

Farm to School Cookbook

Fresh, Seasonal Recipes Tested by Alabama Cafeterias and Students

This cookbook was developed by the Alabama State Department of Education (ALSDE) Child Nutrition Programs in partnership with the Chef Ann Foundation. The recipes featured in this collection were created by the Chef Ann Foundation and taste tested by at least two Alabama school cafeterias. This project was made possible through funding provided by the FY 2022 Farm to School State Formula Grant.

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Child Nutrition Programs
ALABAMA STATE DEPARTMENT of EDUCATION

CHEF ANN FOUNDATION

Alabama Achieves
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THANK YOU

Thank you to the following districts for taste-testing recipes with your students and for participating in ALSDE CNP's Culinary Challenge in Cohorts 1 and 2!

Andalusia City	Lee County
Anniston City	Macon County
Breakthrough Charter	Marengo County
Cullman City	Montgomery County
Elmore County	Morgan County
Gulf Shores City	Orange Beach City
Guntersville City	Oxford City
Haleyville City	Ozark City
Holy Family Huntsville	Pell City
Homewood City	Restoration Academy
Houston County	Sheffield City
LEAD Academy	University Charter

Alabama-Sourced Ingredients

Recipe ingredients highlighted in green represent products and ingredients that can be sourced locally from Alabama. These items showcase the quality and diversity of Alabama-grown and Alabama-produced foods and help support local farmers, producers, and businesses.



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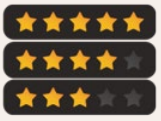
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RECIPE RECOMMENDATIONS

Looking to add some of these items to your school's cafeteria? Here are a few tips to help make it a success!

- **Start small.** Before putting a new recipe on the menu, make a small batch and let your students try it. These recipes have been taste-tested and approved by Alabama students, but every school is different! A small test batch also gives your team a chance to practice the recipe and see how much time and work it will take when you make it for the whole school.
- **Get everyone to give it a try.** Encourage students to taste the recipe – even students who brought their lunch that day. Your attitude matters, too! Keep the conversation about the new food positive or neutral and let the students decide for themselves what they think.
- **Make a little noise about it!** Put up a sign in the cafeteria, mention the taste test during morning announcements, or find another fun way to let students know something new is coming.
- **Give it a fun name**. A good name can make students much more interested in trying something new. Pick a name that will catch their attention and make sense to your students.
- **Pick an easy menu day.** Don't schedule a taste test on your busiest day! Choose a day when the regular menu is a little easier so your team has time to prepare and serve the new recipe.
- **Keep the voting simple**. You don't need a complicated survey. Let students vote "Liked It" or "Disliked It" on a paper ballot. It's quick for students and easy for your team to count.
- **Look for it in LINQ.** All of the recipes in this cookbook have already been added to the LINQ database. LINQ can also scale the recipes based on the number of servings you need, so whether you're making 50 servings or 500, you can adjust the recipe to fit your school.

STUDENT RECIPE SATISFACTION RATES



75% and above student satisfaction rate

60-75% student satisfaction rate

50-60% student satisfaction rate

*Satisfaction rates were based on an average score from at least two taste tests. Student satisfaction rates typically increase the more times a recipe is offered.



2025-2026 CULINARY TRAINING & OUTREACH HIGHLIGHTS







2025-2026 CULINARY TRAINING & OUTREACH HIGHLIGHTS















2025-2026 CULINARY TRAINING & OUTREACH HIGHLIGHTS



WHAT'S IN SEASON?

Fall

Apple Pecan Crisp 58
Chicken Shawarma 11
Golden Cauliflower 26
Herb Roasted Potatoes 21
Honey Cinnamon Apple Overnight Oats 52
Kale Caesar Salad 37
Persimmon Jam 45
Pulled Pork Sandwich 14
Smokin' Slaw 25
Sweet & Smokey BBQ Beef 20
Sweet Potato Casserole 34

Winter

Butterhead Lettuce Salad 35
Butternut Squash Dirty Rice 31
Cajun Roasted Sweet Potatoes 33
Citrus Marinated Chicken Tacos 12
Citrus Salsa 42
Hulk or Grinch Smoothie 55
Kickin' Collard Greens 24
Pig & Patch Sausage & Cabbage 15
Spicy Chicken Sandwich 16
Satsuma-Spinach Salad 38
Veggie Skillet 29

Spring

Cheesy Squash, Sausage & Rice Casserole ...18
Chili Lime Cantaloupe 49
Cornbread w/ Sweet Corn 57
Garlic Parmesan Green Beans 28
Green Beans with Bacon Vinaigrette 27
Lemon Pepper Broccoli 22
Peach Patch Sheet Pan Pancakes 53
Honey Balsamic Roasted Broccoli 23
Peanut Butter Granola Bars 51
Roasted Red Pepper Aioli 48

Summer

Blueberry Coffee Cake 51
Cucumber Crunch Salad 36
Cucumber Tzatziki 43
Hot Honey Roasted Tomato Pasta 13
Strawberry Sunrise Smoothie 56
Yellow Squash Casserole 30

THE FOLLOWING RECIPES RECEIVED ONE OR MORE 100% APPROVAL RATINGS:

Blueberry Coffee Cake
Butternut Squash Dirty Rice
Cajun Sweet Potatoes
Chicken Tacos
Herb Roasted Potatoes
Kale Caesar Salad
Pulled Pork Sandwich
Spicy Chicken Sandwich

INDEX







Entrees

Chicken Shawarma 11
Chicken Tacos 12
Hot Honey Roasted Tomato Pasta 13
Pulled Pork Sandwich 14
Sausage & Cabbage 15
Spicy Chicken Sandwich 16
Squash, Sausage, and Rice Casserole 18
Sweet & Smoky BBQ Beef 20

Vegetable Sides

Starchy

Potatoes, Herb Roasted 21

Dark Green

Broccoli, Lemon Pepper 22
Broccoli, Honey Balsamic Roasted 23
Collard Greens, Kickin' 24

Other

Coleslaw, Smokin' 25
Cauliflower, Golden 26
Green Beans, Bacon Vinaigrette 27
Green Beans, Garlic Parmesan 28
Veggie Skillet 29
Yellow Squash Casserole 30

Red/Orange

Butternut Squash Dirty Rice 31
Sweet Potatoes, Cajun Roasted 33
Sweet Potato Casserole 34

Salads

Butterhead Lettuce Salad 35
Cucumber Crunch Salad 36
Kale Caesar Salad 37
Satsuma-Spinach Salad 38

INDEX







Spice Blends

Kickin' Cajun Seasoning 39
Pie Spice 39
Shawarma Seasoning 40
Sweet and Smoky BBQ Rub 40

Condiments & Dressings

Alabama White Sauce.....41
Caesar Salad Dressing 41
Citrus Salsa..... 42
Cucumber Tzatziki 43
Honey Mustard Vinaigrette 44
Persimmon Jam.....45
Ranch Dressing 47
Roasted Red Pepper Aioli 48

Fruit Sides

Chili Lime Cantaloupe.....49

Breakfast

Coffee Cake, Blueberry 50
Granola Bars, Peanut Butter 51
Overnight Oats, Honey Cinnamon Apple 52
Pancakes, Peach Patch Sheet Pan 53
Smoothie, Hulk or Grinch 55
Smoothie, Strawberry Sunrise.....56

Breads & Grains

Cornbread with Sweet Corn.....57

Desserts

Apple Pecan Crisp.....58

ENTREE



Chicken Shawarma

Yield: 100 → **Serving size:** 3 oz Spoodle

Crediting: 2 oz meat, 0.25 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Red Bell Pepper	6 lbs
• Orange Bell Pepper	6 lbs
• Green Bell Pepper	1 lbs
• Cooked Diced Chicken	12.5 lbs
• Olive Oil	3 cups
• Lemon Juice	1 cup
• Southern Shawarma Seasoning (page 40)	1.5 cup
• Cilantro, Fresh	0.5 cup

PRE-PREPARATION

1. Wash vegetables thoroughly.
2. Dice bell peppers using the food processor.
3. Thaw diced chicken per HACCP plan.
4. In a bowl, mix olive oil, lemon juice, and Southern Shawarma Seasoning until combined.

