 pounds blueberries
 4 teaspoons orange zest (about 9 oranges)
 37 eggs
 1 quart champagne
 1 ½ cups sugar
 ¾ ounce fresh mint leaves

Recipe courtesy of Gordon Food Service and authored by Chef Edward.

Directions

Trim and quarter the strawberries. Place the strawberries, raspberries, blackberries and blueberries on separate parchment-lined half-sheet pans. Wrap tightly with film wrap. Place in freezer. Place 6-ounce serving bowls in freezer for service. Zest the oranges and finely chop. You will need 4 teaspoons zest for this recipe.

After berries are completely frozen, place 1 ounce of each berry in the frozen bowls. Cover tightly with film wrap. Return to freezer.

Fill a saucepan half full with water and bring to a simmer. Be careful not to have the water too hot to prevent scrambling the yolks while whipping.

Separate the eggs. Place the yolks in a stainless steel mixing bowl. Place the whites in a separate storage container and refrigerate until needed, up to 2 days.

Prepare as needed for service. Place the sugar, champagne and orange zest in the bowl with yolks. Whisk with a piano wire whip until well combined. Place the bowl over the simmering water. Whip continuously until sauce is thick and has doubled in volume, 3 to 5 minutes. The sauce will start off frothy and become thick and creamy. Keep sides of bowl clean while whipping. The sauce should be thick enough to support a ribbon of sauce trailing off the end of a spoon when lifted. Remove bowl from heat and continue whipping a few times to cool down the sabayon. Cover with film wrap and refrigerate until needed. The sabayon will last about 30 to 45 minutes.

To prepare à la carte portion:

Dollop 2 ounces of sabayon on top of the frozen berries. Place a sprig of mint on the side of the berries.

Yield: 50 servings

1 serving = 6 ounces

Berry Chicken Salad

Ingredients

1 ¾ cups apple cider vinegar
 1 ¼ cups red raspberry jam, seedless
 1 ounce Dijon mustard
 2 ½ cups olive oil
 1 teaspoon salt
 1 teaspoon black pepper, ground
 3 ⅞ pounds Romaine blend
 10 cups Michigan blackberries, raspberries
 and/or strawberries
 1 cup red onions, sliced
 5 pounds sugar snap peas
 5 pounds cooked chicken, diced

Directions

To prepare the dressing, blend vinegar, jam, mustard, olive oil, salt and pepper until well combined. Chill overnight.

Portion into serving bowls in the following order:

1 ¼ ounce Romaine blend
 ¼ cup Michigan berries
 2 slices red onion
 2-3 sugar snap peas
 2 ounces diced chicken

Dress with 2 tablespoons dressing over top just prior to serving.

Yield: 40 servings

One serving provides: 2 ounces meat/meat alternate, ¼ cup dark greens, ¼ cup other vegetables and ¼ cup fruit

Recipe courtesy of Sartell-St.
 Stephen Public Schools from
Now We're Cooking!
*A Collection of Simple
 Scratch Recipes Served in
 Minnesota Schools.*

Cold Beet Salad with Raspberries

Ingredients

10 pounds raw beets
 6 tablespoons raspberry vinegar
 1 cup olive oil
 1 teaspoon salt
 ¼ teaspoon black pepper, ground
 2 cups Michigan raspberries
 1 tablespoon fresh mint leaves, chopped

Directions

Preheat oven to 400°F. Cut off all but 1 inch of beet tops. Wrap beets tightly in aluminum foil and bake for one hour or until tender. Remove beets from oven and cool. Slip off the skins and slice into thin rounds.

Whisk together the vinegar, oil salt and pepper. Drizzle over beets. Let marinate in refrigerator for at least one hour.

Before serving, gently fold in the raspberries. Garnish with mint.

Yield: 61 servings

1 serving = ¼ cup

One portion provides: ¼ cup other vegetables

Recipe courtesy of Sartell-St.
 Stephen Public Schools from
Now We're Cooking!
A Collection of Simple
Scratch Recipes Served in
Minnesota Schools.

Blueberries

Photo credit: iStock

**Fact:**

In 2016, Michigan led the nation in the production of blueberries for the fresh market and placed third in production for processing.

Fact:

The western Michigan counties of Allegan, Berrien, Muskegon, Ottawa and Van Buren are the largest producers of blueberries in the state.

Nutrition Tip:

Antioxidants found in blueberries can reduce inflammation linked with chronic conditions such as cardiovascular disease and cancer.



Photo credit: Pixabay

Blueberry Yogurt Parfait

Ingredients

15 cups individually quick frozen Michigan blueberries

20 cups plain or vanilla yogurt

5 cups granola

Recipe courtesy of Chef Lisa from Congress Elementary School, Grand Rapids Public Schools.

Directions

Prepare one day prior to use.

Pour blueberries into one full-size aluminum hotel/steam. Spread yogurt on top to completely cover blueberries. Sprinkle granola over the yogurt. Chill until ready to use. Serve using a ½ cup serving spoon directly onto plate/tray.

Yield: 50 servings

Peanut Butter Bananaberry Pinwheels

Ingredients

- 12 ½ cups creamy peanut butter
- 100 8 inch whole-grain tortillas
- 50 bananas, sliced
- 25 cups Michigan blueberries

Directions

Prepare one day prior to use.

Spread 2 tablespoons peanut butter evenly over each tortilla. Place half of a sliced banana and ¼ cup blueberries over peanut butter. Roll up tortilla. Repeat steps on next tortilla. You may choose to slice these to resemble kid-friendly sushi, or leave them whole for a quick grab-and-go meal option.

Yield: 100 servings

Recipe courtesy of Jessica Endres,
Food Service Director at Thornapple
Kellogg Schools.

Blueberry Granola Bars

Ingredients

- 5 cups (1 pound) rolled oats
- ¾ cup (6 ounces) vegetable oil
- 1 ½ cups (10 ½ ounces) light brown sugar
- ¾ cup (5 ¼ ounces) frozen whole eggs, thawed, or 2 large fresh eggs
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 ½ cups (6 ½ ounces) whole wheat flour
- 3 cups (1 pound) Michigan blueberries, frozen (not thawed)

Directions

Preheat oven to 350°F. Combine oats and ¼ cup vegetable oil. Spread on rimmed baking sheet. Bake 12 to 15 minutes, stirring occasionally, until golden. Let cool.

In a bowl, beat together brown sugar, remaining ½ cup oil, eggs, vanilla, cinnamon and salt. Beat in the flour until smooth. Stir in cooled oatmeal mixture until blended. Immediately stir in the frozen blueberries until distributed.

Pat the dough into 12 x 20 x 2½ inch steamtable pan lined with aluminum foil, coated with nonstick cooking spray. Press very firmly and bake until lightly browned, 35 to 40 minutes for conventional oven at 350°F or 25 to 35 minutes for convection oven at 325°F. Cool and cut into 48 6 x 8 bars.

Nutritional content per serving

CALORIES	113 KCAL	Dietary Fiber	1.7 G
TOTAL FAT	4.4 G	SODIUM	30 MG
Saturated Fat	0.6 G	CALCIUM	14 MG
CHOLESTEROL	8.8 MG	IRON	0.6 MG
PROTEIN	2 G	VITAMIN A	21 IU
CARBOHYDRATES	17 G	VITAMIN C	0.25 MG

Yield: 48 servings

Recipe courtesy of the
U.S. Highbush Blueberry Council.



Blueberry Breakfast Salad

Ingredients

12 ½ pounds mixed salad greens, torn into bite-sized pieces

13 pounds fresh or frozen Michigan blueberries

13 pounds fresh orange sections or canned mandarin oranges

6 ½ pounds granola

1 ½ quarts olive oil

1 ½ quarts frozen blueberries

¼ cup + 2 tablespoons Dijon mustard

¾ cup brown sugar

¼ cup minced shallot

1 tablespoon + 1 teaspoon kosher salt

1 tablespoon ground white pepper

1 tablespoon paprika

Directions

For the blueberry vinaigrette: In a food processor container, combine the olive oil, blueberries (thawed if frozen), Dijon mustard, brown sugar, minced shallot, kosher salt, ground white pepper and paprika. Process until mixture is smooth. Chill at least 30 minutes to blend flavors.

Toss salad greens with most of blueberry vinaigrette. Divide the dressed greens among 8 large plates. Arrange orange sections and fresh blueberries on top. Sprinkle salad with granola. Drizzle remaining vinaigrette on top and serve immediately.

Yield: 50 servings

Recipe courtesy of the
U.S. Highbush Blueberry Council.

Blueberry Turkey Burgers with Blueberry Ketchup

Ingredients

12 ½ pounds ground turkey, 85% lean

2 quarts + 1 ¼ cups fresh or frozen (not thawed) Michigan blueberries

¾ cup minced fresh ginger

¾ cup minced lemongrass (optional)

¼ cup coarse black pepper

1 ½ cups soy sauce

50 hamburger buns with poppy seed

Lettuce and sliced red onion garnish (optional)

Blueberry ketchup

4 ½ quarts + ¾ cup fresh or frozen (not thawed) Michigan blueberries

6 ¼ cups minced onion

3 cups + 2 tablespoons rice wine vinegar

3 cups + 2 tablespoons dark brown sugar

2 tablespoons salt

¾ cup pickled ginger or minced fresh ginger

Recipe courtesy of the
U.S. Highbush Blueberry Council.

Directions

For the blueberry ketchup: In a saucepan over medium heat, combine blueberries, onion, vinegar, sugar, salt and ginger. Bring to a simmer, and cook for about 15 to 20 minutes, stirring frequently. Remove from heat and allow to cool. Place mixture in a blender or food processor, and whirl until smooth. Refrigerate until ready to use.

For the turkey burgers: In a large bowl, combine turkey, blueberries, ginger, lemongrass and black pepper. Mix well, and form mixture into 50 patties. Brush soy sauce on both sides of burgers. In an oiled skillet over medium-high heat or on a grill, grill patties until cooked thoroughly, about 4 minutes each side. Serve on buns with lettuce, sliced red onion and blueberry ketchup.

Yield: 50 servings

Carrots

Photo credit: Lindsey J. Scalera



Fact:

Montcalm and Oceana counties produce the most carrots in Michigan.

Fact:

Frozen and canned carrots are just as nutritious as fresh carrots.

Fact:

In terms of production, Michigan ranked fourth in acreage of processed carrots and fourth in total acres of carrots in 2017.



Photo credit: Lindsey J. Scalera

A Versatile Vegetable

Recommended varieties of Michigan-grown carrots include baby, Chantenay, Danvers, Imperator, Nantes, novelty, round and small. Sizes range from true baby carrots harvested young—those sold in bags are usually larger carrots that were peeled and trimmed—to mature large carrots. The sweet flavor comes from the carrots' high sugar content. Carrots are used raw and cooked, and they are available all year long through storage, canning and freezing. Crunch into carrots any which way!

Raw: Try them raw with dip or shredded on a salad or sandwich.

Steamed: Steamed carrots are a nutritious addition to any meal.

Roasted: Slice and then roast them in the oven with some potatoes and olive oil.

Boiled: Carrots are a perfect addition to a stew or soup.

Baked: Carrot muffins and cakes are moist and delicious.

Carrot and Broccoli Salad

Ingredients

2 pounds + 8 ounces fresh broccoli,
chopped

1 pound + 4 ounces Michigan carrots,
shredded

10 ounces onions, finely chopped

1 tablespoon + 2 teaspoons
granulated garlic

3 tablespoons + 1 teaspoon
Italian seasoning

3 $\frac{3}{4}$ cup light ranch dressing

Directions

Wash all vegetables before preparing. Combine all ingredients in a mixing bowl or pan. Cover and chill for at least one hour prior to service.

Yield: 50 servings

1 serving = $\frac{1}{2}$ cup

Recipe courtesy of
Chartwells School Dining Services.



Photo credit: Lindsey J. Scalera

Brown Rice Pilaf with Carrots and Fresh Dill

Ingredients

5 cups onions, diced
 ¼ cup + 2 tablespoons olive oil
 4–6 cloves garlic, grated
 1 ½ teaspoons ginger, ground
 5 pounds long-grain brown rice
 1 teaspoon black pepper
 1 gallon + 3 quarts chicken broth
 6 pounds Michigan carrots, sliced
 1 ½ cups fresh dill

Directions

Preheat oven to 350°F (convection) or 400°F (conventional). Add the onions, olive oil, garlic and ginger to 2 ½ inch deep hotel pans. Roast, stirring once or twice until the onions are translucent but not brown. Remove from oven and stir in rice and black pepper. Add chicken broth, equally dividing it among hotel pans, and cover tightly. Bake until all liquid is absorbed and the rice is tender, about 40–50 minutes. Steam carrots until tender but not mushy, about 5–7 minutes. (Check after 5 minutes.) Add carrots and dill into cooked rice, reserving a little dill for garnish. Use forks to mix gently. Add salt to taste, if needed. Serve immediately and sprinkle with remaining dill.

Yield: 100 servings

1 serving = ½ cup

Recipe adapted from
*Fresh from the Farm:
 The Massachusetts
 Farm to School Cookbook*
 by Amy Cotler.

Curried Carrot and Ginger Soup

Ingredients

24 ounces water
 6 ounces butter, unsalted
 6 medium red onions, peeled and diced
 1 cup fresh ginger, peeled and minced
 ¼ cup curry powder
 3 gallons roasted chicken stock
 3 quarts orange juice
 18 pounds Michigan carrots, washed, trimmed and sliced
 48 ounces heavy cream
 2 tablespoons kosher salt
 1 tablespoon white pepper

Directions

In a steam-jacketed kettle, melt butter and water together. Add onion, ginger and curry powder. Cook, covered, stirring occasionally until tender but not browned. Stir in stock, orange juice and carrots. Bring to a rolling boil, reduce heat and simmer 15–20 minutes until carrots are tender. Turn off heat. Use immersion blender to purée until smooth. Stir in heavy cream, salt and pepper. Return to simmer and adjust seasonings. Serve hot with sliced scallion garnish.

Yield: 96 servings

1 serving = 1 cup

1 serving provides ½ cup Total Vegetables
 (Red/Orange: ½ cup)

Recipe courtesy of Elissa Penczar,
 Chef/Instructor at Muskegon
 Area Career Tech Center,
 Muskegon Intermediate
 School District.

Carrot Fries

Ingredients

9 pounds + 12 ounces Michigan carrot sticks, fresh

2 tablespoons granulated garlic

½ teaspoon black pepper

¼ cup canola oil

Directions

Preheat oven to 375°F. Toss the carrot sticks together with oil and seasonings until lightly coated. Spread the carrots on sheet pans in a single layer. Roast in the oven for approximately 30 minutes, until the carrots are softened and caramelized.

Yield: 50 servings

1 serving = ½ cup

Recipe courtesy of Chartwells
School Dining Services.

Cinnamon Glazed Carrots

Ingredients

12 pounds Michigan carrots, bias cut

¾ cup light brown sugar

1 tablespoon ground cinnamon

½ cup canola oil

¾ teaspoon kosher salt

Directions

Cook carrots by boiling or steaming until they are just tender (easily pierced with a sharp knife) and drain. While carrots are cooking, combine brown sugar, cinnamon, oil and salt in a saucepan. Melt together over low heat, stirring well so there are no lumps. Continue cooking until the glaze thickens slightly, about 3–5 minutes. Pour glaze over the cooked carrots and stir until well coated. Transfer carrots to serving pans.

Yield: 48 servings

1 serving = ½ cup

Recipe courtesy of Chartwells
School Dining Services.

Carrot Crisp

Ingredients

1 cup Smart Balance margarine
 1 spray of cooking spray per pan
 7 pounds Michigan carrot coins, frozen
 1 quart + 1 cup granulated sugar
 1 tablespoon ground cinnamon
 1 quart + 3 ½ cups evaporated whole milk, canned
 3 cups + 2 tablespoons whole egg with citric acid
 2 ½ pounds yellow cake mix
 2 ½ pounds whole wheat flour

Recipe courtesy of
 Chef David Rose,
 Mattawan Consolidated School.

Directions

Melt the margarine and set aside. Preheat oven to 350°F.

Place carrots in steam table pan(s). Pour about ¼ inch of water in the bottom of the pan(s). Cover pans and heat in steamer at 5 pounds of pressure for 3 minutes or until carrots reach 140°F, then drain off any excess liquid. Once excess liquid is drained off, purée carrots in a food processor.

In a large bowl, mix together the puréed carrots, sugar, cinnamon, evaporated milk and eggs. Spray a large (17-inch x 24-inch x 2-inch) baking pan with cooking spray, and pour the mixture into the prepared pan.

In another large bowl, combine the cake mix and whole wheat flour. Sprinkle mixture over the carrot mixture. Drizzle the melted margarine over the top of the cake mix and flour mixture. Bake at 350°F for 45 to 60 minutes.

Cut each pan 12 x 12 into 144 servings. Serve hot or cold. For hot service, hold at 140°F or higher. For cold service, hold at 40°F or lower.

Yield: 144 servings

1 serving = 2 ounces

Cucumbers

Photo Credit—Sarah Garner



Fact:

In 2017, Michigan ranked second in the U.S. for production of pickling cucumbers and third for fresh market cucumbers.

Fact:

Cucumbers are low in calories due to high water content.

Fact:

Sold fresh to be eaten immediately, slicing cucumbers tend to have thicker skins and are longer and darker green than pickling cucumbers.

Agua Fresca

Ingredients

½ cup sliced Michigan cucumbers

1-2 sprigs of fresh mint

Ice

Directions

Fill pitcher halfway with ice. Add sliced cucumbers and mint. Fill with water. Chill for at least 20 minutes before serving.

Store in refrigerator and drink within 24 hours.

Yield: 4 servings

Serving size: 1 cup

Recipe courtesy of California Department of Public Health, Rethink Your Drink and Champions for Change, and funded by USDA SNAP-Ed.

Agua Fresca en Español

Ingredientes

½ taza de pepino de Michigan en rebanadas

1-2 ramitas de menta fresca

Hielo

Preparación

Llene media jarra con hielo. Agregue el pepino y la menta. Llene con agua. Deje enfriar por lo menos 20 minutos antes de server.

Guarde en el refrigerador y tome dentro de 24 horas.

Rinde: 4 porciones

Porción: 1 taza

Receta provista por California Department of Public Health, Rethink Your Drink y Campeones del Cambio, and financiado por USDA SNAP-Ed.

Tabbouleh

Ingredients

1 pound 8 ounces quinoa, dry
 1 pound 10 ounces bulgur wheat, dry
 2 quarts 2 ½ cups water
 1 tablespoon 1 teaspoon salt
 4 pounds 14 ounces fresh, unpeeled tomatoes, diced
 2 pounds 8 ounces fresh Michigan cucumbers, peeled, seeded, and diced
 3 ounces fresh parsley, chopped
 12 ounces fresh onions, diced
 10 ounces fresh red bell peppers, diced
 ¼ cup fresh mint, chopped
 ½ teaspoon ground cumin
 1 ½ cup lemon juice
 ¼ cup 2 tablespoons olive oil

Recipe courtesy of What's Cooking? USDA Mixing Bowl.

Directions

Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, bulgur wheat, water, and salt in a large, covered stock pot. Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff. Refrigerate and set aside to cool. Critical Control Point: Cool to 40°F or lower within 4 hours.

Combine tomatoes, cucumbers, parsley, onions, bell peppers, mint, and cumin in a large bowl. Toss well. Add cooled quinoa and bulgur wheat. Add lemon juice and olive oil. Stir well. Transfer to a steam table pan (2 - 12" x 20" x 2 1/2" pans) and hold at 40°F or below. Portion with 6 fluid ounce spoodle (3/4 cup).

Yield: 50 servings

Serving size: ¾ cup

Marinated Cucumbers and Tomatoes

Ingredients

- 3 pounds Michigan cucumbers, thinly sliced
- 2 pounds tomatoes, fresh, chopped
- 12 ounces onion, thinly sliced, fresh red or yellow (optional)
- 1 cup white vinegar
- 1 cup salad oil
- 1 ¼ ounces salt
- 1 ¼ ounces sugar
- ½ teaspoon white pepper

Directions

Prepare vegetables. Combine cucumbers, onions and tomatoes in a large bowl, and set aside.

In a separate bowl, whisk together vinegar, salad oil, sugar, salt and pepper to make marinade. Pour marinade over cucumber mixture and stir to distribute evenly.

Refrigerate for at least 2 hours before service. Portion ½ cup (4 ounces) per portion.

Yield: 25 servings

Serving size: ½ cup

Recipe courtesy of
Carroll Services Inc. Foodpro

Nutritional content per serving	
CALORIES	93.6
TOTAL FAT.....	8.8G
SAT. FAT	1.41G
SODIUM	95.2MG



Vegetable Wrap

Ingredients

3 pounds 7 ounces ranch dressing
 14 ounces fresh Romaine lettuce, chopped,
 rinsed and dried
 1 pound 10 ounces fresh green bell
 peppers, chopped
 1 pound 14 ounces fresh onions, chopped
 1 pound 6 ounces fresh carrots, sliced
 1 pound 10 ounces fresh Michigan
 cucumbers, diced
 1 pound 10 ounces low fat shredded
 cheddar cheese (optional)
 50 8-inch whole grain tortillas

Recipe courtesy of What's Cooking?
 USDA Mixing Bowl.

Directions

Combine ranch dressing, lettuce, bell peppers, onions, carrots, Michigan cucumbers, and cheese (optional) in a large bowl. Stir well. Set aside. Critical Control Point: Cool to 40°F or lower within 4 hours.

To prevent tortillas from tearing when folding, steam tortillas for 3 minutes until warm, or hold tortillas in original packaging and place in a warmer at 135°F for 10 minutes.

Using a No. 10 scoop, portion ½ cup 1 tablespoon (about 4 ounces) vegetable mixture onto the center of each tortilla. Roll in the form of a burrito and seal.

Place wraps seam side down on a sheet pan (2 - 18" x 26" x 1" pans). Hold at 40 °F or below to serve.

Yield: 50 servings

Serving size: 1 wrap



Crunch into cucumbers with your favorite dip. Here are some dips to try!

Black Bean Hummus

Ingredients

6 pounds dry black beans
 6 pounds dry garbanzo beans
 1 quart ½ cup lemon juice
 12 ounces fresh garlic cloves, peeled
 ¼ cup 2 tablespoons olive oil
 1 ½ teaspoon salt
 2 tablespoons ground cumin
 1 tablespoon ground white pepper
 3 ounces fresh cilantro, chopped
 Michigan cucumber slices for serving

Recipe courtesy of What's
Cooking? USDA Mixing Bowl.

Directions

Soak the dry beans overnight or quick-soak. For overnight method, add 1 ¾ quarts cold water to every 1 pound of dry beans. Cover and refrigerate overnight. Discard the water and proceed to cook beans. For quick-soak method, boil 1 ¾ quarts of water for each 1 pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water and proceed to cook beans.

Once the beans have been soaked, add 1 ¾ quarts water for every pound of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use immediately or chill for later use.

Combine cooked and chilled black beans and garbanzo beans with lemon juice, garlic, oil, salt, cumin and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. Do not overmix. Using a rubber spatula, scrape black bean mixture into a large bowl. Add cilantro. Stir well.

Transfer 3 quarts ½ cup black bean hummus to a steam table pan (12" x 20" x 2 ½"). Cover pans tightly. Critical Control Point: Cool to and serve at 41°F or lower within 4 hours. Portion with No. 8 scoop (½ cup), and serve with fresh Michigan cucumber slices.

Yield: 50 servings

Serving size: ½ cup

Creamy Dip for Fresh Vegetables

Ingredients

1 quart lowfat plain yogurt
 2 quarts 2 cups reduced calorie salad dressing or lowfat mayonnaise
 2 cups instant nonfat dry milk, reconstituted
 ½ cup dried parsley
 1 tablespoon granulated garlic
 1 tablespoon onion powder
 2 tablespoons salt
 2 teaspoons ground pepper
 Michigan cucumber slices for serving

Recipe courtesy of USDA Recipes for Schools.

Directions

Combine all ingredients. Blend well.

Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.

Portion with 1-ounce ladle. Serve with fresh Michigan cucumber slices.

Yield: 128 servings

Serving size: 1 ounce

Cheddar Cheese Dip

Ingredients

12 ounces Neufchatel cream cheese
 2 pounds yellow cheddar cheese, shredded
 1 ½ cups low-fat plain yogurt
 ½ cup milk, 1% low fat
 Michigan cucumber slices or wedges for serving

Recipe courtesy of United Dairy Industry of Michigan.

Directions

Place cream cheese and cheddar cheese in a food processor and blend until smooth. Add yogurt and milk. Puree again until smooth.

Use a #16 scoop to place 2 ounces in a 3- or 4-ounce soufflé cup. Critical Control Point: Hold at 41°F or lower. Serve with Michigan cucumber slices or wedges.

Yield: 25 servings

Serving size: 2 ounces

Peppers

Photo Credit: Lee Walters

**Fact:**

In 2015, 1,500 farms produced peppers, covering 2,200 acres across Michigan. About 900 of these farms produce bell peppers.

Safe Handling:

Wear gloves when handling hot peppers, such as chili peppers. Capsaicin, one of the chemicals that make peppers hot, can burn skin and is especially painful if it comes into contact with your eyes.

Fact:

Peppers grown for processing are often harvested mechanically. The machine commonly used to harvest them is made in Saginaw, Michigan.



Photo credit: iStock

A variety for every taste and every use!

Michigan farmers produce a wide variety of peppers. The most commonly grown pepper for fresh eating is the bell pepper. A banana pepper crop of notable size is also grown for processing. The table shows many of the available pepper varieties grown in Michigan, their common uses and whether they are classified as sweet or spicy. Remember that spice is relative, so be sure to taste-test pepper varieties to be sure they are appropriate for specific institutional customers.

Variety	Use	Sweet - Spicy
Bell	Raw, cooked, roasted	Sweet
Paprika	Raw, cooked, roasted	Sweet
Banana	Raw, cooked, roasted	Sweet
Anaheim	Raw, cooked, roasted	Sweet-spicy
Poblano	Best roasted, can be consumed raw or cooked	Sweet-spicy
Jalapeño	Small quantities for spice, pickled, cooked	Spicy
Hungarian Hot Wax	Small quantities for spice, cooked, roasted	Spicy
Serrano	Small quantities for spice	Very spicy
Cayenne	Small quantities for spice	Very spicy
Habañero	Very small quantities for spice	Extremely spicy

Corn and Pepper Chowder

Ingredients

2 tablespoons olive oil
 2 leeks, washed well and sliced
 4 carrots, finely chopped
 2 Michigan red bell peppers, diced
 3 cups of stock
 4 cups whole milk or half-and-half
 4 medium red potatoes, peeled and cut into 1 inch cubes
 1 bay leaf
 1 teaspoon thyme (fresh, if possible)
 3 teaspoons coarsely ground black pepper
 1 ½ tablespoons ground cumin
 4 cups corn kernels
 ¼ cup chopped parsley

Directions

Heat the oil in a 4 to 6 quart soup pot. Add the leeks and carrots and sauté over low heat for 5 minutes without browning. Add the bell peppers and sauté 3 minutes longer. Add the stock, milk, potatoes, bay leaf, thyme, black pepper and cumin. Cover partially and simmer for 20 minutes, until the potatoes are tender but not falling apart. Using a potato masher or immersion blender, crush/purée about one-third of the cooked vegetables. Add the corn and purée to the pot. Simmer 10 minutes. Serve with parsley sprinkled on top of each serving.

Yield: 10 to 14 servings

Recipe courtesy of the Chicory Cafe in Rogers City.

Homemade Green Salsa

Ingredients

5 medium tomatillos, husked
 1 Michigan jalapeño pepper, about
 3-inches long by 1 inch thick
 Pinch of salt

Directions

In a pot, boil enough water to cover tomatillos and jalapeño. Then add tomatillos and jalapeño and boil until the tomatillos are emerald green in color, about 3 to 5 minutes. Drain and place tomatillos and jalapeño in a blender or food processor with a pinch of salt. Blend to desired chunkiness, adding water (about 1 to 3 ounces) as desired. Taste for saltiness, adding more salt if desired. Remove mixture from blender/processor and serve.

Recipe courtesy of Filiberto Villa
 of Farmers on the Move in
 Battle Creek.

Salsa Verde Casera (en Español)

Ingredients

5 tomatillos medianos
 1 chile jalapeño de 3 pulgadas de largo por
 1 de grueso aproximadamente
 Un pizca de sal sin exceso

Directions

Poner los tomatillos y el chile en agua y dejarlo hervir 3 a 5 minutos, hasta que los tomatillos cambien a un tono verde esmeralda y tomen una consistencia suave. Quitar los tomatillos y chile del agua y ponerlo en una licuadora. Añadir agua a su gusto, 1 a 3 onzas, y licuar la mezcla hasta lograr una consistencia deseada. Agregar sal a su gusto. Remover la mezcla de la licuadora y servirla en un tazón o salsaera.

Recipe courtesy of Filiberto Villa
 of Farmers on the Move in
 Battle Creek.

Bacon-Wrapped Goat Cheese-Stuffed Jalapeños (or Sweet Peppers)

Ingredients

Peppers

50 Michigan jalapeños or assorted mini sweet peppers

25 slices thinly sliced center-cut bacon

2 ½ pounds goat cheese, softened

1 ¼ pounds cream cheese, softened

Salt and pepper, to taste

Sauce

2 yellow onions, peeled and diced

6 cloves garlic, peeled and minced

3 jars (15.5 ounces) roasted red peppers

¼ cup cilantro (optional) and extra for garnish, if desired

Salt and pepper, to taste

Recipe courtesy of Kristen Dogan,
Branch Area Careers Center in
Coldwater.

Directions

Wearing gloves and being careful not to inhale the juices, remove stems from jalapeños, then halve and remove the seeds. Remove the seeds and veins if you prefer a milder pepper flavor.

Slice the bacon vertically to give two equal halves. Parbake the bacon at 375°F. Remove from oven while it is still pliable.

In a bowl, cream the goat and cream cheeses and season with salt and pepper, to taste. Using a spoon, fill each half jalapeño with cheese. Wrap each jalapeño with one half slice of bacon, making sure to cover the cheese and keeping the seam side of the bacon under the pepper on the bottom of the pan. Place the wrapped peppers on an oven rack on a sheet pan. Bake at 375°F until bacon is crisp.

For the sauce, sweat the onions in a saucepan over low heat until soft, then add the garlic and stir. In a food processor, pulse the peppers with onion, garlic and cilantro (if desired). Season with salt and pepper, to taste.

Before serving, top each baked jalapeño with roasted red pepper sauce. If using cilantro in the sauce recipe, mince extra for garnish. Enjoy either hot or at room temperature. If serving at room temperature, dispose of product after 4 hours.

Yield: 100 pieces

Marinated Black Bean Salad

Ingredients

10 pounds canned black beans, drained
 7 pounds frozen whole-kernel corn, thawed
 1 pound + 8 ounces fresh Michigan green bell peppers, minced
 1 pound + 8 ounces fresh Michigan red bell peppers, minced
 8 ounces fresh onions, minced
 1 cup lemon juice
 ¼ cup dried parsley
 2 tablespoons ground cumin
 1 tablespoon + 1 teaspoon granulated garlic
 6 ¾ cups canned salsa
 ¼ cup vegetable oil
 1 quart reduced-fat Monterey Jack cheese, shredded (optional)

Directions

Combine black beans, corn, green peppers, red peppers and onions in a large bowl. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa and oil. Pour dressing over salad and toss lightly to combine.

Spread 5 pounds 15 ounces (approximately 3 quarts and ½ cup) into each of four shallow pans measuring (12 x 20 x 2 ½ inches) to a product depth of 2 inches or less. Portion with No. 8 scoop (½ cup). Sprinkle Monterey Jack cheese (optional) on top before serving.

Yield: 100 servings

1 serving = ½ cup

Recipe courtesy of Jenice Momber,
 Bear Lake Schools Food Service in
 Bear Lake.