PREPARATION

1. Preheat oven to 375°F.
2. In a large bowl, mix thawed chicken, diced peppers, and shawarma sauce until evenly coated.
3. Spread the mixture evenly onto sheet pans.
4. Roast for 20–25 minutes, or until the chicken reaches an internal temperature of 165°F.
5. Transfer to 2-inch hotel pans and hold uncovered in warmer at 140°F or higher until service.
6. Just before serving, mix in chopped cilantro and serve.

Optional: Serve with rice or pita bread, offer roasted red pepper aioli (see recipe page 48)

NOTES:

ENTREE



Photo: Orange Beach City Schools

Citrus Marinated Chicken Tacos

Yield: 100 → **Serving size:** 1 Taco

Crediting: 1 oz meat, 1 oz grain

INGREDIENTS

	As Purchased Weight
• Jalapeno, Fresh	4.5 oz
• Garlic	2.5 oz
• Oil, Olive and Canola Blend	10 Tbsp
• Orange Juice	11 fl oz
• Lemon Juice	2 fl oz
• Lime Juice	2 fl oz
• Salt, Kosher	2.5 tsp
• Pepper	1 Tbsp
• Chicken Thighs, Raw (Boneless/Skinless)	10 lbs and 10 oz
• Whole Wheat Tortillas, 6"	100 each

PRE-PREPARATION

1. Wash produce as needed.
2. Dice jalapeño and mince garlic.
3. Combine all marinade ingredients: jalapeño, garlic, oil, orange juice, lemon juice, lime juice, salt, pepper.
4. Marinate raw chicken thighs overnight or at least 2 hours.
5. Preheat oven to 350°F.

PREPARATION

1. Spread raw chicken out onto parchment-lined sheet pans.
2. Bake until chicken reaches an internal temperature of 165°F, about 25 minutes.
3. Shred cooked chicken thighs. Using a stand mixer may help with shredding.
4. Hold hot until service.
5. Optional: Serve with Citrus Salsa (recipe page 42).

Place 1 oz of chicken onto a tortilla using a 1 oz solid spoodle, then top with 1 oz of salsa using another 1 oz solid spoodle.

NOTES:

ENTREE



Photo: Holy Family School, Hu ıtsv lle

Hot Honey Roasted Tomato Pasta

Yield: 100 → **Serving size:** 1 Cup Pasta, 0.5 Cup Meat Sauce

Crediting: 2 oz meat, 2 oz whole grain, 0.75 cup red/orange vegetable

INGREDIENTS

	As Purchased Weight
• Grape Tomatoes	40 lbs
• Olive Oil	2 cups
• Honey	2 cups
• Garlic, Fresh	1 cup
• Red Pepper Flakes	2 Tbsp
• Tomato Paste	1 cup
• Cayenne Pepper	1 tsp
• Oregano	3 Tbsp
• Basil	3 Tbsp
• Salt	5 Tbsp
• Pepper	1 Tbsp
• Ground Beef 85/15	16.75 lbs
• Whole Grain Rotini Pasta	31.25 lbs

PRE-PREPARATION

1. Thoroughly wash tomatoes.
2. Preheat oven to 400°F

PREPARATION

1. In a large bowl, combine tomatoes, oil, honey, and seasoning.
2. Toss ingredients together until tomatoes are evenly coated.
3. Portion 10 pounds of the seasoned tomatoes into 2-inch hotel pans.
4. Roast tomatoes uncovered in a 400°F oven for 35-40 minutes, until blistered and slightly charred.
5. Remove from the oven and let cool slightly for 10-15 minutes.
6. Transfer roasted tomatoes to a food processor or use an immersion blender to blend until a smooth sauce forms.
7. While tomatoes are roasting, cook the ground beef:
   → Place ground beef in a large tilt skillet or steam-jacketed kettle over medium-high heat.
   → Cook until fully browned, breaking into small crumbles.
   → Cook to an internal temperature of 165°F.
   → Drain excess fat if needed.
   → Do not add additional seasoning.
8. Combine cooked ground beef with blended tomato sauce. Stir until thoroughly mixed.



Pulled Pork Sandwich

Yield: 96 → **Serving size:** Each

Crediting: 3 oz meat, 2 oz grain

INGREDIENTS

	As Purchased Weight
• Pork Butt	32 lbs
• Brown Sugar	9.5 oz
• Cumin	1 oz
• Granulated Garlic	1 oz
• Paprika	2.5 oz
• Salt	1.25 oz
• Pepper	0.2 oz
• Onion Powder	1.3 oz
• Olive Oil	8 oz
• Whole Wheat Hamburger Buns	96 each

PRE-PREPARATION

1. Preheat oven to 300°F.
2. Mix all dry rub ingredients (brown sugar, cumin, granulated garlic, paprika, salt, pepper, onion powder) together. Use 2.4 oz dry rub per 3.5 lb pork.
3. Rub seasoning mixture evenly over raw pork butt.

PREPARATION

1. Heat olive oil over medium-high heat in a large tilt skillet or sauté pan. Sear pork on all sides until browned.
2. Transfer seared pork into 4" hotel pans. Add water until it comes halfway up the sides of the pork. Cover pans with parchment paper, then foil.
3. Slow cook at 300°F for 6 hours, or until pork is tender and easily shreddable.
4. Remove pork from the oven and shred into bite-sized pieces. A stand mixer may be used for shredding purposes. Hold pork hot at 140°F or higher until ready to assemble. Place 3 oz pork on each sandwich bun.
5. *Optional*: Serve with Alabama White Sauce (recipe page 41), 1 oz per sandwich.

NOTES:



Photo: Anniston City Schools

"Pig & Patch" Sausage and Cabbage

Yield: 50 → **Serving size:** 1 Cup

Crediting: 3.5 oz meat

INGREDIENTS

	As Purchased Weight
• Cabbage, green	13 lbs
• Conecuh Roped Sausage	12 lbs
• Olive oil	1.5 Cups
• Paprika	1 Tbsp
• Garlic Powder	1 Tbsp
• Onion Powder	1 Tbsp
• Thyme	0.5 Tbsp
• Kosher Salt	1 Tbsp and 1 tsp
• Pepper	1 Tbsp and 1 tsp

PRE-PREPARATION

1. Wash produce as needed.
2. Shred cabbage.
3. Slice sausage on a bias into 1/2-inch thick pieces.

PREPARATION

1. In a large pan or tilt skillet set to medium-high heat, add 1/2 the amount of oil.
2. Add sausage and sauté until cooked to an internal temperature of 165°F.
3. Remove sausage from heat.
4. Add the remainder of oil.
5. Add cabbage and sauté until wilted.
6. Add salt and pepper followed by the sausage to combine flavors.
7. Serve with an 8 oz spoodle.