Stuffed Green Peppers

Ingredients

3 quarts water, boiling
 2 pounds + 8 ounces instant rice
 2 tablespoons vegetable oil
 25 medium fresh green peppers
 7 pounds ground beef (80/20 frozen patties)
 1 pound + 13 ounces Spanish onions, chopped
 8 ounces fresh Michigan green bell peppers, chopped
 8 ounces fresh stalk celery, chopped
 1 #10 can canned diced tomatoes
 3 cups chili sauce
 3 cups tomato paste
 3 tablespoons salt
 ¼ teaspoon regular grind black pepper
 Ground red cayenne pepper, to taste
 2 tablespoons granulated sugar
 2 cups water
 6 pounds + 4 ounces tomato sauce
 2 quarts canned condensed tomato soup

Directions

Bring water to a boil in a large pot. Add rice and oil, stir and cover tightly. Cook on low heat until rice is tender and all water is absorbed, about 15 minutes. Remove from heat and let stand covered about 5 minutes. Fluff with fork.

Wash the 25 medium fresh green peppers and remove stem end. Cut peppers in half lengthwise. Remove seeds and tough white portion. Place in baking pans and steam or parboil for 3 to 5 minutes.

In a skillet, cook ground beef over medium heat. (Final internal cooking temperature must reach a minimum of 155°F held for 15 seconds.) Add chopped onion, bell pepper and celery to meat and stir. Cook about 10 minutes. Add all remaining ingredients except tomato sauce and tomato soup to meat mixture. Combine meat mixture with cooked rice.

Place No. 8 scoop (½ cup) of rice with ground beef in each pepper half and place on a baking sheet. Combine tomato sauce and tomato soup, then ladle 2 ounces sauce over each pepper. Bake at 350°F for 45 to 60 minutes. Ladle extra sauce over peppers during baking if desired. Serve hot.

Yield: 50 servings

1 serving = ½ pepper

Recipe courtesy of
 Gordon Food Service.

Stone Fruit

Photo credit: Lindsey J. Scalera



Fact:

Michigan ranks fourth in the nation for peach production and fifth for plum production.

Fact:

Up to 16,000 tons of peaches valued at over \$12 million are produced in Michigan annually.



Oatmeal with Fresh Peaches and Cinnamon

Ingredients

4.2 pounds rolled oats*
 2 quarts + 2 cups water
 2 quarts + 2 cups 1% milk
 2 ½ teaspoons kosher salt
 7 cinnamon sticks
 50 Michigan peaches, washed
 1 tablespoon + 2 teaspoons
 fresh lemon zest, finely grated
 3 tablespoons + 1 teaspoon honey,
 or to taste

*For quick-cooking oats, use ratio of 1 cup water to 1 cup 1% milk.

Recipe courtesy of Community
 Alliance for Family Farms'
 Harvest of the Month Guide.

Directions

Place the milk, water, cinnamon sticks and salt in a large pot and bring to a boil. Slowly stir in the rolled oats. Bring the oat mixture up to a simmer and cook slowly, stirring regularly to ensure it does not stick to the pot and burn. Cook the oats until they become creamy and have the desired thickness.

Slice the peaches into a bowl. Add the lemon zest and drizzle with the honey. Mix with the peaches and set aside until the oatmeal is done. To serve, remove the cinnamon sticks from the oatmeal and serve with peach mixture on top. Drizzle each bowl with some of the peach juice. Serve immediately.

Yield: approximately 100 servings

School meal equivalents: fruit (¾ cup), grain (½ cup)

Fresh Peach Fruit Leather

Ingredients

5 ripe Michigan peaches

2 tablespoons honey

Recipe courtesy of Community
Involved in
Sustaining Agriculture
(buylocalfood.org).

Directions

Preheat oven to 200°F. Line a baking sheet with parchment paper and set aside. Pit and slice the peaches. (You can leave the skins on.) Place peaches in the bowl of a food processor. Add the honey and process until as smooth as applesauce.

Pour the fruit mixture over the parchment paper. Evenly spread with the back of a spoon into a large, thin rectangle. Bake for 3 to 4 hours, until the fruit feels dry and no longer sticky. Cool for 2 to 3 hours to soften.

Peel the fruit leather off the parchment paper and transfer to a cutting board. Cut into strips with a pizza cutter. To store, roll up each ribbon in plastic wrap.

This recipe can easily be adapted for larger quantities.

Yield: 12 to 14 pieces

Nectarine and Peach Smoothies

The following recipe is designed around a classroom lesson/activity.

Ingredients

6 Michigan nectarines
 6 Michigan peaches
 4 ½ cups plain, unsweetened yogurt (or milk)
 4 ½ cups orange juice
 6 tablespoons honey

Materials (for class)

colander
 blender
 2 large pitchers
 1 large mixing bowl
 measuring spoons
 measuring cups
 knife
 cutting board

Materials (for each group of 4)

2 cutting boards
 2 knives
 2 bowls
 4 cups
 napkins
 journals

Directions

Preparation:

Have students wash their hands. Discuss proper methods of handling food. Wash nectarines and peaches, scrubbing off peach fuzz in particular, and place them in the colander to drain.

Safety precautions:

Review safety precautions for using knives. Unplug the blender before putting utensils or hands into the blender jar.

Making the recipe:

Demonstrate cutting each type of fruit into wedges and cutting them from their pits. Show the different fruit parts: pit, skin and flesh. Have students examine and make journal notes about the texture, size, color, shape and smell of each part of each fruit.

Have students place the fruit wedges in bowls. Collect the bowls, place them on the demonstration table next to the blender, and have students to gather around the table. Ask two students to put all the fruit in a large mixing bowl and mix. Add the measured yogurt, orange juice and honey. Ask students how many batches they think it will take to blend the ingredients for the smoothies. Have students divide the ingredients into equal batches and place each batch separately into the blender.

Blend each batch until smooth. Pour into the pitchers, and serve in a cup for each student. While students drink the smoothies, discuss the differences among the fruits.

Clean up materials. If you have a school or classroom compost or worm bin, place the food scraps there.

Yield: 20 servings (class of 20 students)

Recipe and activity courtesy of *Kids Cook Farm-Fresh Food* by Sibella Kraus, published by the Nutrition Services Division of the California Department of Education (cde.ca.gov).



Plum Chipotle Sauce

Ingredients

5 quarts very ripe Michigan plums,
pitted as needed

4 cloves garlic, pressed

1 onion, finely chopped

6 cups white sugar

½ cup apple cider vinegar

2 tablespoons Southwest chipotle
seasoning

1 tablespoon roasted garlic seasoning

1 jalapeño pepper, finely chopped
(remove seeds for milder flavor if desired)

7 teaspoons salt

1 teaspoon liquid smoke flavoring (optional)

Recipe courtesy of
Michigan Plum Growers.

Directions

Place the plums, a few at a time, into a colander set over a large bowl. With gloved hands, squeeze the plums in the colander, forcing the juice through the holes of the colander. Discard spent pulp, and repeat to produce 8 cups of plum juice.

Pour ¾ cup of plum juice into a small saucepan with garlic and onion, place over medium heat and bring to a boil. Reduce heat to medium low and simmer until the onion is translucent, about 5 minutes.

Pour the juice-onion mixture into a large pot, and add the remaining 7 ¼ cups of plum juice. Stir in the sugar, apple cider vinegar, Southwest chipotle seasoning, roasted garlic seasoning, jalapeño pepper, salt and liquid smoke flavoring until the sugar and salt have dissolved. Bring the mixture to a boil over medium heat and reduce heat to a simmer. Stir frequently to prevent burning. Cook the sauce down until thickened, about 1½ hours.

Yield: 4 pints

Spicy Oven-Roasted Plums

Ingredients

4 Michigan plums, halved and pitted

½ cup orange juice

2 tablespoons packed brown sugar

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon cumin

¼ teaspoon ground cardamom

Directions

Preheat oven to 400°F. Grease a shallow baking dish with cooking spray. Place the plums, cut side up, in a single layer in the baking dish.

Whisk together the orange juice, brown sugar, cinnamon, nutmeg, cumin and cardamom in a bowl; drizzle over the plums.

Bake in preheated oven for 20 minutes, or until plums are hot and the sauce is bubbly. Serve immediately.

Yield: 4 servings

1 serving = 1 plum

Recipe courtesy of
Michigan Plum Growers.



Photo credit: Lindsey J. Scalera

Broccoli

**Fact:**

Broccoli is a cool season crop, most often planted in spring or fall in Michigan.

Fact:

Broccoli is a good source of folate and vitamins C and K.

Fact:

No mechanical harvesters available, so broccoli is harvested by hand.

Simple Broccoli Salad

Ingredients

6 pounds Michigan broccoli

1 medium red onion

1 pound 1 quart reduced fat mayonnaise

½ cup cider vinegar

¼ cup granulated sugar

1 pound 8 ounces raisins

Directions

Trim broccoli and cut into bite-sized pieces. Trim and peel onion and cut into small dice. Set aside.

Whisk mayonnaise, vinegar and sugar in large bowl. Stir in the broccoli, onion and raisins. Serve chilled, or refrigerate to store.

Recipe courtesy of New School
Cuisine Cookbook.

Yield: 50 servings

Serving size: ½ cup

Nutritional content per serving

CALORIES	130
TOTAL FAT	6.5G
SAT. FAT89G
SODIUM	156.80MG

Chef Ashley's Broccoli Salad

Ingredients

12 quarts Michigan broccoli florets

10 green onions

½ cup cilantro

1 cup rice vinegar

½ cup honey

5 tablespoons fresh ginger

5 tablespoons low sodium soy sauce

2 cups chow mein noodles

2 tablespoons sesame oil

Directions

Wash the broccoli, green onions and cilantro. Mince the white portion of the green onions. Pick the leaves off the cilantro stalks and roughly chop.

Bring a 5-gallon pot of water to a boil. Blanch the broccoli for one minute. Strain the broccoli and then chill for 20 minutes in the refrigerator.

Mix the vinegar, honey, ginger, soy sauce and sesame oil together in a small bowl. Break the chow mein noodles into bite sized pieces.

Combine the broccoli, green onions and cilantro in a large bowl. Pour dressing over the vegetables and mix together. Sprinkle the chow mein noodles on top of the salad. Serve chilled.

Recipe courtesy of
What's Cooking?
USDA Mixing Bowl:
Recipes for Healthy Kids
Cookbook for Schools.

Yield: 50 servings

Serving size: ½ cup

Nutritional content per serving

CALORIES	89
TOTAL FAT	0G
SATURATED FAT	0G
SODIUM	205MG

Broccoli Cheese Soup

Ingredients

3 pounds Michigan broccoli crowns

6 jumbo yellow onions

4 ounces 14 ½ grams unsalted butter

1 pint 1 cup low fat milk

1 ½ teaspoon kosher salt

¾ teaspoon black pepper

1 pound 8 ounces shredded mozzarella cheese

1 ½ cups water

Directions

Rinse and trim broccoli into bite-sized pieces. Dice onion.

Sauté onion in butter over medium high heat. Add broccoli to onion. Add milk and water to pot, flavor with salt and pepper. Simmer until broccoli is tender.

Use an immersion blender to blend. Add cheese. Blend again.

Remove soup from kettle to hotel pans. Serve hot.

Recipe courtesy of
The Lunch Box

Yield: 12 servings

Serving size: 1 cup

Nutritional content per serving

CALORIES	309
SATURATED FAT	37.96%
SODIUM	650.39MG

Broccoli Bites

Ingredients

4 pounds 12 ounces frozen or fresh
Michigan broccoli, chopped

12 ounces low-fat cheddar cheese,
shredded

1 pound 12 ounces frozen egg whites,
thawed

15 ounces bread crumbs

Recipe courtesy of
What's Cooking?
USDA Mixing Bowl:
Recipes for Healthy Kids
Cookbook for Schools.

Directions

Combine broccoli, cheese, egg whites, and bread crumbs in a large bowl. Stir well.

Using a No. 10 scoop, portion 1/3 cup (about 4 ounces) broccoli mixture onto a sheet pan, lined with parchment paper and lightly coated with pan release spray.

Bake in a conventional oven at 375°F for 25 minutes or in a convection oven at 350°F for 15 minutes. Serve hot.

Combine the broccoli, green onions and cilantro in a large bowl. Pour dressing over the vegetables and mix together. Sprinkle the chow mein noodles on top of the salad. Serve chilled.

Yield: 25 servings

Serving size: 1 broccoli bite

Nutritional content per serving

CALORIES	142
TOTAL FAT	3G
SATURATED FAT	2G
SODIUM	186MG

Broccoli, Cheese, and Rice Casserole

Ingredients

4 pounds 6 ounces cooked brown rice
 10 pounds fresh Michigan broccoli, chopped (or thawed and drained broccoli, if using frozen)
 3 pounds 2 ounces low-fat reduced sodium canned condensed cream of mushroom soup
 1 quart 2 cups instant nonfat dry milk, reconstituted
 3 pounds 4 ounces cheese blend of American and skim milk cheeses, shredded
 1 pound fresh onions, chopped
 1 tablespoon granulated garlic
 2 teaspoons ground black or white pepper
 1 tablespoon dried oregano (optional)
 4 ounces trans fat-free margarine, melted (optional)
 12 ounces enriched dry bread crumbs (optional)

Directions

Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano, if using.

Lightly coat four steamtable pans with pan release spray. Pour 6 pounds 3 ounces (3 quarts 2 cups) mixture into the two pans.

Optional topping: combine margarine and bread crumbs. Mix to coat crumbs well. Sprinkle 8 ounces (approximately 1 $\frac{2}{3}$ cups) crumbs evenly over each pan.

Bake in a conventional oven at 350°F for 30 minutes or in a convection oven at 300°F for 20 minutes. Do not overbake. Serve hot.

Yield: 100 servings

Serving size: 1 No. 12 scoop

Nutritional content per serving

CALORIES	142
TOTAL FAT	3G
SATURATED FAT	2G
SODIUM	186MG

Recipe courtesy of
 What's Cooking?
 USDA Mixing Bowl:
 Recipes for Healthy Kids
 Cookbook for Schools.

Mac and Trees

Ingredients

2 pounds 8 ounces Michigan broccoli
 2 gallons water
 3 tablespoons and 1 teaspoon salt, divided
 2 pounds 10 ounces whole-wheat macaroni
 1 gallon 1 ½ cups low fat milk
 12 ounces enriched all-purpose flour
 1 tablespoon ground mustard seed
 1 tablespoon paprika
 1 teaspoon ground black pepper
 12 ounces salted butter
 2 tablespoons garlic powder
 2 tablespoons onion powder
 2 tablespoons Worcestershire sauce
 5 pounds 4 ounces shredded reduced-fat Cheddar cheese
 1 ½ cups grated Parmesan cheese

Recipe courtesy of New School
 Cuisine Cookbook.

Directions

Preheat convection oven to 325°F or conventional oven to 350°F.

Trim broccoli and cut into ½-inch pieces.

Bring water and 5 teaspoons salt to a boil in a large stockpot. Cook pasta for 5 minutes. Add the broccoli and cook until the pasta is slightly underdone, about 2 minutes more. Drain and transfer to a large bowl.

Warm milk in a large pot over low heat.

In a large bowl, whisk together flour, the remaining 5 teaspoons salt, mustard, paprika and pepper.

Melt butter in a large stockpot over low heat. Increase heat to medium. Whisk in the flour mixture and cook, whisking constantly, for 2 minutes. Do not brown. Slowly whisk the warm milk into the flour mixture, whisking constantly. Cook, stirring, until the sauce is smooth and slightly thickened, about 7 minutes.

Stir in garlic powder, onion powder, Worcestershire sauce, Cheddar and Parmesan. Cook, stirring, until the cheeses are melted, about 5 minutes. Remove from the heat.

Pour the sauce over the prepared pasta and broccoli, stir to combine. Divide between two 4-inch full hotel pans. Spray underside of sheets of foil with cooking spray and tightly cover the pans.

Bake in a convection oven for 25 minutes or conventional oven for 30 minutes. Serve hot.

Yield: 50 servings

Serving size: 1 cup

Nutritional content per serving

CALORIES	353
TOTAL FAT	16.55G
SATURATED FAT	10.25G
SODIUM	856.21MG

Celery

Photo Credit: Lindsey J. Scalera



Fact:

Michigan ranked second in the country for celery production in 2017.