NOTES:

ENTREE

Spicy Chicken Sandwich with Butter Lettuce & Ranch

Yield: 96 sandwiches → **Serving size:** Each

Crediting: 2.75 oz meat, 2 oz whole grain

NOTES:

INGREDIENTS

	As Purchased Weight
• Paprika	1/3 cup
• Cumin	2 Tbsp and 2 tsp
• Granulated Garlic	2 Tbsp and 2 tsp
• Onion Powder	3 Tbsp and 2 tsp
• Kosher Salt	2 Tbsp and 2 tsp
• Pepper	1 Tbsp and 2 tsp
• Butter Lettuce	24 lbs
• Chicken Breast (boneless/skinless) 4 oz	96 Each
• Whole Wheat Burger Bun	96 Each

PRE-PREPARATION: THAWING CHICKEN

1. On parchment-lined sheet pans, place 24 frozen chicken breasts in a single layer, ensuring pieces are not touching.
2. Cover pans loosely with plastic wrap, bun pan plastic, or cover the entire rack with a rack cover, ensuring all trays are fully covered.
3. Place pans in a refrigerator at 41°F or less.
4. Allow chicken to thaw under refrigeration for 24-48 hours, depending on breast size.
5. Once thawed, keep chicken refrigerated at 41°F or less and use within 24 hours.

PRE-PREPARATION

1. In a small bowl, mix together the paprika, cumin, garlic, onion, salt, and pepper.
2. Remove outer leaves of the butter lettuce if damaged and trim off the root end.
3. Separate leaves and wash in cold water, gently agitating to remove dirt.
4. Lift leaves from the water and drain or spin dry using a salad spinner.
5. Tear or cut leaves into bite-sized 1 or 2-inch pieces.
6. Preheat oven to 375°F.

PREPARATION ON REVERSE →

ENTREE

Spicy Chicken Sandwich with Butter Lettuce & Ranch



PREPARATION

1. Remove thawed chicken from refrigerator.
2. Top each breast with 1/2 tsp of the spice mix (4 Tbsp per pan), then gently rub onto each chicken breast.
3. Bake chicken in 375°F oven for about 25 minutes or until internal temperature reaches 165°F.
4. Prepare ranch dressing while the chicken is cooking.
5. Build the sandwich: Place chicken breast in warm buns and hold hot. Offer cold ranch and lettuce on the side.

ENTREE

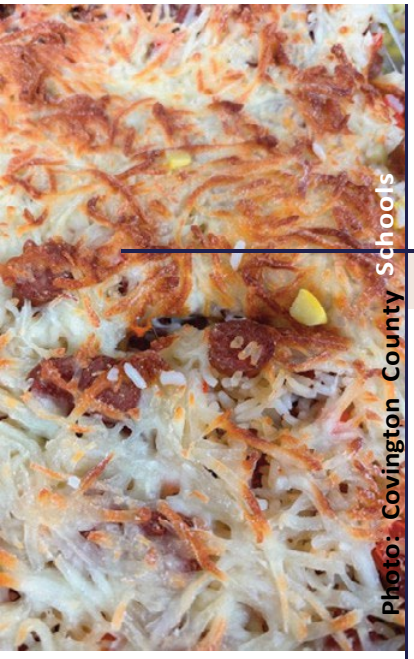


Photo: Covington County Schools

Cheesy Squash, Sausage & Rice Casserole

Yield: 90 → **Serving size:** 1 Cup

Crediting: 4 oz meat, 1 oz grain, 0.75 cup vegetable (0.25 red/orange, 0.5 cup other)

INGREDIENTS

	As Purchased Weight
• Conecuh Roped Sausage	18 lbs
• Onion, Yellow	4.5 lbs
• Red Bell Pepper	9 lbs
• Brown Rice	6 lbs and 12 oz
• Water	2 gal and 1 qt
• Low Sodium Chicken Base	7 oz
• Yellow Summer Squash	21 lbs and 6 oz
• Mozzarella Cheese, Shredded	6 lbs
• Olive Oil	6 Tbsp
• Garlic	2 oz
• Kosher Salt	6 Tbsp
• Pepper	3 Tbsp

PRE-PREPARATION

1. Wash all produce.
2. Slice sausage into 1/2" thick pieces.
3. Dice the onion into 1/4" pieces, or use the small dicing blade on a food processor.
4. Dice red bell pepper into 1/4" pieces or use the small dicing blade on a food processor.
5. Mince garlic.
6. Dice squash into 1/4" pieces or use the small dicing blade on a food processor.
7. Make chicken broth by bringing water to a boil.
8. Once water has reached a boil, add in the chicken base and stir till dissolved. Set aside.

PREPARATION ON REVERSE →

Cheesy Squash, Sausage & Rice Casserole

NOTES:

PREPARATION

1. Preheat oven to 350°F
2. In large pot or tilt skillet add oil over medium high heat.
3. Add sausage, onions, pepper and garlic. Once the vegetables have been sauteed, fragrant and onions translucent, drain off any excess oil before next step.
4. After draining off any excess oil, add the rice. Quickly stir with a spoon to combine.
5. Add in chicken stock, bring to a boil, cover, and simmer about 20 min, until rice has soaked up the liquid.
6. Add diced squash to hotel pan (3lb 3oz). Season with salt and pepper (1 Tbsp salt and 1/2 Tbsp pepper per pan. Top with 4.8 lbs of sausage/rice mix ture, stir to combine in the pan.)
7. Top with 4 cups of cheese, cover with parchment paper and foil.
8. Repeat this process for all of the pans. Note that this recipe makes 6 pans, each pan has 15 servings.
9. Bake at 350°F for 20-25 mins or until internal temperature reaches 165°F.
10. Hold covered and hot at 140°F.

ENTREE



Sweet & Smoky BBQ Beef

Yield: 50 → **Serving size:** 3 oz (no. 12 scoop)

Crediting: 2 oz meat, 0.25 cup red/orange vegetable

INGREDIENTS

	As Purchased Weight
• Onion, white	1 lbs
• Bell pepper, green	0.5 lbs
• Diced pimentos	0.5 lbs
• Garlic, fresh	0.25 cup
• Tomato paste	1.75 lbs
• Local ground beef, raw	10 lbs
• American-style chili sauce (tomato-based)	2 lbs
• Sweet & Smoky BBQ Rub (recipe page 40)	1 cup
• Water	2 cup
• Green onions	8 oz

PRE-PREPARATION

1. Wash all produce thoroughly.
2. Using a food processor, finely chop the white onions, green bell peppers, and garlic.
3. Chop green onions by hand and set aside for garnish or final mixing.

PREPARATION

1. Place ground beef in a tilt skillet over medium heat.
2. Add half of the spice rub to the ground beef.
3. Cook uncovered until the meat reaches an internal temperature of 165°F.
4. Add onions, green peppers, garlic, and diced pimentos to the cooked ground beef.
5. Add water, chili sauce, and tomato paste to ground beef.
6. Heat uncovered while mixing for 2 minutes.
7. Reduce heat to medium. Add green onions. Simmer uncovered for 5-10 minutes.
8. Portion 5 lbs 3 oz into 2" hotel pans.
9. Hold hot and covered in warmer until service at 140°F or more.

NOTES:



Photo: Guntersville City Schools

Herb Roasted Potatoes

Yield: 96 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup starchy vegetable

INGREDIENTS

	As Purchased Weight
• Potatoes, Red	24 lbs
• Parsley, Fresh	1.5 cups
• Rosemary, Fresh	1.5 cups
• Thyme, Fresh	1 cup
• Salt, Kosher	2 Tbsp
• Oil, Olive Canola Blend	4 oz

PRE-PREPARATION

1. Wash produce as needed.
2. Scrub potatoes, leave the skin on.
3. Cut potatoes into a large dice.
4. Rough chop herbs: parsley, rosemary, thyme.
5. Preheat oven to 375°F.

PREPARATION

1. In a large bowl combine potatoes, herbs, salt and oil. Toss together.
2. Place 8 lbs of potatoes on each parchment-lined sheet pan.
3. Roast in oven for about 30 minutes or until you can pierce a fork through.

NOTES:



Photo: Lee County Schools

Lemon Pepper Broccoli

Yield: 56 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup dark green vegetable

INGREDIENTS

	As Purchased Weight
• Broccoli, Fresh	10.5 lbs
• Olive Oil	0.5 cup
• Salt	1 Tbsp and 1 tsp
• Lemon Juice	0.25 cup
• Black Pepper	1 Tbsp

PRE-PREPARATION

1. Preheat the oven to 375°F.
2. Wash and trim broccoli into florets.

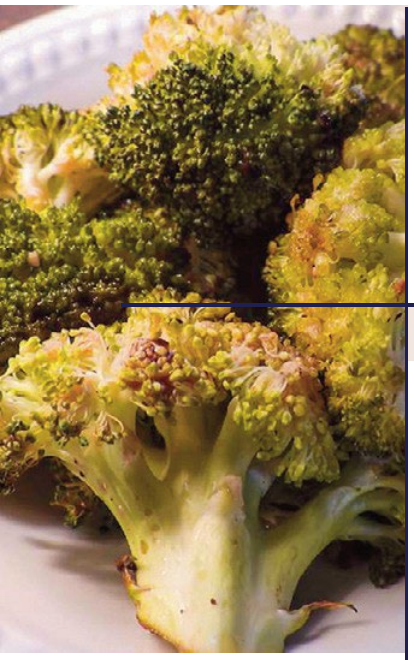
PREPARATION

1. In a bowl, toss broccoli with salt, oil, and lemon juice.
2. On a lined sheet pan, spread out the broccoli in a single layer, ensuring not to overcrowd the pan.
3. Roast in the oven for about 20 minutes, or until the broccoli is browned and starting to crisp.

HOLDING INSTRUCTIONS

Hold the broccoli uncovered in the warmer until service.

NOTES:



Crispy Honey Balsamic Roasted Broccoli

Yield: 100 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup dark green vegetable

INGREDIENTS

	As Purchased Weight
• Broccoli, Fresh	18 lbs
• Olive Oil	10 oz
• Kosher Salt	1 Tbsp and 2 tsp
• Pepper	2.5 tsp
• Balsamic Vinegar	15 oz
• Honey	11.25 oz

PRE-PREPARATION

1. Wash produce as needed.
2. Trim broccoli, then cut into bite-sized floret pieces.
3. Preheat oven to 375°F.

PREPARATION

1. In a large bowl, toss broccoli with half the amount of oil, salt and pepper.
2. Spread onto parchment-lined sheet pans.
3. Cook for about 25-30 minutes or until the broccoli is cooked through and starting to get crispy and charred on the outside.
4. Toss with remaining oil, balsamic vinegar, and honey.

NOTES:



Kickin' Collard Greens

Yield: 52 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup dark green vegetable

INGREDIENTS

	As Purchased Weight
• Collard Greens	9.5 lbs
• Olive Oil	4 Tbsp
• Garlic, Fresh	2 oz
• Ham base (Low Sodium)	6 oz
• Water	2 gal
• Kickin' Cajun Seasoning (recipe page 39)	2/3 cup

PRE-PREPARATION

1. Wash the collard greens thoroughly to remove any dirt or grit.
2. Trim and de-stem the greens.
3. Using a knife slice the greens lengthwise and across into smaller bite size pieces.
4. Peel, wash and mince garlic with a knife.

PREPARATION

1. In a tilt skillet or on the stovetop, heat olive oil over medium heat.
2. Once the olive oil is hot, add the collard greens, and stir.
3. In a container, combine the water and ham base, stir until dissolved.
4. Add the water and ham base to the tilt skillet, and stir.
5. Add in the dry seasonings and garlic to the tilt skillet and stir.
6. Turn the skillet down to a simmer, and allow to cook 2 to 3 hours. Checking on the greens periodically and ensuring that there is enough water so they do not burn.
7. Once cooked, transfer to hotel pans and hold hot until service at 140°F or higher.

NOTES:



Smokin' Slaw

Yield: 50 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Red Cabbage	2.5 lbs
• Green Cabbage	2.5 lbs
• Carrots	0.5 lbs
• Jalapeno, Canned	0.25 lbs
• Pimento Peppers, Canned	0.25 lbs
• Pineapple, Canned	1 lbs and 11 oz
• Cilantro, Fresh	1.5 oz
• Mayo	2 lbs
• Lime Juice	1 quart
• Paprika	0.5 tsp
• Cumin	0.5 tsp
• Salt	1 Tbsp

PRE-PREPARATION

1. Wash all vegetables thoroughly.
2. Slice the red and green cabbage using the slicing blade of a food processor.
3. Shred the carrots and jalapenos with the shredding blade of a food processor.
4. Remove stems and rough chop the cilantro.
5. Drain the pimentos and reserve 1/4 cup of juice for dressing.
6. Drain pineapple and reserve 1/2 cup juice for dressing.

PREPARATION

1. In a medium bowl, whisk together the mayo, lime juice, pimento juice, pineapple juice, paprika, cumin, and salt until the dressing is smooth and well combined.
2. In a large bowl, add all the shredded vegetables. Pour the dressing over the vegetables and use a spatula or spoon to gently stir and combine everything until fully incorporated.
3. Refrigerate mixture at or below 40°F until ready to serve.

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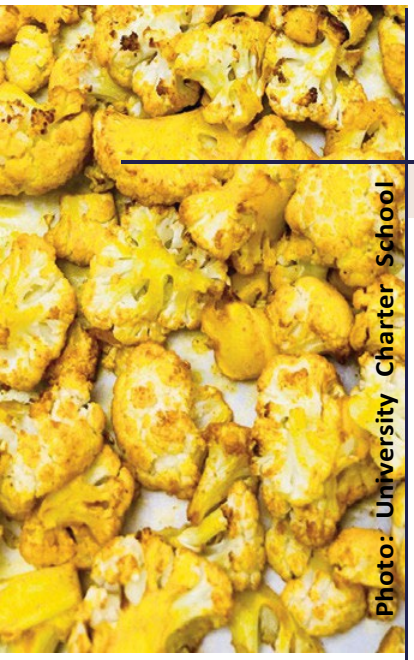


Photo: University Charter School

Golden Cauliflower

Yield: 60 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Cauliflower	12 lbs
• Olive Oil	0.5 cup
• Salt	2.5 Tbsp
• Turmeric	4 Tbsp

PRE-PREPARATION

1. Preheat the oven to 375°F.
2. Wash and trim cauliflower into florets.

PREPARATION

1. In a large bowl, toss the cauliflower with oil, salt, and turmeric until evenly coated.
2. Spread the cauliflower in a single layer on a lined sheet pan, making sure not to overcrowd.
3. Roast in the oven for about 30 minutes, or until tender and slightly golden.
4. Once roasted, transfer the cauliflower directly to the warmer.
5. Store uncovered in the warmer at a temperature of 140°F or above until ready to serve.