Fact:

Michigan celery production began in Kalamazoo and now stretches through southwest counties of the state.

Fact:

Celery is a good source of vitamin C, potassium, and dietary fiber.



Bean and Macaroni Soup

Ingredients

¼ cup olive oil
 2 pounds onions, fresh or frozen, small
 diced
 2 pounds carrots, fresh or frozen, diced
 2 pounds Michigan celery, small diced
 24 ounces mushrooms, fresh or canned,
 sliced
 3 tablespoons garlic, minced
 1 #10 can tomatoes, canned, diced,
 reserve juice
 1 gallon vegetable broth, low sodium
 3 bay leaves
 6 ½ pounds beans (white, red or brown),
 canned, drained, and rinsed
 4 pounds macaroni pasta
 2 teaspoons ground sage
 2 teaspoons dry thyme
 1 teaspoon dry oregano
 1 teaspoon ground black pepper

Directions

Heat oil in steam kettle or large stockpot. Add onion, carrots, and celery and cook over medium heat for 10 minutes or until soft.

Do not brown.

Add mushrooms, garlic, tomatoes and bay leaves and bring to simmer. Add vegetable broth and drained beans. Return to simmer.

Add pasta and cook for 10-15 minutes, or just until macaroni/pasta is tender. Add sage, thyme, oregano and black pepper, and serve.

Yield: 50 servings

1 serving = 1 cup (8 ounces)

Recipe courtesy of Washington
 State Department of Agriculture
 Farm to School as adapted from
*Fruit and Veggies Quantity
 Cookbook* – Revised Edition
 (Oct 2011).

Curried Rice

Ingredients

42 cups water
 9 pounds brown rice
 1 ½ cups oil
 6 cups chicken broth
 30 cups carrots, shredded
 13 ½ cups Michigan celery, diced
 15 cups onions, chopped
 ¾ cup curry powder
 6 tablespoons garlic powder
 3 tablespoons black pepper
 3 tablespoons salt
 12 cups plain yogurt

Directions

Boil water. Place rice in 6-inch pan. Pour boiling water over rice and cover pans tightly. Bake in oven 325°F for 40 minutes.

While rice is cooking, simmer oil, broth, carrots, celery, and onions until very tender, about 20 minutes. (Broth is 6 cups water and 2 tablespoons chicken base). Mix in the remaining ingredients.

When rice mixture is done, stir vegetable and yogurt mixture into rice. Spoon mixture into a 6-inch pan to serve.

Yield: 80 servings

1 serving= 1 cup (8 ounces)

Recipe courtesy of Wisconsin
 Department of Public
 Instruction's *Home Grown: Farm
 to School Recipes of Wisconsin.*

Pancit (Filipino Noodle Dish)

Ingredients

19 pounds yakisoba noodles
 2 ½ pounds onions, chopped
 2 ½ pounds Michigan celery, chopped
 2 ½ pounds + 3 ⅞ pounds carrots, julienne
 3 pounds green cabbage, shredded
 2 pounds green cabbage
 1 ¼ cup vegetable oil
 4 ¾ cup warm water
 56 ounces light soy sauce
 ½ cup sugar
 9 tablespoons garlic powder
 1 tablespoon + 2 teaspoons cracked
 black pepper

Directions

In a steam kettle add noodles to water and loosen noodles.

In a separate container combine onions, celery, carrots and cabbage. In a separate bowl stir together oil, water, soy sauce, sugar, garlic powder and pepper.

Put noodles in bottom of hotel pan, add vegetables and sauce. Cover pans with aluminum foil and lids. Bake in oven at 350°F for 20 minutes.

For 1 cup serving, garnish with ⅛ cup raw carrots and ⅛ cup raw cabbage

Yield: 100 servings

1 serving = ¾ cup

Recipe courtesy of Highline
 School District and Washington
 State Department of Agriculture
 Farm to School.

Potatoes

Photo credit: Eat Local Food, LLC



Storage Tip:

Store potatoes in a cool, well-ventilated place where they are not exposed to sunlight.

Fact:

As of 2016, Michigan was home to more than 70 potato farms, most of which are multi-generational family farms.

A Spud for Everyone!

More than 100 varieties of potatoes are available for purchase in the United States. They all fall into one of six categories. The table below shows the six primary potato categories grown in Michigan and their appearance, texture, flavor and preferred culinary uses.

Name	Appearance	Texture	Flavor	Preferred Uses
Russet	Medium to large; oblong or slightly flattened oval shape; light to medium brown; netted skin; white to pale yellow flesh	Floury, dry; light and fluffy; hearty skin that is chewy when cooked	Mild; earthy; medium sugar content	Baking, frying, mashing, roasting
Red	Small to medium; round or slightly oblong; smooth, thin red skin; white flesh	Waxy, moist and smooth; creamy	Subtly sweet; mild; medium sugar content	Roasting, mashing, salads, soups/stews
White	Small to medium; round to long shape; white or tan skin; white flesh	Medium starch; slightly creamy, slightly dense; thin, delicate skin	Subtly sweet; mild; low sugar content	Mashing, salads, steaming/boiling, frying
Yellow	Marble size to large size; round or oblong shape; light tan to golden skin; yellow to golden flesh	Slightly waxy; velvety; moist	Subtly sweet; rich; buttery; medium sugar content	Grilling, roasting, mashing, salads
Purple/ Blue	Small to medium size; oblong to finger-shaped; deep purple, blue or slightly red skin; blue, purple, lavender, pink or white flesh	Moist; firm flesh; blue and purple Peruvian varieties have higher starch content and a floury texture	Earthy, nutty; low sugar content	Roasting, grilling, salads, baking
Fingerling	2–4 inches long; finger-shaped or oblong; red, orange, purple or white skin; red, orange, purple, yellow or white flesh, sometimes streaked with veins of color	Waxy, firm; dry	Buttery; nutty, earthy; medium sugar content	Pan-frying, roasting, salads

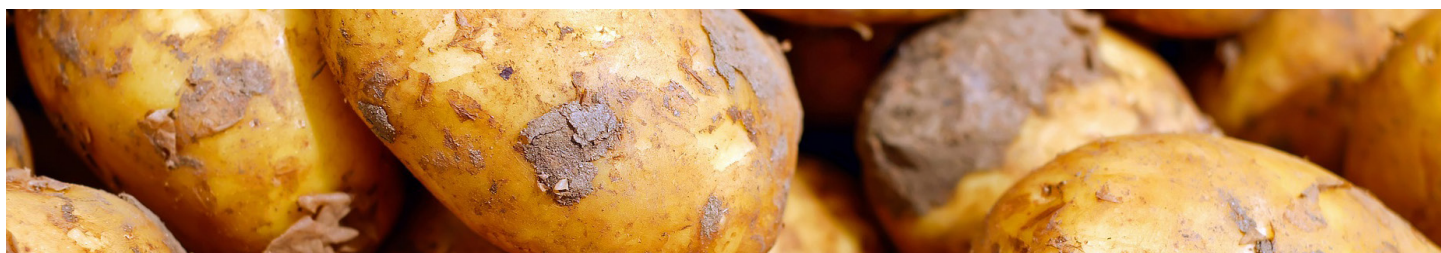


Photo credit: Pixabay

Ranch and Buffalo Potato Bruschetta

Ingredients

1 ½ pounds Michigan red skin potatoes,
size A (or golden potatoes)

2 tablespoons vegetable oil

½ teaspoon kosher salt

Ranch topping

½ cup nonfat Greek yogurt, plain

1 teaspoon ranch dressing seasoning mix

2 tablespoons cooked bacon, chopped

½ cup shredded low-fat cheddar or
cheddar jack cheese

2 tablespoons scallions, thinly sliced

Buffalo topping

½ cup nonfat Greek yogurt, plain

1 tablespoon hot wing sauce
(like Texas Pete or Red Hot)

½ cup shredded low-fat cheddar or
cheddar jack cheese

2 tablespoons scallions, thinly sliced

Directions

Thoroughly wash potatoes. Slice potatoes into ¾ inch planks. Toss in bowl with vegetable oil and salt until lightly coated. In two separate bowls, mix together yogurt and ranch seasoning mix for the ranch topping and yogurt and hot wing sauce for the Buffalo topping.

Arrange potato slices in a single layer on a cookie sheet. Bake at 375°F until slices are beginning to brown and are cooked through. Remove from oven and flip each piece. Chill until ready to top.

Assemble the bruschetta. Place a dollop of yogurt sauce in the center of each slice. Sprinkle with cheese, bacon (ranch only) and some scallions. Bake at 375°F until heated through and cheese is melted.

Garnish with remaining chopped scallions and a squirt of remaining yogurt sauce.

Yield: 5 servings

1 serving = 2 slices

Recipe courtesy of Elissa Penczar, Chef Instructor, and the culinary students from the Catering and Culinary Management Program at Muskegon Area Career Tech Center, Muskegon Intermediate School District.

Thai Potato and Vegetable Curry

Ingredients

12 pounds + 8 ounces Michigan yellow potatoes
 1 gallon canned coconut milk
 3 tablespoons Thai red curry paste
 1 gallon water
 2 pounds + 3 ounces yellow onion, diced into ¼ inch pieces
 1 pound + 6 ounces red bell peppers, diced into ½ inch by 1-inch pieces
 1 pound + 6 ounces green bell peppers, diced into ½ inch by 1-inch pieces
 3 tablespoons salt
 3 tablespoons brown sugar
 1 quart fresh cilantro, chopped

Recipe courtesy of the Potatoes Raise the Bar initiative through the United States Potato Board.

Directions

Scrub the potatoes and cut into ½ inch dice. Place in a container or bowl, cover with water to prevent discoloration and set aside.

Add the coconut milk to a large stockpot, steam-jacketed kettle or tilt skillet. Bring to a simmer over medium heat and stir in the red curry paste. Cook for about 1 minute. Stir in the water. Drain the diced potatoes and add to curry sauce. Bring to a simmer and cook until the potatoes are almost tender, about 10–15 minutes. Internal temperature should reach at least 135°F.

When the potatoes are almost tender, stir in the onion, bell peppers, salt and brown sugar. Continue to simmer until the potatoes become tender, about 5 minutes.

Transfer curry to full-size 2 inch steam table pans for service. Hold hot at or above 135°F.

Serve 1-cup portions topped with ½ tablespoon fresh cilantro.

To make this a complete meal, consider serving with cooked brown rice and chicken or tofu.

Yield: 50 servings

1 serving = 1 cup

1 serving provides ½ cup starchy vegetable and ¼ cup other vegetable

Cuban Potato Salad

Ingredients

6 pounds small Michigan red potatoes

2 pounds + 12 ounces (7 ½ cups)
black beans, cooked, rinsed

12 ounces (4 cups) green onions,
thinly sliced

12 ounces (4 cups) red bell pepper, diced

6 ounces (1 cup) dill pickles, chopped

⅓ cup vegetable oil

½ cup + 2 tablespoons lime juice

1 tablespoon ground cumin

1 tablespoon garlic powder

1 teaspoon salt

1 tablespoon liquid smoke

1 ½ teaspoons ground black pepper

Directions

Cut potatoes into halves or quarters, depending on size, to make bite-size pieces. Place potatoes in a stockpot and fill with cold water to cover by 1 inch. Bring to a low boil and immediately reduce heat to a medium simmer. Cook until the potatoes are tender. Test a few pieces by tasting them.

When tender, drain potatoes and place in a full-size 4 inch steam table pan. Use 2 pans for 48 servings. Stir in the black beans, green onions, red bell peppers and dill pickles.

Combine the vegetable oil, lime juice, cumin, garlic powder, salt, liquid smoke and black pepper in a medium bowl or blender. Whisk or blend until well combined. Pour the dressing over the warm potatoes and gently stir until well combined. Cover the pan partially and refrigerate until chilled to 40°F, at least 2 hours or overnight. Hold at or below 40°F until ready to serve.

Yield: 48 servings

1 serving = 1 cup

1 serving provides ¼ cup starchy vegetable
and ⅓ cup beans/peas.

Recipe courtesy of the
Potatoes Raise the Bar initiative
through the United States
Potato Board.

Tex-Mex Shepherd's Pie

Ingredients

12 pounds Michigan russet potatoes
 1 quart milk, 1% low-fat
 1 ½ teaspoons garlic powder
 1 ½ teaspoons salt
 6 pounds + 5 ounces raw ground beef, 85/15
 1 ¼ cups onions, diced
 3 tablespoons chili powder
 2 tablespoons cumin
 1 tablespoon oregano
 1 ½ teaspoons garlic powder
 1 teaspoon salt
 3 cups frozen yellow corn kernels
 2 quarts + 2 cups crushed canned tomatoes
 1 pound + 8 ounces canned green chilies, diced
 1 pound + 9 ounces reduced-fat shredded cheddar cheese

Recipe courtesy of the
 Potatoes Raise the Bar initiative
 through the United States
 Potato Board.

Directions

Scrub and peel the potatoes. Cut into quarters and place in a perforated steamer pan, large stockpot, tilt skillet or steam-jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot, tilt skillet or kettle, cover with cold water, bring to a boil, and then reduce heat to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes and set aside.

Combine the milk, garlic powder and salt in a saucepan and heat to 135°F. Set aside. Place the potatoes in the bowl of a floor mixer and mash using the mixer's paddle attachment. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash potatoes using a potato masher. Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.

Brown the ground beef in a large sauté pan, tilt skillet or steam-jacketed kettle. Add the diced onions and continue to cook until the onions are softened. Stir in the chili powder, cumin, oregano, garlic powder and salt. Add the corn, crushed tomatoes and green chilies, and bring the meat to a simmer. Continue to cook 10–20 minutes, partially covered, stirring occasionally. Divide evenly between full-size 2 inch steam table pans. For 50 servings, use 2 pans; for 100 servings, use 4 pans. Top the beef mixture with mashed potatoes, dividing evenly between each pan, and spread to the edges.

Divide the cheese evenly between the pans, sprinkling over the potatoes. Bake in a preheated 400°F oven for about 15 minutes, or until the potatoes are lightly browned and the filling bubbles. Hold at or above 140°F until service. Cut the contents of each 2-inch pan in 5 inch by 5 inch portions for 25 even portions per pan.

Yield: 50 servings

1 serving = ½ cup

1 serving provides ½ cup starchy vegetables
 and 2 ounce equivalent meat/meat alternative



Salad Greens

Photo credit: Lindsey J. Scalera



Fact:

Hudsonville, Michigan, earned the nickname “Michigan’s Salad Bowl” because of its fertile muck soils.

Nutrition Tip:

Many salad greens meet the USDA’s Dark Green Vegetable requirement for school nutrition programs.

Storage Tip:

To reduce the risk of pathogen growth, maintain cut leafy greens at 41°F or lower during storage and display.

Michigan Salad Greens Recipes

Rather than including specific recipes for salads or dressings, this guide provides a salad-building framework that offers several options for creating unique dressings and salad topping combinations. Be creative and incorporate as many other Cultivate Michigan Featured Foods into your salads and toppings as possible!

From-Scratch Salad Dressings



Photo credit: Pixabay

Ingredients

3 parts fat

1 part acid

Seasoning to taste

Directions

Whisk together the acid and seasoning. Slowly pour in the fat while continuing to whisk. If storing prior to service, whisk again before using as ingredients may separate.