NOTES:

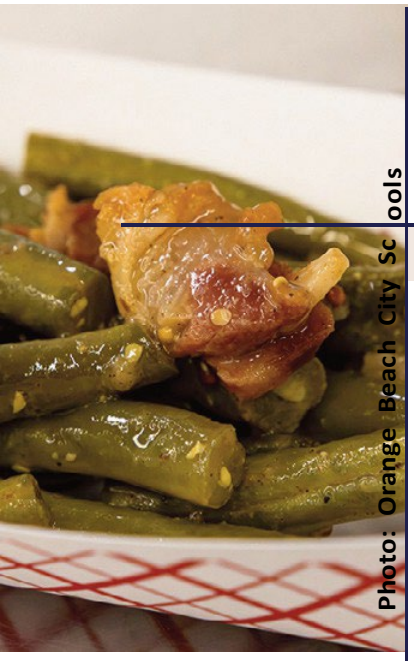


Photo: Orange Beach City Schools

Green Beans w/ Warm Bacon Vinaigrette

Yield: 105 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Green Beans, Fresh	10 lbs
• Bacon, Raw	8 oz
• Olive Oil	7 oz
• Apple Cider Vinegar	7 oz
• Stone Ground Mustard	4 oz
• Salt	2 tsp
• Pepper	1.75 tsp
• Brown Sugar	2 Tbsp

PRE-PREPARATION

1. Wash produce as needed.
2. Trim ends of green beans.
3. Cook the bacon in a large skillet or on sheet pans in a 375°F oven for about 12 minutes or until crispy.
4. Once cooked, drain excess fat.
5. Let it cool slightly before crumbling in food processor

PREPARATION

1. Toss green beans with half the amount of oil.
2. In a large pan set over medium-high heat, sauté green beans and cook until al dente. Alternatively, the green beans can be cooked in a 350°F preheated oven.
3. Add crumbled bacon to the green beans.
4. In a bowl, whisk together remaining oil, apple cider vinegar, grainy mustard, salt, pepper, and brown sugar.
5. Pour dressing over bacon and green beans.
6. Toss together and cook one more minute.

NOTES:

Garlic Parmesan Green Beans



Yield: 56 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Green Beans, Fresh	18 lbs
• Olive Oil	1 cup
• Parmesan Cheese, Shredded	2 cup
• Garlic, Fresh	0.5 cup
• Oregano	3 Tbsp
• Salt	2 Tbsp
• Pepper	1 Tbsp

PRE-PREPARATION

1. Wash green beans thoroughly in a colander or produce sink to remove dirt or debris.
2. Drain and transfer beans to a clean sheet pan or hotel pan.
3. Line up a handful of green beans (10–15 at a time) with the stem ends facing the same direction.
4. Using a sharp chef's knife or large prep knife, trim off the stem ends in one clean cut.
5. If desired, flip and trim the tail ends for a uniform appearance (optional).
6. Discard trimmed ends and continue batching until all beans are prepped.
7. Preheat oven to 375°F.

PREPARATION

1. In a large bowl, combine all ingredients.
2. Mix until evenly coated.
3. Add veg. mixture to sheet pans, ensuring one even layer.
4. Roast for 20-25 minutes at 375°F until green beans are tender and cheese begins to brown.
5. Transfer to hotel pans.
6. Hold uncovered at 140°F or higher until service.

NOTES:


Photo: Lee County Schools

Veggie Skillet

Yield: 56 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Eggplant	8 lbs
• Garlic, minced	2 oz
• Red Onion	14 oz
• Zucchini	3 lbs
• Red Bell Pepper	2 lbs
• Olive Oil	4 oz
• Salt	2 Tbsp
• Black Pepper	2 tsp
• Lemon Juice	3 oz

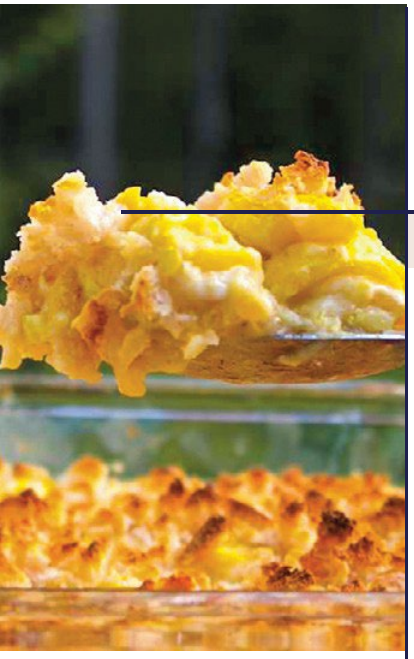
PRE-PREPARATION

1. Wash all produce thoroughly.
2. Preheat oven to 375°F.

PREPARATION

1. Remove stem from eggplants and peel the skin off.
2. Use the food processor with the dicing blade to dice eggplant, red onion, zucchini, and bell peppers.
3. In a large bowl combine diced vegetables, oil, salt and pepper, until evenly coated.
4. Add vegetable mixture to lined and sprayed sheet pans, ensuring not to over crowd, one even layer.
5. Roasted at 375°F for 15 minutes, stirring halfway through to ensure even cooking.
6. Once cooked, toss vegetables with the lemon juice and garlic.
7. Place into hotel pans for service.
8. Hold covered and hot until service at 140°F or more.

NOTES:



Yellow Squash Casserole

Yield: 60 → **Serving size:** 0.5 Cups

Crediting: 0.25 oz meat, 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Yellow Squash	8.75 lbs
• Onion, White or Yellow	1.5 lbs
• Butter	2 oz
• Eggs, Liquid	1 cup
• Milk, 1%	4 cups
• Shredded Cheddar Cheese	10 oz
• Bread Crumbs	12 oz
• Salt	2 tsp
• Pepper	2 tsp
• Cayenne	1 tsp

PRE-PREPARATION

1. Preheat oven to 350°F.
2. Wash all produce.

PREPARATION

1. Slice the yellow squash and thinly slice the onion.
2. In a large skillet or tilt skillet, sauté the onion and yellow squash until soft and fragrant.
3. While the squash is cooking, whisk together the eggs, milk, and cheese in a large bowl until well blended.
4. Combine the cooked squash and onions with the egg mixture in the bowl.
5. Portion 6 lbs 6 oz of the mixture into each hotel pan.
6. Season evenly with salt, pepper, and cayenne, then top with 1.5 cups of bread crumbs.
7. Cover the pan with parchment paper and foil.
8. Bake for 20 minutes, then uncover and cook for an additional 10 minutes.

NOTES:



Photo: Houston County Schools

Butternut Squash Dirty Rice

Yield: 50 → **Serving size:** 1 Cup

Crediting: 2 oz meat, 2 oz grain, 0.25 cup red/orange vegetable, 0.25 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Onions	2 lbs
• Green Bell Peppers	1 lbs
• Celery	1 lbs
• Garlic, Fresh	0.25 cup
• Butternut Squash	7.5 bs
• Sweet & Smoky BBQ Rub (recipe page 40)	0.25 cup
• Olive Oil	0.5 cup
• Conecuh Sausage (cooked and ground)	6.25 lbs
• Brown Rice	6.25 lbs
• Olive Oil	0.5 cup
• Green Onions	1 cup

★★★★★

"This is the essence of fall."
- Student

PRE-PREPARATION: RICE

1. Weigh out rice.
2. Divide rice evenly between 2-inch full hotel pans.
3. Add 12.5 cups of water to each pan to maintain a 1:2 rice-to-water ratio.
4. Cover each pan tightly with foil or fitted lids.
5. Cook in a combi oven or steamer at 350°F (or on steam setting) for 25-30 minutes, or until rice is tender and water is fully absorbed.
6. Let rice rest covered for 5-10 minutes to finish steaming.
7. Hold hot at 140°F or above in a steam table or warmer until ready to combine with other ingredients.