Fat options	Acid options	Seasoning options
<ul style="list-style-type: none"> Olive oil Canola oil Extra-virgin olive oil or olive oil blend Sunflower oil Vegetable oil Mayonnaise Pasteurized egg Sour cream Yogurt 	<ul style="list-style-type: none"> Apple cider vinegar Balsamic vinegar Citrus fruit juice (orange, lemon, lime) Red wine vinegar Rice vinegar White vinegar 	<ul style="list-style-type: none"> Dried herbs Fresh herbs Fruit jam or preserves Garlic, powder or fresh minced Honey Mustard (yellow, Dijon, brown) Parmesan cheese Pepper Salt Shallot, minced

Sample Combinations

Asian-Inspired Salad Dressing

3 parts vegetable oil

½ part red wine vinegar

½ part low-sodium soy sauce

½ part lemon juice

Brown sugar and garlic powder to taste

Raspberry Vinaigrette

3 parts olive or canola oil

½ part red wine vinegar

½ part red raspberry jam

Salt and pepper, to taste

Mustard Vinaigrette

3 parts oil, any type

1 part vinegar, any type

Mustard, herbs and black pepper, to taste

Lemon Vinaigrette

3 parts olive or canola oil

1 part lemon juice

Dried oregano or mint and salt and pepper, to taste

Creamy Michigan Honey Dressing

1 part Michigan honey

1 part reduced-fat plain Greek yogurt

1 part Dijon mustard

Salt to taste

Michigan-Grown and -Raised Salad Toppings

Dried fruit	Dried apples	Dried blueberries	Dried cherries	Dried cranberries
Fresh fruit	Apples* Blackberries* Blueberries* Cantaloupe	Grapes Pears Raspberries*	Stone fruits* (apricots, nectarines, peaches, plums)	Strawberries* Watermelon
Vegetables	Asparagus* Beets Broccoli Brussels sprouts	Carrots* Cauliflower Celery Corn	Cucumbers Kohlrabi Onions* Peas	Peppers* Radishes Tomatoes* Turnips
Vegetarian proteins	Dry beans*	Edamame	Hard-boiled eggs*	Sunflower seeds
Meat proteins	Beef Chicken	Pork (bacon, pulled pork, etc.)	Shrimp Trout	Turkey Whitefish

*Denotes Cultivate Michigan featured foods

Tomatoes

Photo credit: iStock



Storage Tip:

Fresh tomatoes may be frozen, whole, chopped or sliced. Wash tomatoes and remove the stem, store in a tightly closed plastic bag, and then freeze up to eight months.

Nutrition Tip:

The lycopene in processed tomatoes (canned, sauce and ketchup) is more readily available to the body than that found in raw tomatoes. Heating breaks down the plant's cell walls, making the lycopene more accessible to the body.

Fact:

In 2015, Michigan was the 10th largest producer of fresh tomatoes and the fourth largest producer of processing tomatoes in the United States.



Photo credit: iStock

Basic Preparation Tips

Yield:

- One medium tomato, seeded, yields approximately $\frac{3}{4}$ cup chopped.
- One large tomato, seeded, yields 1 cup chopped.
- One pound of tomatoes yields approximately 2 $\frac{1}{2}$ cups chopped or 2 cups puréed.

Here are a few tips for seeding, slicing, coring, peeling, and stuffing fresh Michigan tomatoes.

Coring: Use a sharp paring knife to make several angled cuts through the stem and under the core.

Seeding: Lay the tomato on its side and halve with a sharp serrated knife. Squeeze each half firmly enough to push out the seeds. Discard seeds.

Slicing: Core the tomato, then lay it on its side. Using a sharp serrated knife, cut a very thin slice off both ends and discard. Slice the tomato to desired thickness.

Peeling: To remove the skin for cooked dishes, gently lower two to three tomatoes at a time into enough boiling water to cover. Boil for 15 to 30 seconds and then lift into a colander using a slotted spoon. Rinse briefly under cold running water. Peel and discard skins.

Stuffing: Lay the tomato on its side and cut a very thin slice off the bottom using a sharp serrated knife. Slice off the top quarter of the tomato and discard. (The top minus the core may be chopped and added to the filling.) Using a sharp paring knife and spoon, cut and scoop out the flesh, leaving thick walls. Salt the cavities lightly and invert on a cooling rack for 15 minutes to drain. Spoon your stuffing of choice into the cavity and bake, if desired.

Fresh Tomato Salsa

Ingredients

	Full batch	Half batch	Quarter batch
Fresh Michigan tomatoes, diced	300 pounds	150 pounds	75 pounds
Red onion, diced	25 pounds	12.5 pounds	6.25 pounds
Cilantro, fresh, chopped	5 pounds	2.5 pounds	1.25 pounds
Green pepper, frozen, diced	48 pounds	24 pounds	12 pounds
Salt	1.75 pounds	0.875 pounds	0.4375 pounds
Cayenne pepper	0.26 pounds	0.13 pounds	0.065 pounds
Garlic powder	0.2 pounds	0.1 pounds	0.05 pounds
Lemon juice	1.5 quarts	3 quarts	0.075 quarts

Recipe courtesy
of Amy Klinkoski, Nutrition Services
Coordinator for
Grand Rapids Public Schools.

Directions

In a large kettle, add half of the ingredients, including spices, and begin mixing. While mixing, add the remaining ingredients. Continue to mix until all ingredients are distributed evenly and spices are spread across the vegetables. Using a 2-quart pitcher, hand-bag salsa in storage bags in quantities of 3 or 6 quarts. Close and seal bags, label and store in a refrigerated space at 32°F.

Salsa will stay fresh for 14 days. Serve with tortilla chips.

Yield: 30 to 34 6-quart bags

1 serving = ½ cup

Nutritional content per serving

CALORIES	41 KCAL
TOTAL FAT	43 G
Saturated Fat07 G
Trans Fat	0 G
CHOLESTEROL	0 MG
PROTEIN	1.89 G
CARBOHYDRATES	9 G
Dietary Fiber	2.65 G
SUGARS	13 G
SODIUM	376 MG
CALCIUM	56.13 MG
IRON65 MG
VITAMIN A	2063.88 IU
VITAMIN C	40.5 MG

Chef Brett's Tomato Jam

Ingredients

3 cloves fresh garlic, minced
 1 large shallot, peeled and minced
 12 ounces champagne vinegar
 8 ounces brown sugar
 1 ½ teaspoons kosher salt
 ½ teaspoon fresh ground black pepper
 ½ teaspoon ground mustard
 ½ teaspoon ground cinnamon
 ½ teaspoon ground cumin
 ¼ teaspoon red pepper flakes
 2 ½ pounds fresh Michigan tomatoes, peeled, seeded and chopped (include juice)
 1 lemon, peeled, seeded and chopped

Recipe courtesy of Brett Hurley,
 Corporate Chef,
 Van Eerden Foodservice.

Directions

In a large pan over medium heat, sweat the garlic and shallots. Add vinegar, brown sugar, salt and spices and stir to combine. Cook until the sugar dissolves completely. Stir in the chopped tomatoes; bring the mixture to a boil. Reduce heat and simmer, stirring frequently, until liquid is reduced by about half, or for about 45 minutes. Add the lemon and cook for another 15 minutes.

Use the jam immediately after it cools or can it for later use. Serve jam with cheese as an appetizer or as a topping on grilled chicken.

Yield: 64 ounces jam, or 8 half-pint jars

1 serving = 1 ounce

Nutritional content per serving

CALORIES	20 KCAL
TOTAL FAT	0 G
Saturated Fat	0 G
Trans Fat	0 G
CHOLESTEROL	0 MG
PROTEIN	0 G
CARBOHYDRATES	5 G
Dietary Fiber	0 G
SUGARS	4 G
SODIUM	45 MG

“Oven Fried” Green Tomatoes

Ingredients

40 medium Michigan green tomatoes

4 cups all-purpose flour

½ cup Mrs. Dash

8 eggs

½ cup fat-free milk

8 cups cornmeal
(whole-grain, yellow)

Directions

Preheat oven to 400°F. Lightly spray a baking sheet with cooking spray. Wash green tomatoes and slice each tomato into about 6 slices. Pat slices with a towel or paper towel to dry.

In a small bowl, combine flour and Mrs. Dash. In another bowl, beat the eggs and milk together. Put the cornmeal into a third bowl. First, coat tomato slices with flour/seasoning mix, then dip into egg/milk mixture, and then coat with cornmeal. Arrange prepared tomato slices on a baking sheet and bake for 10 minutes. Flip tomato slices and bake for about 8 to 10 more minutes until crisp and golden brown.

Recipe courtesy of the Prescription
for Health Program
at the Washtenaw County
Public Health Department.

Yield: 48 servings

1 serving = 5 tomato slices

Stuffed Tomatoes Provençal

Ingredients

6 medium Michigan tomatoes
 4 tablespoons olive oil
 1 medium onion, chopped
 2 cloves garlic, minced
 1 tablespoons fresh thyme, chopped
 3 tablespoons fresh basil, chopped
 2 tablespoons fresh chives, chopped
 ½ cup olive purée, plus 2 tablespoons
 salt and pepper, to taste
 ¼ cup breadcrumbs

Directions

Preheat oven to 350°F. Cut tomatoes in half crosswise. Scoop out the inside of tomato halves with a spoon and place in a separate bowl. Place tomato halves cut side up on a baking dish.

Heat oil in a saucepan over medium heat. Add garlic and onion and cook for about 10 minutes, until soft. Add salt, pepper and herbs; stir to combine. Add tomato flesh to onion mixture; stir to combine and cook for 10 minutes. Remove from heat. When cool, stir in breadcrumbs.

Spoon olive purée evenly into tomato halves. Then spoon cooked mixture evenly into tomato halves and top with a light drizzle of olive oil. Bake for 1 hour. Serve hot, at room temperature or chilled.

Recipe courtesy of
 Steve and Donna Wright,
<https://wright.towergarden.com>

Yield: 6 servings

1 serving = 2 tomato halves

Pico de Gallo Chicken with Quinoa

Ingredients

Pico de Gallo

7 ounces fresh Michigan tomatoes, diced

2 ounces onion, diced

2 ounces corn kernels

3 ounces avocado, diced

14 ounces jalapeño pepper, minced

4 ounces fresh cilantro, stems removed,
chopped

¼ cup + 1 ⅓ tablespoons lime juice

1 ⅓ tablespoon + ½ teaspoon iodized salt

Directions

Mix all of the ingredients and hold in a cooler/refrigerator.

Chicken with Quinoa

1 ½ quart + ¼ cup boiling water

1 ounce vegetable base or bouillon

3 cups quinoa, dried

13 fresh tomato slices

13 boneless chicken breasts

6 ounces all-purpose flour

¼ cup olive oil

7 ounces fresh baby spinach

26 grape tomatoes

Directions

Dissolve vegetable base or bouillon in boiling water. Add quinoa, reduce heat and simmer, covered, for 10 to 15 minutes or until water is gone and quinoa is light and fluffy when stirred. Remove from heat and hold for service.

Place sliced tomatoes on a baking sheet. Bake in a 250°F oven for 10 minutes. Remove and hold for service.

Dust chicken breasts with flour. Heat oil on flattop or in saucepan and brown chicken on both sides. Remove from heat and place on baking tray. Place in a 350°F oven for 12 minutes or until the internal temperature of the chicken breasts reaches 165°F. Remove chicken from oven and hold for service.

In a large bowl, toss spinach and grape tomatoes with prepared quinoa.

To plate, first spoon quinoa mixture onto the plate, top with one chicken breast and then 2 ounces of prepared pico de gallo. Garnish with baked tomato.

Recipe courtesy of Maureen
Husek, Nutrition Services Director,
Beaumont Royal Oak Hospital.

Baked Parmesan Tomatoes

Ingredients

24 medium tomatoes

1 ½ cup grated parmesan cheese

½ cup chopped fresh oregano

½ cup olive oil

1 ½ teaspoon salt

Directions

Preheat oven to 450°F.

Wash tomatoes and cut in half horizontally (slice through the middle side to side like a burger bun, not top to bottom). Rinse and chop fresh oregano.

Place tomatoes cut side up on a baking sheet. Sprinkle with parmesan cheese and top with oregano, then sprinkle lightly with salt. Drizzle lightly with olive oil.

Bake for about 15 minutes, until tomatoes are tender.

Recipe courtesy of the
Prescription for Health Program
at the Washtenaw County
Public Health Department.

Yield: 48 servings

1 serving = ½ tomato

Nutritional content per serving

CALORIES	43 KCAL
TOTAL FAT	3 G
Saturated Fat	1 G
Trans Fat	0 G
CHOLESTEROL	2 MG
PROTEIN	2 G
CARBOHYDRATES	3 G
Dietary Fiber	1 G
SUGARS	4 G
SODIUM	119 MG
CALCIUM	36 MG
IRON	0 MG
VITAMIN A	31MG RAE
VITAMIN C	8 MG

Winter Squash

Photo credit: iStock



Fact:

In 2015, Michigan ranked first nationally in total acres of winter squash production, third in fresh winter squash production, and first for winter squash processing.

Storage Tips:

Winter squash can be stored in a cool, dry place for up to three months. Squash stores best with part of the stem still attached to help retain moisture. Once cut open, store squash wrapped in plastic wrap in the refrigerator for up to four to five days.

A variety for every taste and every use!

Available fresh September through November, Michigan-grown winter squash has mild-flavored flesh and a fine texture. The most popular winter squash varieties-recommended for freezing as well as fresh use-include acorn, butternut, Delicata, Hubbard, pumpkin and spaghetti. The table below describes the most popular squash varieties, highlighting the appearance, flavor and key nutrients for each.

Variety	Appearance	Flesh	Flavor	Key Nutrients
Acorn	Dark green, hard skin	Firm, yellow-orange flesh	Sweet flavor	Good source of potassium, but not as high in vitamin A as other varieties
Butternut	Beige-tan skin that is not as hard as acorn squash	Orange flesh	Mildly sweet flavor	Excellent source of beta-carotene and vitamin A
Delicata	Long cylindrical shape; cream color with dark green stripes	A creamy pulp	Very sweet, a bit like sweet potatoes	Contains vitamin A
Hubbard	Plump in the middle and slightly tapered at the neck; bumpy skin varies in color from dark green to light blue to orange	Because of its fine-grained texture, the yellow-orange flesh is often mashed or puréed	Mild flavor	Excellent source of vitamin A and a good source of potassium
Pumpkin	Orange skin; range from very small to very large	Orange flesh	Sweet mild flavor	Excellent source of beta-carotene and vitamin A
Spaghetti	Bright yellow skin	Golden yellow flesh with a crisp texture	Mild nut-like flavor	Not as high in vitamin A and beta-carotene as other varieties Note: This type does not keep as long as other winter squash.

*Table adapted from "Winter Squash." PANEN Newsletter 1.7: 5. Web. 3 Aug. 2015.



Photo credit: iStock

What squash is this?

From left to right: acorn, sweet dumpling, spaghetti, red kabocha, delicata, kabocha and butternut.



Photo credit: iStock

Basic Winter Squash Preparation Techniques

Winter squash comes in a variety of shapes, colors and sizes, and the best ways to prepare each varies by variety. While integrating acorn or butternut squash into your menu may seem daunting, the following preparation techniques and recipes can make it easier to make winter squash a staple of your fall menu.

Baking

Baking brings out the sweetness in winter squash and saves the beta-carotene content. To bake, halve squash lengthwise. Scoop out the seeds and strings. Cut large squash into serving-size pieces. Place the squash, cut side down, in a foil-lined baking pan. The foil will help prevent the sugary juices from burning onto the pan. Cover bottom of pan with about ¼ inch of water, cover with foil and bake in a 350°F to 400°F oven until the squash is tender when pierced with a knife. Cook squash halves for 40 to 45 minutes and cut squash pieces for 15 to 25 minutes.

Steaming

Place a metal colander or basket over a pot containing about an inch of water. Place peeled and seeded squash halves or squash pieces in the colander cut side down. Cover the pot. Cook over boiling water until tender, about 15 to 20 minutes.

Boiling

Boiling is faster than steaming, but it can dilute the flavor of the squash and cause some nutrient loss. Place peeled squash pieces in a small amount of boiling water. Cook until the squash is tender, about 5 minutes. Drain well.

Sautéing

Grate, peel or dice squash. Sauté in broth or a broth/oil mixture, until desired tenderness, about 8 to 15 minutes.

Tip: Grated squash is best if it is cooked just to the point where it is still slightly crunchy.

Microwaving

Cut squash in half and arrange halves, cut-side up, in a shallow microwavable dish. Cover and cook until tender, about 7 to 10 minutes. Let the squash stand for 5 minutes after cooking. Cooking time for squash chunks is 6 to 8 minutes.

Puréeing

All squash varieties can be puréed. Cook squash using one of the methods above. Place cooked squash in a blender; purée. Puréed squash can be used in recipes for baked goods, soups or custards, or as a side dish in place of potatoes.

Freezing

Cooked squash freezes well. Pack into freezer containers or freezer bags, leaving ½ inch of head space. Frozen squash can be used for up to one year.

Squash Spaghetti

Ingredients

12 pounds spaghetti squash
 10 ounces unsalted butter
 2 tablespoons olive oil blend
 2 tablespoons fresh chives, chopped
 2 tablespoons fresh parsley, chopped
 2 tablespoons fresh thyme, chopped
 2 tablespoons kosher salt
 2 teaspoons fresh ground pepper

Recipe
 courtesy of Michigan State
 University Residential and
 Hospitality Services.

Directions

Cut squash in half lengthwise and remove seeds. Place cut side down on perforated pans and steam for 20 to 25 minutes. Let cooked squash rest at room temperature for a few minutes. Once squash has cooled slightly, using a fork, scrape the centers of the squash into a large bowl. Stir butter, oil, fresh herbs, salt and pepper into squash. Adjust seasonings to taste. Transfer to an 8 x 8-inch pan and cover. Serve in 4-ounce portions with appropriate sauce, such as pesto, marinara or roasted pepper coulis.

Yield: 28 servings

Acorn Squash Bowls

Ingredients

12 small acorn squash
 6 cups applesauce, unsweetened
 2 tablespoons brown sugar
 2 tablespoons ground cinnamon
 2 cups chopped walnuts or pecans

Recipe from What's Cooking?
 USDA Mixing Bowl.

Directions

Preheat oven to 350°F. Wash and halve the squash and remove seeds. Place halves on baking sheets, cut side down. Cover and cook about 6 to 9 minutes, rotating the dish halfway through.

Scrape flesh from each squash half into a bowl. Add applesauce, cinnamon, brown sugar and nuts to bowl and mix. Spoon mixture evenly into squash halves and place on baking sheets. Cook about 2 to 3 more minutes to heat thoroughly.

Yield: 48 servings

1 serving = ¼ squash

Stir-Fry Fajita Chicken, Squash and Corn

Ingredients

6 pounds dry long-grain brown rice
 2 teaspoons granulated garlic
 ¼ cup + 2 teaspoons salt-free chili-lime seasoning blend
 ½ cup fresh cilantro, chopped
 1 cup canola oil
 2 pounds fresh onions, diced
 8 pounds frozen cooked fajita chicken strips, thawed
 8 pounds fresh butternut squash, peeled, chopped into ½ inch squares
 2 pounds fresh red bell peppers, seeded and diced
 4 pounds frozen corn, thawed/drained
 1 #10 can diced green chilies
 Half of 1 #10 can low-sodium diced tomatoes
 1 tablespoon + 1 teaspoon black pepper
 2 tablespoons ground cumin
 1 tablespoon + 1 teaspoon garlic powder

Directions

Boil 1½ gallons water. In each of two hotel pans (12 inch x 20 inch x 2.5 inch), place 3 pounds brown rice. Pour half boiling water over rice in each hotel pan and stir. Cover tightly with tin foil. Bake for 40 minutes at 350°F in a conventional oven (325°F for convection oven). Remove pans from oven and let stand, covered, for 5 minutes. Sprinkle brown rice with granulated garlic and half of chili-lime seasoning; mix well. Fold in cilantro.

Heat oil in a roasting pan on top of the stove. Sauté onions for about 2 to 3 minutes, until translucent. Add chicken, squash and remaining chili-lime seasoning. Stir-fry over high heat for 10 minutes or until squash is tender. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. **Do not overcook.** Reduce heat to low and simmer for 2 minutes. Serve ¾ cup stir-fry over ½ cup brown rice.

Yield: 50 servings

Recipe from What's Cooking?
 USDA Mixing Bowl.

Acorn Squash Lasagna

Ingredients

Sauce

8 tablespoons butter

1 cup flour

3 ¼ cups water

¾ cup heavy cream

¾ cup white wine

1 clove garlic, minced

1 tablespoon vegetable bouillon

1 ½ cup parmesan cheese

1 ⅓ tablespoon dried basil (optional)

Squash filling

5 pounds acorn squash, peeled, seeded and diced

1 ¼ cup oil

Salt and pepper, to taste

1 ⅓ tablespoons ground nutmeg

Bruschetta

6 ⅓ cups diced tomatoes

2 tablespoons oil

1 teaspoon garlic, minced

3 tablespoons fresh basil, chiffonade

1 teaspoon kosher salt

Lasagna

30 cooked lasagna noodles

10 ounces fresh spinach, washed

1 ¼ pounds Italian roasted red peppers, sliced

5 pounds shredded mozzarella cheese

Directions

Sauce: Melt butter. Stir in flour to make a roux. While stirring, slowly stream in the water, heavy cream and wine. Add garlic and bouillon, stirring to dissolve. Stir and cook until smooth and thickened. Gradually add parmesan cheese, stirring to melt. Stir in basil.

Squash filling: Toss diced squash with oil, salt and pepper to evenly coat. Place on a sprayed sheet tray and roast at 350°F for 10 minutes, or until slightly tender. When done, transfer squash to a bowl and use your hands to mash half of the squash, leaving half still in form. Mix in nutmeg.

Bruschetta: Combine all ingredients in a bowl; set aside.

Lasagna assembly: Spray each 8 x 8 pan with pan release. Spread ½ cup sauce on the bottom of each pan. Top with ingredients in the following order: 3 lasagna noodles, 1 pound squash, ½ cup spinach, 1 cup sauce, 4 ounces roasted red peppers, 1 cup mozzarella cheese, 3 lasagna noodles, and 3 cups mozzarella cheese. Cover pan with foil and cook at 350°F for 35 minutes, or until heated through. Let lasagna rest before slicing each pan into 12 servings. Garnish each piece with 2 teaspoons of bruschetta.

Yield: 60 servings

1 serving = five 8 x 8 pans

Recipe courtesy of Michigan State University Residential and Hospitality Services.

Butternut Squash Muffins

Ingredients

5 pounds basic muffin mix
 2 pounds butternut squash, cooked and puréed*
 1 teaspoon salt
 1 ½ tablespoon cinnamon
 1 tablespoon nutmeg
 2 teaspoons cloves

Directions

In a large bowl, mix together muffin mix as instructed on box, along with puréed squash, salt, cinnamon, nutmeg and cloves. Mix ingredients just until blended. Scoop batter into prepared muffin cups. Bake at 350°F for approximately 18 to 20 minutes, or until a toothpick inserted in center of muffin comes out clean.

*Puréed pumpkin may be substituted for butternut squash.

Yield: 48 servings

1 serving = ¼ squash

Recipe courtesy of Marie McNamara,
 Food Service Consultant,
 Macomb Intermediate School District.

The Whole Enchilada

Ingredients

1 ¾ gallons + 3 cups butternut squash
 3 tablespoons + 1 ¾ teaspoons olive oil
 1 ¼ cups + ½ tablespoon garlic
 2 quarts + 2 ¼ cups diced onions
 2 quarts + 2 ¼ cups diced green peppers
 1 ¼ cups + ½ tablespoon jalapeño peppers
 2 ⅝ teaspoons black pepper
 1 ¼ cups + ½ tablespoon ground cumin
 1 ¾ gallons + 3 cups canned black beans
 7 pounds + 12 ounces shredded cheddar cheese
 248 flour tortillas, 6 inch
 1 ¼ gallons + ¾ cup mild salsa

Directions

Peel, halve and remove seeds from squash. Shred the squash flesh. Sauté garlic, onions, peppers and spices in oil until the onions are caramelized. Drain and rinse black beans (reduces sodium content by about 40%). Combine drained black beans, squash and sautéed vegetables; mix thoroughly. Mix in half of the cheddar cheese. Steam the mixture to 135°F.

Place ¼ cup mixture in each tortilla shell and fold tortilla into egg roll shape. Place half of the salsa in the bottom of a steam table pan and then place enchiladas in the pan. Cover stuffed tortillas with remaining salsa and sprinkle the remaining cheese over top. Bake at 300°F for 30 minutes to reach 135°F internal temperature.

Yield: 124 servings

1 serving = 2 enchiladas

Recipe courtesy of
 Chef Dave McNamara.

Apples

Photo credit: iStock

**Fact:**

In 2017, there were 11.3 million apple trees across Michigan on more than 800 family farms.

Fact:

Michigan apples are available nearly year-round thanks to controlled atmosphere storage facilities.

Safe Handling:

Store apples away from other aromatic fruits and vegetables as the fruit's porous skin can allow other flavors to penetrate its flesh.



Apple Fries

Ingredients

- 1 gallon apple cider
- 1 cup unsalted butter
- 40 tart, firm apples, cored and cut into 8 wedges each
- ¼ cup chopped fresh thyme

Recipe courtesy of Bryan Nader, sous Chef with Mercy Health St. Mary's Campus in Grand Rapids, Michigan.

Directions

Preheat oven to 400°F. Line baking trays with parchment paper.

Pour apple cider into a large pot and cook (or simmer) over medium heat until the liquid has been reduced by one-third, or is the consistency of a syrup. Remove pot from heat and whisk in butter.

Place apple slices in a bowl and toss with half of the apple cider mixture. Place apple slices on the lined baking trays. Roast in oven for 10 minutes. Remove tray from oven, flip apples and glaze with remaining cider mixture. Continue to roast for 10 minutes. Remove from oven and allow apples to cool 5 minutes before serving.

Yield: 60 servings

Turkey, Spinach and Apple Wraps

Ingredients

- 25 honey wheat wraps, 12-inch
- 25 cups baby spinach leaves, loosely packed
- 6 ¼ pounds thin turkey breast (4 slices per wrap)
- 12 Gala apples or other hard Michigan apple variety, sliced paper-thin
- 12 ½ cups shredded cheddar cheese

Recipe courtesy of Traverse City Area Public Schools.

Directions

Leaving a margin free on the side closest to you, arrange a layer of greens on top of each wrap. Top each layer of greens with half of the turkey. Evenly divide apple slices and lay lengthwise across turkey. Sprinkle ½ cup shredded cheese onto wrap. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side. Cover each wrap tightly with plastic wrap and then refrigerate, seam side down, up to 4 hours before serving. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle. Makes 50 wraps.

Yield: 50 servings

Nutritional content per serving	
CALORIES	334 KCAL
TOTAL FAT	15 G
Saturated Fat	6 G
Trans Fat	9 G
PROTEIN	27 G
CARBOHYDRATES	28 G
SODIUM	400 MG



Roots, Fruits and Leaves Slaw

Ingredients

Slaw

1 head red cabbage
 2-3 carrots
 2-3 Michigan apples (any varieties)
 Small handful of cilantro
 (optional)
 ½ cup golden raisins or naturally sweetened
 dried cranberries

Dressing

3 tablespoons honey
 ¼ cup apple cider vinegar
 Juice of 1 lime
 1 teaspoon cumin (optional)
 Salt and pepper, to taste
 ½ cup olive oil

Directions

Shred or slice the red cabbage into fine strips and put it in a large mixing bowl. Grate the carrots using a large-holed grater and add shredded carrots to bowl with cabbage. If using cilantro, finely chop a small handful and add it to the slaw mixture. Add the raisins. Cut apples into thin matchstick pieces (or spiralize) and add to slaw mixture. (Note: If you are preparing this slaw in advance of serving, cut the apples when you're ready to dress and serve the salad to avoid browning, or slice and store apples in water with lemon until ready to combine and serve.) Toss slaw mixture together well.

For the dressing, add honey, apple cider vinegar, lime juice, cumin, salt and pepper to a small bowl. While whisking, drizzle in olive oil. Drizzle dressing over the slaw and toss until well coated. Serve chilled.

Yield: 12 servings

Recipe courtesy of Lauren Rhoades, FoodCorps Service Member at Magnolia Speech School in Jackson, Mississippi.

Cran-Apple Crisp

Ingredients

- 4 large Michigan apples,
thinly sliced

- 1 16-ounce can whole
cranberry sauce

- 1 cup rolled oats

- 1 ½ cups packed brown sugar

- 1 teaspoon cinnamon

- 2 teaspoons butter

Directions

Preheat oven to 400°F.

Mix together the apples and the cranberry sauce in a bowl. Spoon into an 8 x 8 inch baking dish.

Mix the oats, brown sugar and cinnamon in a bowl, add melted butter and mix well. Sprinkle over the fruit and bake, covered, for 15 minutes. Bake for an additional 10 minutes uncovered, or until the topping is crisp and brown.

Serve warm or cold.

Note: Two individual packets of flavored instant oatmeal can be substituted for the oat mixture.

Recipe from the National Extension Association of Family and Consumer Sciences, Living Well Cookbook.

Yield: 6 servings

Nutritional content per serving	
CALORIES	293 KCAL
TOTAL FAT	3 G
PROTEIN	2 G
CARBOHYDRATES	70 G
Dietary Fiber	6 G
SODIUM	36 MG



Roasted Apple and Butternut Squash Soup

Ingredients

24-32 pounds butternut squash
 16 yellow onions
 16 apples (McIntosh apples work great)
 1 ½ cups olive oil
 4-8 quarts low-sodium chicken stock
 4 teaspoons curry powder
 ½ cup salt (divided in half)
 8 teaspoons black pepper (divided in half)

Recipe courtesy of the Prescription for Health Program at Washtenaw County Public Health.

Directions

Preheat oven to 425° F.

Peel the butternut squash using a vegetable peeler or knife. Slice in half lengthwise and scoop out seeds. Cut into 1 inch cubes (you should have 48-64 cups of cubes).

Peel onions and cut into 1 inch cubes. Rinse, peel and remove core of apples. Cut into 1 inch cubes.

Toss the butternut squash, onions and apples with olive oil, half of the salt and half of the pepper. Place mixture on baking sheets, spreading as a single layer on each sheet.

Roast in oven for 35-45 minutes (until very tender and soft), stirring occasionally.

Heat the chicken stock to a simmer on the stove.

When the vegetables are done cooking, put them in a food processor (in batches) with a little chicken stock and blend/purée.

Place the puréed mixture in a large pot and add enough chicken stock to make a thick soup.

Add curry powder and the rest of the salt and pepper. Stir, taste to make sure seasoning is right, heat through and serve hot.

Yield: 32 to 48 servings

1 serving = 1 cup

Beets

Photo credit: Lindsey J. Scalera



Fact:

Fresh Michigan-grown beets are available late July to late October.

Fact:

Beets are a good source of vitamin C, and their greens are an excellent source of vitamin A.

Fact:

Beet roots can be red, purple, golden, white or a mixture of colors.



Magenta Root Slaw

Ingredients

2 ounces fresh ginger
 2 pounds 6 ounces carrots
 2 pounds 4 ounces Michigan beets
 2 pounds 4 ounces parsnips
 ¾ cup honey
 9 tablespoons lemon juice (fresh or bottled)
 1 teaspoon kosher salt

Directions

Peel and chop ginger. Pulse in a food processor fitted with a steel blade until ground.

Trim and peel carrots, beets and parsnips. Shred in a food processor fitted with a shredding disc, or by hand.

Whisk together honey, lemon juice and salt in a large bowl. Add the shredded vegetables and toss to combine.

Yield: 64 servings

1 serving = ¼ cup

Recipe courtesy of
New School Cuisine Cookbook.

Beet Burger

Ingredients

2 $\frac{2}{3}$ cup water
 1 $\frac{1}{3}$ cup brown rice
 $\frac{1}{4}$ cup olive oil
 1 quart onions, diced
 8 large eggs
 2 quarts Michigan beets, grated and peeled
 2 quarts carrots, grated and peeled
 1 quart sunflower seeds, toasted
 2 cups sesame seeds, toasted
 1 cup fresh parsley, chopped
 3 tablespoons tamari or soy sauce
 1 quart Parmesan cheese, grated
 1 $\frac{1}{2}$ cups whole-wheat flour
 2 teaspoons kosher salt

Recipe courtesy of
New School Cuisine Cookbook.

Directions

Bring water to a boil in a large saucepan over high heat. Add brown rice, reduce heat to low, cover and cook until the rice is tender, about 40 minutes. Set aside to cool.

Meanwhile, heat oil in a medium skillet or rondeaux over high heat. Add onions and cook, stirring occasionally, until golden, 8 to 12 minutes. Set aside to cool.

Preheat convection oven to 350°F. Line 3 sheet pans with parchment paper.