CONTINUES ON REVERSE →

Butternut Squash Dirty Rice

NOTES:

PRE-PREPARATION: SAUSAGE

1. Grind Conecuh sausage in food processor until there is a crumbly consistency.
2. Cook in a tilt skillet on medium-high heat for 10-15 minutes until brown and the temperature of 165°F is reached.
3. Hold hot at 140°F or above in a steam table or warmer until ready to combine with other ingredients.
4. Wash all the produce thoroughly.
5. Dice the onions, celery, and bell peppers using a food processor.

PREPARATION

1. In a large bowl, combine the vegetables, oil, 2 Tbsp fresh garlic, and BBQ rub seasoning. Mix until evenly coated.
2. Place the vegetable blend onto sheet trays ensuring one even layer, as to not overcrowd.
3. Roast for 15 minutes at 400°F, until lightly brown in color and squash is tender.
4. In a tilt skillet over medium heat, add cooked sausage, cooked rice with second amount of oil, and ¼ cup fresh garlic.
5. Cook for 15-20 minutes until fragrant, stir to prevent sticking.
6. Once vegetables are cooked add to tilt skillet with cooked rice and sausage.
7. Add green onions to tilt skillet.
8. Stir until all ingredients are evenly distributed and internal temperature of 165°F reached.
9. Place into hotel pans



Photo: Covington County Schools

Cajun Roasted Sweet Potatoes

Yield: 50 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup red/orange vegetable

INGREDIENTS

	As Purchased Weight
• Sweet Potatoes, Fresh	11 lbs
• Canola Oil Blend	5.5 Tbsp
• Kickin' Cajun Seasoning (recipe page 39)	2 Tbsp

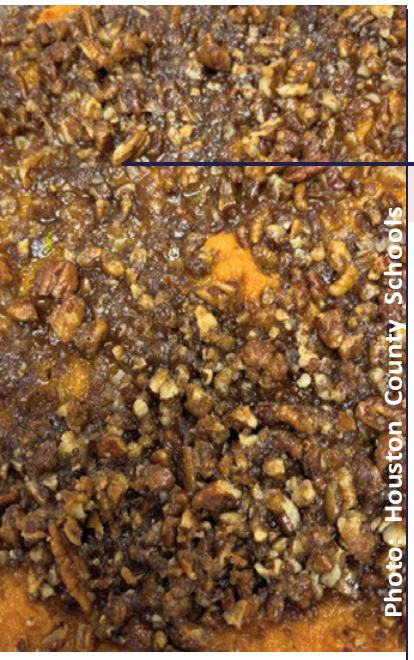
PRE-PREPARATION

1. Preheat oven to 375°F
2. Wash and scrub sweet potatoes.

PREPARATION

1. Cut sweet potatoes into 6 wedges using a sectionizer or cut by hand.
2. Toss sweet potatoes in neutral oil and cajun spice then place on a parchment lined sheet pan making sure they are not overlapping.
3. Bake at 375 degrees for 20 to 25 minutes until fork tender and lightly browned.
4. Optional: serve with a dipping sauce, such as roasted red pepper aioli (see recipe page 48).

NOTES:



Sweet Potato Casserole

Yield: 50 → **Serving size:** 0.5 Cups

Crediting: 0.25 oz meat alternate,
0.25 cup red/orange vegetable

INGREDIENTS

	As Purchased Weight
• Sweet Potatoes, Fresh	17.75 lbs
• Pecans	1.5 lbs
• Brown Sugar	7 oz
• Cinnamon, Ground	2 tsp
• Nutmeg, Ground	2 tsp
• Whole Wheat Flour	3 oz
• Salt, Kosher	1 Tbsp
• Butter, Unsalted	8 oz
• Maple Syrup	1.25 lbs
• Milk, 1%, Lowfat	1 qt
• Whole Wheat Flour	4.5 oz
• Salt, Kosher	2 tsp

PRE-PREPARATION

1. Wash and scrub sweet potatoes. Cut off ends and any blemishes.
2. Preheat oven to 375°F.
3. Place sweet potatoes on parchment-lined sheet pans.
4. Roast for about 45-60 minutes, or until tender and easily pierced with a fork.
5. Allow sweet potatoes to cool slightly, then scoop out the flesh and transfer it to a large mixing bowl. Discard skins.
6. Chop pecans.
7. In a separate bowl combine pecans, brown sugar, cinnamon, nutmeg, salt (first amount), and flour (first amount).
8. Cube the butter and massage into the pecan mixture until there are still pea-sized chunks of butter in the streusel. Set aside.

PREPARATION

1. In a large bowl, mix together the sweet potatoes, maple syrup, milk, and second quantities of flour and salt. Portion the sweet potato mixture between two hotel pans.
2. Top sweet potatoes with streusel.
3. Cover with parchment and foil.
4. Bake at 350 degrees for about 55 min, remove foil and bake an additional 10 minutes.



Photo: Extreme Green Farms in Auburn, AL

Butterhead Lettuce Salad

Yield: 50 → **Serving size:** 1 Cup (about 4 oz by weight)

Crediting: 0.5 cup dark green leafy vegetable

INGREDIENTS

	As Purchased Weight
• Butterhead Lettuce	5.25 lbs
• Radish	2 lbs
• Yellow Mustard	1 lbs
• Honey	1.25 lbs
• Apple Cider Vinegar	11 Tbsp
• Olive Oil	2 cup
• Turmeric	2 tsp
• Kosher Salt	1 tsp
• Black Pepper	1 Tbsp and 1 tsp
• White wine vinegar	11 Tbsp
• Mayonnaise	11 oz

PRE-PREPARATION

1. Clean the butterhead lettuce thoroughly and rip it in half.
2. Clean and slice the radishes thinly.

PREPARATION

1. In a large bowl, toss together the lettuce and radishes.
2. Combine remaining ingredients and blend together using an immersion blender or food processor to make the dressing.
3. Keep the salad and dressing covered and stored separately at 40°F (4°C) or lower until ready to serve.
4. Just before serving, toss 1/2 of the prepared salad mix with 1/2 of the prepared dressing in a large bowl. Transfer to the appropriate salad container. Repeat with the remaining salad mix and dressing, then add to the container with the first portion.

NOTES:



Cucumber Crunch Salad

Yield: 75 → **Serving size:** 0.5 Cup

Crediting: 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Cucumbers	10 lbs
• Pimentos	3 lbs
• White Vinegar	3.5 Tbsp
• Soy Sauce	3.5 Tbsp
• Olive Oil	1 cup
• Honey	4 Tbsp
• Sugar, granulated	3 Tbsp
• Garlic, jarred	2 Tbsp
• Cilantro, fresh	3 Tbsp
• Sesame Seeds	2 Tbsp
• Crushed Red Pepper	1 Tbsp
• Ginger, Powdered	1 Tbsp

PRE-PREPARATION

1. Wash all produce thoroughly.
2. Chop cilantro.
3. In a small bowl, combine: white vinegar, soy sauce, olive oil, honey, sugar, garlic, chopped cilantro, sesame seeds, crushed red pepper flakes, and ginger powder.
4. Mix until all ingredients are combined to make dressing.

PREPARATION

1. Slice the cucumbers in a food processor using 1/8th sliding blade to make 1/8th inch thick slices.
2. Season the cucumbers with 1 Tbsp of salt for every 10 lbs of cucumber for 15-20 minutes. This process is also known as “sweating”.
3. Drain the moisture from the cucumbers and add them to a large bowl.
4. Chop the pimentos and add to the cucumbers.
5. Add the dressing to the vegetables and toss until evenly coated.
6. Allow to marinate for at least 30 minutes before service at 40°F or less.