Whisk eggs in a large bowl. Stir in the cooled rice, beets, carrots, sunflower seeds and sesame seeds. Fold in the onions, parsley, tamari sauce (or soy sauce), cheese, flour and salt. (Add a little more flour if the mixture seems too sticky.) Using a #12 scoop or $\frac{1}{3}$ -cup measure, make 40 burgers and place on the prepared pans.

Bake until the burgers are browned and the vegetables are tender, 30 to 35 minutes.

Yield: 40 servings

1 serving = 1 burger

Roasted Root Vegetable Hash

Ingredients

2 pounds 8 ounces Michigan beets
 2 pounds 8 ounces carrots
 2 pounds 8 ounces other root vegetables
 (turnips, rutabaga, celery root and/or
 parsnips)
 2 pounds 8 ounces potatoes
 2 pounds 8 ounces sweet potatoes
 1 pound yellow onions (2 medium onions)
 3 quarts water
 5 tablespoons and 1 teaspoon ground
 coriander
 5 tablespoons and 1 teaspoon ground
 cumin
 2 tablespoons and 1 teaspoon onion
 powder
 2 tablespoons and 1 teaspoon paprika
 1 tablespoon and ½ teaspoon garlic powder
 1 tablespoon and ½ teaspoon kosher salt
 1 cup vegetable oil

Directions

Trim and peel beets, carrots and other root vegetables. Cut into ½-inch dice. Cut potatoes and sweet potatoes into ½-inch dice. Trim and peel onions. Cut into ¼-inch dice.

Preheat convection oven to 425°F.

Bring water to a boil in a 4-quart stockpot. Add beets and cook until you can just pierce them with a fork but they are not fully tender, about 12 to 15 minutes. Drain and transfer to a large bowl.

Meanwhile, mix coriander, cumin, onion powder, paprika, garlic powder and salt in a small bowl.

Add the carrots, potatoes, sweet potatoes, other root vegetables, onions and oil to the beets. Sprinkle with the spice mixture and stir to coat. Divide between 2 full sheet pans and spread evenly. Roast, stirring once, until the vegetables are fork tender and beginning to brown and crisp on the edges, 40 to 45 minutes.

Yield: 52 servings

1 serving = ½ cup

Recipe courtesy of
New School Cuisine Cookbook.

Local Harvest Bake

Ingredients

8 pounds butternut squash, peeled

8 pounds Michigan beets, peeled

8 pounds sweet potatoes, peeled

1 ½ cup olive oil

1 tablespoon 1 teaspoon kosher salt

¼ cup and 2 teaspoons fresh garlic,
minced

1 tablespoon dried parsley

Directions

Cut the butternut squash, beets and sweet potatoes into ½-inch cubes.

Combine all ingredients in a large bowl. Mix well. Transfer mixture to 4 sheet pans (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

Bake in a conventional oven at 350°F for 25 minutes or a convection oven at 350°F for 20 minutes. (Critical Control Point: Heat to 135°F or higher.)

Transfer to 4 steam table pans (12" x 20" x 2 ½").

Garnish with parsley. Portion with No. 8 fluid ounce spoodle (½ cup).

Yield: 100 servings

1 serving = ½ cup

Recipe courtesy of
USDA Mixing Bowl.

Cabbage

Photo credit: Lindsey J. Scalera

**Fact:**

In 2016, Michigan ranked 10th in the nation in cabbage production.

Nutrition Tip:

Cabbage is a nutritional powerhouse. It is high in vitamins C and K, folate, potassium, manganese, iron and magnesium.

Storage Tip:

Do not wash cabbage before storage, and keep outer leaves on for extra protection of the more tender inner leaves.

A Cabbage Variety for Every Meal

One of the benefits of using cabbage in an institutional setting is its versatility. A number of varieties make the opportunities for delicious preparations even greater. Any one of the common cabbage varieties listed below can offer an appealing combination of taste, nutrition, texture and color for your customers.

Type	Appearance and Traits	Flavor and Culinary Uses
Green	<ul style="list-style-type: none"> • Most common variety • Light green in color • Compact and solid • Stores well 	<ul style="list-style-type: none"> • Use raw in salads and slaws • Adds texture and crispness to stir fry • Can be cooked for longer periods, in soups and braises, to bring out sweet flavor
Red	<ul style="list-style-type: none"> • Dark reddish purple in color • Compact and solid • Typically smaller than green cabbage • Stores well 	<ul style="list-style-type: none"> • Use raw in salads and slaws • Adds color and texture to raw salads • Can be cooked in a variety of dishes • May turn blue when cooked, which can be lessened by adding a little acid (like lemon juice or vinegar) during cooking
Savoy or curly	<ul style="list-style-type: none"> • Leaves are lacy and ruffled and have visible ridges • Less tightly packed than green and red cabbages 	<ul style="list-style-type: none"> • Use raw in salads and slaws • Can be quickly stir fried • Whole leaves can be used as a wrap • More tender than green and red cabbage
Napa or Chinese	<ul style="list-style-type: none"> • Long, light green leaves on thick, white stalks • Loosely packed • Softer and more airy than other varieties 	<ul style="list-style-type: none"> • Use raw in salads • Can be quickly stir fried • Often used in kimchi recipes • Mild peppery flavor
Bok choy	<ul style="list-style-type: none"> • Distinct leaves grow from a central stalk • Each leaf has dark green ends with a white central stalk 	<ul style="list-style-type: none"> • Use in stir fry • Can be braised or used in soups • Becomes sweeter when cooked for longer periods • Mild, bright flavor

Note: Adapted from <https://www.thespruce.com/types-of-cabbages-2215899>

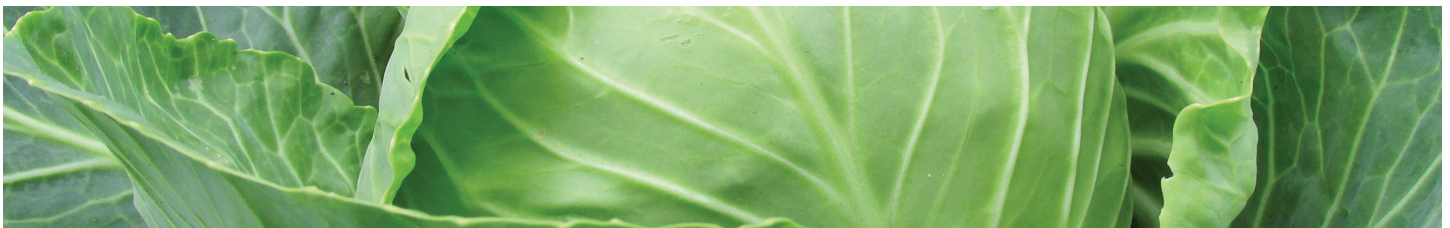


Photo credit: Lindsey J. Scalera

Spicy Slaw

Ingredients

25 pounds + 12 ounces
Michigan red cabbage

26 pounds + 12 ounces
Michigan green cabbage

13 pounds + 8 ounces carrots

2 pounds mayonnaise

2 pounds jalapeños

2 pounds pepperoncini

1 tablespoon kosher salt

1 quart fresh lemon juice

Directions

Clean and prepare the vegetables. Remove seeds from jalapeños. Shred the cabbage on the slicing blade of a food processor, and then shred the carrots and jalapeños on the shredding blade.

Drain pepperoncini, but save liquid. Mix mayonnaise, lemon juice, pepperoncini juice and salt together to make a dressing.

Mix pepperoncini, cut vegetables and dressing together. Pack in containers.

Yield: approximately 100 servings

1 serving = 1 ounce

Equivalents for school meal patterns
(servings per meal are based on default serving size and measure.)
Vegetable total: 0.875; Red/orange vegetable: 0.125

Recipe courtesy of
The Lunch Box,
thelunchbox.org/recipes-menus.

Asian Cabbage Salad

Ingredients

6 packages ramen noodles
 ½ cup sunflower seeds
 2 tablespoons vegetable oil
 3 pounds + 8 ounces
 Michigan green cabbage (1 small)
 2 pounds + 10 ounces
 Michigan red cabbage (1 small)
 2 pounds + 8 ounces
 Napa cabbage (1 small)
 1 pound carrots (6 medium)
 8 small scallions
 ⅓ cup rice vinegar
 ½ cup granulated sugar
 ¼ cup low-sodium soy sauce
 1 teaspoon sesame oil
 ½ teaspoon ground black pepper

Directions

Preheat convection oven to 350°F or conventional oven to 375°F. Line a sheet pan with parchment paper. Discard flavor packets from ramen noodles. In a large bowl, add sunflower seeds and vegetable oil to the ramen noodles and stir to coat. Spread the mixture evenly on the prepared pan. Bake until browned, stirring once or twice, 3 to 5 minutes. Set aside to cool.

Quarter and core cabbage. Slice the cabbage quarters in a food processor fitted with a slicing blade. Transfer to a large bowl. Trim and peel carrots. Shred in a food processor fitted with a shredding blade. Add to the cabbage. Trim scallions and finely dice. Add to the vegetables and toss to combine.

Whisk rice vinegar, sugar, soy sauce, sesame oil and pepper in a small bowl until the sugar is dissolved. Just before serving, toss the salad with the dressing and ramen mixture.

Yield: 50 servings

1 serving = ½ cup

Equivalents for school meal patterns:
 ½ cup serving provides ½ cup other vegetables

Recipe courtesy of
New School Cuisine:
Nutritious and Seasonal Recipes for
School Cooks by School Cooks, from
 the Vermont Farm to
 School Network.

Gingered Cabbage Salad

Ingredients

4 pounds Michigan red cabbage
 2 pounds Michigan green cabbage
 4 apples
 ¼ cup lemon juice
 ½ cup olive oil
 ½ cup cider vinegar
 1 tablespoon fresh ginger,
 peeled and minced
 1 tablespoon honey
 1 tablespoon Dijon mustard
 1 ½ teaspoon minced garlic
 1 teaspoon kosher salt
 ¼ teaspoon ground black pepper
 2 cups dried cranberries
 1 cup sunflower seeds

Directions

Cut each cabbage into 6 wedges, removing core. Shred cabbage in a food processor fitted with a shredding disc, emptying it into a large bowl as it fills. Set aside. Core and peel apples; cut into 6 wedges each. Thinly slice the apple wedges. Toss with lemon juice in a small bowl. Whisk olive oil, vinegar, ginger, honey, mustard, garlic, salt and pepper in a small bowl until well combined. Add the apples and lemon juice to the cabbage. Drizzle with the dressing and toss to coat. Add cranberries and toss again. Sprinkle with sunflower seeds. Cover and let stand for 15 minutes before serving. If preparing more than 30 minutes before service, refrigerate.

Yield: 40 servings

1 serving = ¾ cup

Equivalents for school meal patterns:
 ¾ cup provides ¾ cup other vegetables

Recipe courtesy of
New School Cuisine:
Nutritious and Seasonal Recipes for
School Cooks by School Cooks, from
 the Vermont Farm to
 School Network.

Stuffed Cabbage Lasagna

Ingredients

5 pounds Michigan cabbage (2 heads)

1 ½ quart water

2 tablespoons + 1 teaspoon kosher salt, divided

3 cups brown rice

5 pounds 80% lean ground beef

2 tablespoons garlic powder

2 tablespoons onion powder

2 tablespoons ground black pepper

1 ½ quart diced tomatoes, canned (do not drain)

1 #10 can tomato sauce

Directions

Quarter and core cabbage; cut into wedges. Steam in a steamer at 200°F until very tender, about 30 minutes. Meanwhile, bring water and 1 teaspoon salt to a boil. Stir in rice, reduce heat to low and cook for 25 minutes. (The rice will be underdone.) Cook beef over medium heat in a large pot, crumbling with a spoon or spatula, until browned, about 15 minutes. Drain. Stir in garlic powder, onion powder, pepper and the remaining 2 tablespoons salt. Stir in the rice and diced tomatoes. Cut the steamed cabbage into ½ inch strips and break apart.

Preheat convection oven to 325°F or conventional oven to 350°F. Assemble the lasagnas in two 2 inch full hotel pans, using the following amounts for each pan: spread 1 cup sauce on the bottom of the pan, top with about 2 ½ quarts cabbage, then 2 cups meat mixture, 1 cup sauce, about 2 ½ quarts cabbage, 1 cup sauce. Bake, uncovered, until the sauce is bubbling and the top is starting to brown, about 25 minutes.

Recipe courtesy of
New School Cuisine:
*Nutritious and Seasonal Recipes for
School Cooks by School Cooks*, from
the Vermont Farm to
School Network.

Yield: 50 servings

1 serving = 1 piece

Equivalents for school meal patterns:

1 cup provides 1 ounce equivalent meat/meat alternate,
¼ cup other vegetable and ¼ cup red/orange vegetable

Cherries

Photo credit: Cherry Marketing Institute

**Fact:**

It takes 6–8 pounds of fresh cherries to make 1 pound of dried cherries.

Fact:

Michigan was the top producer of tart cherries in the United States with about three-fourths of the country's total production in 2017.

Fact:

A single tart cherry tree has an average of 7,000 cherries.



Endless Possibilities!

The culinary possibilities are endless for Michigan cherries, whether frozen or dried, sweet or tart.

Item	Common Uses	Shelf Life
Dried tart cherries	Salads, oatmeal, baked goods	12 months
Frozen unsweetened individually quick frozen tart cherries	Yogurt parfaits, smoothies, baked goods	24 months when stored at 0°F (-18°C) or below
Frozen sweetened tart cherries (5+1 Tart Cherries)	As a fruit topping for cereal, pancakes, waffles, ice cream	24 months when stored at 0°F (-18°C) or below
Frozen sweet cherries	Yogurt parfaits, smoothies, baked goods	24 months when stored at 0°F (-18°C) or below

Dried and Frozen Cherry Nutrition Comparison

Serving Size 100 grams (3.2 ounces)	Dried Tart Cherries	Frozen Sweetened Tart Cherries (5+1 Tart Cherries)	Frozen Unsweetened individually quick frozen Tart Cherries	Frozen Sweet Cherries
CALORIES	340	106	45	70
TOTAL FAT (%)	0.1	0.1	0.1	0.1
SODIUM (mg)	<4	15	18	0
POTASSIUM (mg)	416	120	132	220
TOTAL CARBOHYDRATE	82.17%	26.1%	10%	16.6%
DIETARY FIBER	2.57%	1.17%	1.1%	3%
PROTEIN	3.29%	0.85%	1.11%	1.2%
VITAMIN A (IU)	3580	353	538	215
VITAMIN C (mg)	<0.5	2.87	2.48	7
CALCIUM (mg)	46	10	13	15
IRON (mg)	1.40	0.3	0.5	0.4

Data provided by the Cherry Marketing Institute. Nutrition analysis is for representative generic samples; nutrition of branded products may vary.



Michigan Salad

Ingredients

- 3 cups sliced green peppers
- 3 cups whole baby carrots
- 3 pounds edamame
- 2 gallons iceberg lettuce (1 inch cut)
- 2 gallons raw shredded romaine lettuce
- 2 gallons raw spinach leaf
- 6 pounds chicken, diced (40# comm)
- 3 cups Michigan cherries (raw, tart, dried, pitted, sweetened)
- 1 quart sliced apples (raw, with skins on)
- 2 cups olive oil
- 1 cup orange juice (pasteurized, from concentrate)
- 1 cup lemon juice (bottled or from concentrate)
- 2 cups honey
- ½ cup Tabasco or other hot sauce
- ½ cup General Tso orange sauce
- 2 teaspoons poppy seeds

Recipe courtesy of
 Chef Dave McNamara, Making
 Michigan Recipes Work training.

Directions

Prepare peppers and carrots by washing and cutting in very thin strips, julienne style.

Spread edamame on a sheet pan and roast in a 350°F oven until soft.

In a large bowl, mix the lettuces and spinach together. Place 2 cups of mixed lettuces in each serving container.

Assemble individual salads by layering ingredients on top of lettuce mix: cooked chicken (2 ounces), cherries (1 tablespoon), apple slices (4 per salad), edamame (1 ounce), green peppers (1 tablespoon) and carrots (1 tablespoon).

Prepare dressing in a separate bowl by whisking the oil, juices and honey together. Add seasonings and whisk. (If a spicier dressing is desired, double the amount of hot sauce.)