NOTES:



Kale Caesar Salad

Yield: 96 → **Serving size:** 1 Cup

Crediting: 0.5 cup dark green vegetable, 0.5 oz whole grain

INGREDIENTS

	As Purchased Weight
• Whole Wheat Bread	3 lbs
• Olive Oil	6 Tbsp
• Garlic Powder	3 Tbsp
• Kosher Salt	1.5 Tbsp
• Pepper	2.5 tsp
• Romaine Lettuce	11 lbs
• Kale	5 lbs
• Parmesan Cheese	1 cup

PRE-PREPARATION

1. Wash produce as needed.
2. Make Caesar Salad Dressing recipe (recipe page 41) by blending all ingredients together using an immersion blender or regular blender.
3. Preheat oven to 375°F.

PREPARATION

1. Medium dice the bread into cubes then toss with oil, garlic, salt, and pepper.
2. Toast bread on parchment-lined sheet pans in a 375°F oven for about 10-12 minutes or until the edges are slightly browned.
3. Trim and discard damaged outer leaves and root ends of kale and romaine lettuce.
4. Wash kale lettuce in batches in cold water, gently agitating to remove dirt.
5. Lift kale and lettuce from the water and drain or spin dry thoroughly.
6. Chop romaine lettuce into large bite size pieces around 1 to 2 inches using a knife.
7. Tear kale leaves off of center ribs, then chop the kale leaves into bite size pieces and discard the center rib.
8. Combine romaine, kale, and parmesan cheese.
9. Toss the salad with the Caesar dressing.
10. Serve croutons on top of the salad, making sure to offer half a slice of bread's worth of croutons per serving.



Photo: Guntersville City Schools

Satsuma-Spinach Salad

Yield: 66 → **Serving size:** 1 Cup

Crediting: 0.5 Cup Dark-green Vegetable, 0.125 Cup Fruit

INGREDIENTS

	As Purchased Weight
• Spinach	2 lbs and 1 oz
• Satsumas*	5 lbs and 1 oz
• Feta Cheese	9 oz
• Honey	6 oz
• Orange juice	6 oz
• Balsamic Vinegar	6 oz
• Salt	1.5 tsp
• Pepper	0.75 tsp
• Olive Oil	9 oz

**Oranges can be used when satsumas are out of season*

PRE-PREPARATION

1. 1. Wash, peel and de-segment satsuma mandarins.

PREPARATION

1. Crumble feta cheese.
2. In a large bowl, combine spinach, satsuma mandarin segments, and crumbled feta cheese.
3. In a separate small bowl, whisk together honey, orange juice, salt, pepper, and olive oil to make the dressing.
4. Store salad mix and dressing separately, covered, and refrigerated at 40°F or below until service.
5. Dress the salad right before service by gently tossing with the prepared dressing.

NOTES:

NOTES:

Kickin' Cajun Seasoning

Yield: 0.75 Cup

INGREDIENTS

	As Purchased Weight
• Salt	2 tsp
• Black Pepper	1 tsp
• Paprika	2.5 tsp
• Chile Powder	1 tsp
• Cayenne Powder	1 tsp
• Garlic Powder	2 tsp
• Dried Oregano	1.25 tsp
• Onion Powder	1 tsp
• Thyme	1.25 tsp

PREPARATION

1. Combine all spices in a bowl.
2. Mix until all ingredients are evenly distributed.
3. Place in an airtight container.

Pie Spice

Yield: 0.5 Cup

INGREDIENTS

	As Purchased Weight
• Cinnamon	6 Tbsp
• Nutmeg	2 Tsp
• Ground Ginger	1 Tbsp
• All-spice	1 Tsp

PREPARATION

1. Combine all spices in a container.
2. Whisk until the seasonings are thoroughly mixed.
3. Store in an airtight container until ready to use.

NOTES:

Shawarma Seasoning

Yield: 1.5 Cup

INGREDIENTS

	As Purchased Weight
• Turmeric	4 Tbsp
• All-Spice	2 Tbsp
• Cumin	3 Tbsp
• Garlic Powder	3 Tbsp
• Paprika	5 Tbsp
• Cayenne Pepper	1 Tbsp
• Black Pepper	1 Tbsp
• Cloves	1 Tbsp
• Cinnamon	1 Tbsp
• Salt	2 Tbsp

PREPARATION

1. Combine all ingredients in a container.
2. Whisk until the seasonings are thoroughly mixed.
3. Store in an airtight container until ready to use.

Sweet & Smoky BBQ Rub

Yield: 1 Cup

INGREDIENTS

	As Purchased Weight
• Paprika	2 Tbsp
• Brown Sugar	0.5 cup
• Chili Powder	2 Tbsp
• Garlic Powder	0.5 Tbsp
• Onion Powder	0.5 Tbsp
• Cumin	0.5 Tbsp
• Dry Mustard	0.5 Tbsp
• Kosher Salt	1 Tbsp
• Black Pepper	1 Tbsp

PREPARATION

1. Combine all ingredients in a container.
2. Whisk until the seasonings are thoroughly mixed.
3. Store in an airtight container until ready to use.



Photo: Orange Beach City Schools

Alabama White Sauce

Yield: 96 → **Serving size:** 1 oz (2 Tablespoons)

INGREDIENTS

	As Purchased Weight
• Mayonnaise	2.5 lbs
• Apple Cider Vinegar	1.5 lbs
• Lemon Juice	4.8 oz
• Horseradish	4.8 oz
• Pepper	0.2 oz
• Salt	1.3 oz
• Granulated Garlic	0.4 oz
• Onion Powder	0.2 oz
• Cayenne	0.2 oz

PREPARATION

1. While pork is cooking, combine all sauce ingredients.
2. Mix well until smooth.
3. Refrigerate sauce until service.
4. Serve 1 oz on each sandwich or offer on-the-side

NOTES:

Caesar Salad Dressing

Yield: 96 → **Serving size:** 1 oz (2 Tablespoons)

INGREDIENTS

	As Purchased Weight
• Mayonnaise	4 lbs and 3 oz
• Parmesan Cheese, grated	2 cups and 2/3 cup
• Lemon Juice	6 Tbsp and 2 tsp
• Yellow Mustard	2 Tbsp
• Garlic, fresh, whole, peeled	2 Tbsp
• Water	6 fl oz
• Black Pepper	1/4 tsp
• Kosher Salt	1/2 tsp

PREPARATION

1. Blend all ingredients together using an immersion blender or regular blender.
2. Label and date.
3. Place in cooler until service. Use within 5 days.

NOTES:



Photo: Morgan County Schools

Citrus Salsa

Yield: 100 → **Serving size:** 1 oz

INGREDIENTS

	As Purchased Weight
• Satsumas*, fresh	3 lbs
• Lemon, fresh	1.25 lbs
• Red onion, fresh	11 oz
• Jalapeno, fresh	9.5 oz
• Cilantro, fresh	0.15 oz
• Lime Juice	5/8 cup
• Salt, Kosher	2 1/2 tsp

*If unavailable, sub oranges

PREPARATION

1. Segment the satsumas and lemons, place them in a bowl.
2. Finely dice the onion, mince the jalapeño, and chop the cilantro. Add to the bowl of segmented fruit.
3. Add the lime juice and salt, then toss together.
4. Hold cold at 40 ℉ or below until service.
5. You may prepare larger quantities and offer 4 oz servings equivalent to 0.5 cup fruit.

NOTES:



Cucumber Tzatziki

Yield: 79 → **Serving size:** 1 oz (2 Tablespoons)

INGREDIENTS

	As Purchased Weight
• Cucumber	3 lbs
• Garlic	0.5 oz
• Greek Yogurt	2 lbs
• Olive Oil	1 oz
• Dried Dill	2 Tbsp
• Lemon Juice	1 oz
• Kosher Salt	1 tsp

PRE-PREPARATION

1. Wash produce as needed.
2. Slice off ends from cucumbers.
3. Grate the cucumbers using a box grater or shredding blade in a food processor.
4. Drain and press the liquid from grated cucumbers.
5. Mince garlic.