Keep assembled salads refrigerated at 41°F or below until service. Serve each salad with 2 tablespoons of dressing. Salads may be dressed lightly prior to service.

Yield: 48 servings

Nutritional content per serving	
CALORIES	314 KCAL
Calories from Total Fat	36.95%
Calories from Saturated Fat	4.59%
Calories from Trans Fat	0%
Calories from Carbohydrates	36.48%
Calories from Protein	30.48%
TOTAL FAT	12.89 G
Saturated Fat	1.60 G
Trans Fat	0.00 G
CHOLESTEROL	53 MG
PROTEIN	23.93 G
CARBOHYDRATES	28.64 G
Dietary Fiber	5.12 G
SODIUM	107 MG
CALCIUM	71.56 MG
IRON	4.24 MG
VITAMIN A	7034.2 IU
VITAMIN C	20.2 MG



Tart Cherry Chicken Salad

Ingredients

- 15 pounds + 10 ounces chicken strips, unseasoned
- 4 pounds celery, fresh
- 2 quarts mayonnaise
- ½ cup lemon juice, reconstituted
- 1 ½ teaspoon salt
- 1 tablespoon ground black pepper
- 1 tablespoon garlic powder
- 4 pounds + 4 ounces dried tart cherries

Directions

Prior to the day of service, pull chicken from freezer. Place pouches in single layer on sheet pans. Date stamp and place in cooler on lowest shelf. Hold below 41°F.

On the day of service, chop celery into small diced pieces to yield 3 quarts + ½ cup. In a 1-gallon container, mix mayonnaise, lemon juice, salt, pepper and garlic powder with a whisk. In a large food storage container, add chicken, dried cherries and celery. Mix well, breaking up any clumps of cherries or chicken. Add dressing and fold to coat well. Cover and date stamp. Place in cooler and hold below 41°F for service. Serve with a #8 scoop.

Recipe courtesy of the Cherry Marketing Institute.

Yield: 100 servings

1 serving = ½ cup

Nutritional content per serving	
CALORIES	243 KCAL
TOTAL FAT	14 G
Saturated Fat	3 G
Trans Fat	0 G
CHOLESTEROL	52 MG
PROTEIN	12 G
CARBOHYDRATES	16 G
Dietary Fiber	0 G
SUGARS	13 G
SODIUM	311 MG
CALCIUM	13 MG
IRON	0 MG
VITAMIN A	611 IU
VITAMIN C	4 MG



Cherry-Q Dipping Sauce

Ingredients

- 1 cup canola oil
- 1 tablespoon + 1 ½ teaspoons salt
- 2 tablespoons ground black pepper
- 2 tablespoons garlic powder
- 2 tablespoons crushed red pepper flakes
- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1 cup dehydrated onion flakes
- 1 quart apple cider vinegar
- 2 cups packed brown sugar
- ½ cup pure molasses
- 2 cups tomato paste, low sodium
- 2 cups water
- 5 pounds individually quick frozen tart cherries

Directions

Place a 5-gallon stockpot on stove and turn heat to medium-low. Add oil, then add salt, pepper, garlic powder, crushed red pepper, chili powder, paprika and onions to the oil. Stir frequently to toast seasoning and allow the flavors to bloom in the oil, about 5 minutes. Add cider vinegar, brown sugar, molasses, tomato paste and water. Whisk to blend well. Simmer 20 minutes and whisk often. Add the frozen tart cherries to the pot. Stir to blend. Bring to a low boil, then turn down heat and simmer over medium-low heat for 1 hour, stirring frequently.

Remove the cherry dipping sauce from the stove and let cool at room temperature for 30 minutes. Using an immersion blender, carefully blend cherry sauce for 5 minutes or until smooth. Place finished sauce in food storage container. Cover, date stamp and place in cooler until service.

Yield: 1 gallon

1 serving = 1 ounce

Recipe courtesy of the Cherry Marketing Institute.

Nutritional content per serving:

CALORIES	49 KCAL
TOTAL FAT	1 G
Saturated Fat	0 G
Trans Fat	0 G
CHOLESTEROL	0 MG
PROTEIN	10 MG
CARBOHYDRATES	7 G
Dietary Fiber	0 G
SUGARS	5 G
SODIUM	91 MG
CALCIUM	12 MG
IRON	0 MG
VITAMIN A	335 IU
VITAMIN C	1 MG



Tart Cherry Pancake Bars

Ingredients

- 1 gallon water
- 1 quart + 2 cups maple syrup
- 2 5-pound boxes whole-grain complete pancake mix
- 8 pounds + 8 ounces dried tart cherries
- 2 ounces pan spray

Recipe courtesy of the Cherry Marketing Institute.

Directions

Preheat convection oven to 325°F.

For ease of preparation and distribution of cherries, prepare the batter for one full sheet pan at a time. In a large mixing bowl, add 1 quart of cool water (approximately 72°F) and 1 ½ cup pure maple syrup. Add half of a 5-pound box whole-grain pancake mix and whisk until batter is blended and smooth. Do not overmix. Fold in 2 pounds, 2 ounces dried tart cherries. Pour cherry pancake batter into sheet pan prepared with pan spray. Use spatula to evenly distribute cherries and batter. Repeat for three more batches. Place pans of pancake bars in the oven and bake at 325°F for 18–20 minutes or until a knife comes out clean and the pancake bars are a very light golden brown. Cool at room temperature for 30 minutes. With washed, gloved hands, cut each pan into a 5-by-5 cut, yielding 25 pieces approximately 3 ¼ inches by 5 inches each. Place in shallow 4 inch by 6 inch container or serving bag. Place flat on sheet pans and place in cooler overnight to chill until service.

Yield: 100 servings

1 serving = 1 piece, 4.88 oz

Nutritional content per serving	
CALORIES	342 KCAL
TOTAL FAT	3 G
Saturated Fat	1 G
Trans Fat	0 G
CHOLESTEROL	4 MG
PROTEIN	5 G
CARBOHYDRATES	72 G
Dietary Fiber	3 G
SUGARS	41 G
SODIUM	515 MG
CALCIUM	68 MG
IRON	1 MG
VITAMIN A	1091 IU
VITAMIN C	7 MG



Dry Beans

Photo credit: Elena Elisseeva



Fact:

Michigan is the second largest dry bean producer in the United States.

Safe Handling:

Dry beans packaged in polyethylene food-grade bags have a one-year shelf life.

Nutrition Tip:

Dry beans are a low-fat protein source full of fiber, vitamins and minerals.





Photo credit: Elena Elisseeva

Basic Dry Bean Cooking Tips

The following cooking tips apply to dry packaged beans. Canned dry beans are ready to use and do not require any additional cooking.

Sorting

The first step in cooking dry beans is to look for and remove any shriveled, broken or discolored beans and foreign material, such as small stones, that may have been missed by the processing facility. Examine dry beans one layer at a time by scooping the beans onto a dry metal pan. After sorting, beans should be thoroughly rinsed.

Soaking

After sorting and rinsing, rehydrate the dry beans by soaking them. The U.S. Dry Bean Council offers 3 different methods for soaking beans:

Hot Soak*

1. Place beans in a pot and add 10 cups of water for every 2 cups of beans.
2. Heat to boiling and boil for an additional 2 to 3 minutes.
3. Remove beans from heat, cover and let stand for 4 to 24 hours.
4. Drain beans, discard soak water and rinse with fresh, cool water.

Traditional Soak

1. Pour cold water over the beans to cover.
2. Soak beans for 8 hours or overnight.
3. Drain beans, discard soak water and rinse with fresh, cool water. (Cold water starts the rehydration process slowly, so beans will appear wrinkled after soaking.)

Quick Soak

1. Place beans in a large pot and add 10 cups of water for every 2 cups of beans.
2. Bring to boil and boil for an additional 2 to 3 minutes.
3. Drain beans, discard soak water and rinse with fresh, cool water.

*Reduces actual cooking time and produces consistently tender beans.

Cooking

To cook dry beans, cover soaked, drained beans with plenty of fresh water. Simmer until the beans can be gently mashed with a fork. Cooking can take anywhere from 30 minutes to 2 hours depending on the type of bean. Refer to the suggested cooking times below. Drain beans immediately to prevent them from overcooking in the hot water.

Market Class	Suggested Cooking Time
Black	60 to 90 minutes
Cranberry	45 to 60 minutes
Small Red	60 to 90 minutes
Navy	90 to 120 minutes
Light Red Kidney	90 to 120 minutes
Dark Red Kidney	90 to 120 minutes
White Kidney	90 to 120 minutes
Great Northern	45 to 60 minutes
Pink	60 minutes
Pinto	90 to 120 minutes
Soldier	60 to 90 minutes
Yellow Eye	90 to 120 minutes

Additional Tips

Acidic ingredients can prevent beans from cooking correctly. If your recipe calls for an acid, such as tomato, lemon juice, vinegar, molasses or wine, avoid adding these ingredients until after the beans have been fully cooked.

For best results, stir beans occasionally and add warm water to keep the beans covered as they expand during cooking.

If not using immediately, dry beans and their cooking liquid should be cooled in shallow pans in the refrigerator and then held at 41°F.

Cooked dry beans have a tendency to dry out and change taste if left too long in a steam table. To avoid this, heat in batches for just-in-time service.



Photo credit: iStock

Cranberry Beans with Broccolini

Ingredients

¾ pound broccolini
 ¼ to ½ cup extra-virgin olive oil
 1 clove garlic, peeled and chopped
 Kosher salt, to taste
 Black pepper, freshly cracked, to taste
 1 pound cooked Michigan cranberry beans

Recipe courtesy of John Korycki,
 Director of Culinary Education
 at Kalamazoo Valley Community
 College.

Directions

In a large pot, bring 4 quarts of salted water to boil. Cut the broccolini florets and stalks into bite-size pieces. Add broccolini to boiling water and cook until soft and tender, about 5 to 6 minutes.

In a large sauté pan, warm 4 tablespoons of olive oil. Add the chopped garlic and gently sauté until golden. Drain the broccolini, reserving the water to reheat the cranberry beans, and add to sautéed garlic, tossing to mix together. Season with salt and freshly cracked black pepper.

Reheat the cranberry beans in the simmering salted water. Drain and add the hot cooked beans to the sautéed broccolini, stirring them together. Generously add ¼ cup or more extra-virgin olive oil, to your taste preference. Check and adjust seasonings as necessary.

Serve the cranberry beans and broccolini with grilled or roasted pork, chicken, veal or beef.

Yield: 24 servings

1 serving = ¼ cup

Baja Black Bean Salad

Ingredients

100 pounds dry Michigan black beans

65 gallons water

4 cups oil

2 gallons lime juice

10 pounds red onion, peeled and diced

10 pounds peppers, seeded and diced

0.700 pounds chili powder

0.560 pounds cumin

12 cans salsa

Directions

Sort through the dry beans. In kettle, turn control to Heat/Bypass. Add water and oil. Add dry beans and cover. Cook for 60 to 90 minutes. If water boils over, turn control to Auto/Active, and wait for water to go back down. Turn control to Heat/Bypass. Repeat.

Once beans are tender, turn control to Cool/Bypass. Lift anchor, attach strainer, tilt kettle and drain water. Run cold water on beans until cooled, approximately 15 minutes.

Detach strainer, tip kettle up, place anchor in kettle, and add rest of ingredients. Lift anchor, tilt kettle and hand-bag the salad in 6-quart bags to store and serve as needed.

Yield: 30 servings

1 serving = 6-quart bag

Recipe courtesy
of Amy Klinkoski, Nutrition
Services Supervisor, Grand Rapids
Public Schools.

Grand Rapids Public Schools Chili

Ingredients

42.5 pounds dry Michigan red beans
 5 gallons water, to add after beans are
 cooked and drained
 10 pounds chopped onion
 15 pounds diced green pepper
 85 pounds cooked ground turkey or beef
 ½ pound cumin
 1 ½ pounds salt
 0.575 pounds garlic powder
 1 ½ pounds chili powder
 ¼ pound black pepper
 0.575 pounds paprika
 12 #10 cans tomato paste
 3 #10 cans tomato sauce

Directions

Cook dry beans in boiling water for approximately 1 hour or until tender. Add water as needed so beans are tumbling in the boiling water. Drain water from beans. Add all remaining ingredients. Cook until product reaches an internal temperature of 165°F.

Yield: 900 servings

1 serving = 6 ounces

Recipe courtesy
 of Amy Klinkoski, Nutrition
 Services Supervisor, Grand Rapids
 Public Schools.

Stoplight Pepper and Bean Soup

Ingredients

1 pound + 4 ounces dry Michigan navy beans

1 ½ gallons + 3 quarts + 2 cups water

2 tablespoons low-sodium chicken base

2 tablespoons green chilies

2 cups ham, diced

2 teaspoons no-salt seasoning

2 teaspoons Tabasco sauce

2 quarts tomatoes, chopped or sliced

½ cup sweet red peppers, chopped

½ cup green peppers, chopped

½ cup yellow peppers, chopped

½ cup red onions, chopped

2 tablespoons oil

1 quart frozen corn

3 tablespoons fresh cilantro, chopped

Directions

Wash and soak beans in 3 quarts of water overnight under refrigeration. Drain and discard water in the morning.

In a large stock pot, combine chicken base with 1 ½ gallons water and bring to a boil. Add green chilies, diced ham, seasoning, Tabasco sauce, tomatoes and beans.

On a baking sheet, mix peppers and onions with oil and roast for 5 minutes in a convection oven. Add roasted vegetables and 2 cups water to soup; stir to combine. Continue to simmer soup for a minimum of 3 hours to cook the beans until tender.

Add the frozen corn and cilantro. Bring to a boil and simmer for 20 minutes before serving.

Yield: 32 servings

1 serving = ½ cup

Recipe courtesy of
Chef Dave McNamara, Michigan
Team Nutrition.

Cannellini Beans and Greens

Ingredients

1 pound Swiss chard or Tuscan kale

1 pound cooked Michigan cannellini beans

¼ to ½ cup extra-virgin olive oil

1 clove garlic, peeled and chopped

Kosher salt, to taste

Black pepper, freshly cracked, to taste

Recipe courtesy of John Korycki,
Director of Culinary Education
at Kalamazoo Valley Community
College.

Directions

In a large pot, bring 4 quarts salted water to boil. Separate the stalks from the Swiss chard leaves. Separately, cut the leaves and the stalks into bite-size pieces. Add chard stalks to boiling water and cook until just tender, about 4 to five minutes. Strain the stalks and cool.

In a large sauté pan, warm 4 tablespoons olive oil. Add the chopped garlic and gently sauté until golden. Add the cooked stalks and the chard leaves, tossing to mix together. Season to taste with salt and freshly cracked black pepper. Cook until the stalks and leaves are meltingly tender.

Add the hot cooked beans to the sautéed Swiss chard, stirring them together. If too dry, moisten the mixture with a little broth from the cooked beans. Generously add 2 to 4 tablespoons of olive oil, to your taste preference. Check and adjust seasonings as necessary.

Serve the cannellini and chard as a topping for bruschetta or as a side dish, with grilled or roasted pork, chicken, veal or beef.

Yield: 24 servings

1 serving = ¼ cup

AUTHORS

Hillary Bisnett, Ecology Center
Mariel Borgman, MSU Extension
Colleen Matts, MSU Center for Regional Food Systems
Nicky Milgrom, Ecology Center
Terry McLean, MSU Extension
Alyson Oslin, Ecology Center
Lindsey Scalera, Ecology Center
Kaitlin Wojciak, MSU Extension
Garrett Ziegler, MSU Extension

LAYOUT

Sarah Garner, Sarah Garner Design LLC

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CONTACT US

info@cultivatemichigan.org

Cultivate Michigan is a project of the Michigan Farm to Institution Network (MFIN).

MFIN is a space for learning, sharing and working together to get more local food to institutions. In 2014, MFIN launched Cultivate Michigan, a local food purchasing campaign designed to help farm to institution programs grow and track progress. We aim to meet the [Michigan Good Food Charter](#) goal of 20% Michigan food to institutions by 2020. Institutional food service programs can become Cultivate Michigan members to receive free product promotion materials and track local food purchasing progress over time.

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LEARN MORE & JOIN THE NETWORK

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