PREPARATION

1. In a container, combine all ingredients and stir until evenly mixed.
2. Label, date, and place in the cooler.
3. Hold cold until service at 41°F or less. Use within 7 days.

NOTES:



NOTES:

Honey Mustard Vinaigrette

Yield: 50 → **Serving size:** 1 oz (2 Tablespoons)

INGREDIENTS

	As Purchased Weight
• Yellow Mustard	1 lbs and 2 oz
• Honey	1 lbs ans 4 oz
• Apple Cider Vinegar	11 Tbsp
• Olive Oil	2 cups
• Turmeric	2 tsp
• Kosher Salt	1 tsp
• Black Pepper	1 Tbsp and 1 tsp
• White wine vinegar	11 Tbsp
• Mayonnaise	11 oz

PREPARATION

1. Combine remaining ingredients and blend together using an immersion blender or food processor to make the dressing.
2. Store at 40°F (4°C) or lower until ready to serve.



Persimmon Jam

Yield: 54 Servings → **Serving size:** 1 Tablespoon

INGREDIENTS

	As Purchased Weight
• Persimmon, Fuyu	3 lb and 2 oz
• Apples, fresh	1 lb and 2 oz
• Water	1 cup
• Juice, Lemon	0.25 cup
• Vanilla Extract	1.5 tsp
• White Sugar	0.25 cup

*Underripe persimmons will not work in this recipe. The recipe will turn out very bitter.

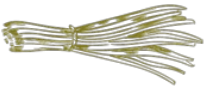
PRE-PREPARATION: STOVE

1. Wash, peel, core, and de-seed the persimmons. Discard the core and cut the flesh into 1" pieces. Alternatively, the persimmons can be cut in a food processor using a dicing blade after the tops are removed and the core is removed.
2. Wash, peel, core and deseed the apples. Discard the core and cut the flesh into 1" pieces.

PREPARATION: STOVE

1. Place the persimmon pieces, apple pieces, water and lemon juice into a stockpot.
2. Bring the mixture to a simmer over medium-low heat.
3. Simmer for 55-60 minutes, stirring frequently, until the persimmon and apple pieces are very tender and mash easily with a fork.
4. Once the persimmon and apple pieces are tender and the temperature has reached 220°F, stir in the vanilla extract and simmer for an additional 2 minutes.
5. Remove from heat and let it cool for about 5 minutes.
6. Blend until completely smooth with an immersion blender.
7. Transfer the jam to shallow hotel pans and cool according to HACCP procedures.
8. Cover surface of jam with plastic wrap to prevent a skin from forming while jam cools.
9. Once cooled, label, date, cover, and store refrigerated. Can be stored under refrigeration for 10-14 days.

CONTINUES ON REVERSE →



Persimmon Jam

NOTES:

PRE-PREPARATION: OVEN

1. Make sure the persimmons are ripe. Otherwise, this recipe will be very bitter. Pre-heat the oven to 400°F (375°F in Convection/Combi Oven).
2. Wash, peel, core and de-seed the persimmons. Discard the core and cut the flesh into 1" pieces.
3. Wash, peel, core and de-seed the apples. Discard the core and cut the flesh into 1" pieces.

PREPARATION

1. Place the persimmon pieces, apple pieces, water, lemon juice, and vanilla extract into a shallow hotel pan.
2. Bake uncovered for 75 minutes or until the persimmon and apple is very tender and almost all of the liquid has evaporated.
3. Remove the jam from the oven.
4. Blend the jam in the hotel pan until completely smooth with an immersion blender
5. Cool the jam in the hotel pan according to HAACP procedure.
6. Cover the surface of the jam with plastic wrap to prevent a skin from forming while the jam cools.
7. Once cooled, label, date, cover, and store refrigerated. Can be stored under refrigeration for 10-14 days.



NOTES:

Homemade Ranch Dressing

Yield: 96 → **Serving size:** 1 oz (2 Tablespoons)

INGREDIENTS

	As Purchased Weight
• Mayonnaise	3 lbs
• Milk, low-fat	3 cups
• Yogurt, plain, low fat	1 lbs and 10 oz
• Garlic Powder	2 Tbsp
• Lemon Juice	4 Tbsp
• Chives, fresh	3 oz
• Dill, dried	1 Tbsp
• Kosher Salt	1 Tbsp and 1 tsp
• Black pepper	1 tsp
• Parsley Flakes, dried	6 Tbsp
• Sour Cream	6 oz

PREPARATION

1. Blend all ingredients using food processor, immersion blender, or blender.
2. Label, date, and hold cold until service at or below 41°F. Can be refrigerated for up to 10 days.



NOTES:

Roasted Red Pepper Aioli

Yield: 100 → **Serving size:** 1 oz (2 Tablespoons)

INGREDIENTS

	As Purchased Weight
• Red Bell Peppers	1 lbs
• Olive Oil	2 Tbsp
• Mayo	3 lbs
• Lemon Juice	2 oz
• Garlic	2 Tbsp
• Cilantro, Fresh	2 Tbsp
• Salt	1 Tbsp

PRE-PREPARATION

1. Preheat oven to 400°F.
2. Wash the bell pepper thoroughly.
3. Remove stems and core bell peppers.
4. In a bowl, toss bell peppers with oil until evenly coated.
5. Place on sheet pans and roast for 15-20 minutes until bell peppers are soft and starting to brown.
6. Allow peppers to cool to room temperature.

PREPARATION

1. Combine all ingredients into a large container.
2. Using an immersion blender, blend until smooth.
3. Hold cold until service at 40°F or less.
4. Offer with shawarma.



Photo: Holy Family Huntsville

Chili-Lime Cantaloupe

Yield: 100 → **Serving size:** 0.5 Cups

Crediting: 0.5 cup other vegetable

INGREDIENTS

	As Purchased Weight
• Cantaloupe, fresh	30 lbs
• Lime juice	1 cup
• Chili powder	0.5 cup
• Cayenne pepper	1 Tbsp
• Paprika	1 Tbsp
• Salt	3 Tbsp

PRE-PREPARATION

1. Wash cantaloupe.
2. Peel and seed the cantaloupe.
3. Cut the cantaloupe into chunks or use a dicing blade in a food processor for uniform ½-inch cubes.

PREPARATION

1. In a large bowl or food-safe container, combine the lime juice, chili powder, cayenne pepper, paprika, and salt. Mix well to form the seasoning blend.
2. Add the diced cantaloupe to the seasoning blend.
3. Gently toss the cantaloupe until evenly coated with the chili-lime seasoning mixture.
4. Cover and hold at 41°F or below until service.

NOTES:



Blueberry Coffee Cake

Yield: 72 → **Serving size:** 1 Piece

Crediting: 2 oz grain, 0.125 cup fruit

INGREDIENTS

	As Purchased Weight
• Whole Wheat Flour	5 lbs and 5 oz
• Cinnamon	1 Tbsp and 1 tsp
• Sugar	5 lbs and 5 oz
• Kosher Salt	1 Tbsp and 1 tsp
• Baking Soda	2 Tbsp and 2 tsp
• Baking Powder	2 Tbsp and 2 tsp
• Liquid Eggs	1 lbs
• Oil	1.5 qt
• Buttermilk, low-fat	2 qt
• Blueberries, fresh	4 lbs and 1 oz

PRE-PREPARATION

1. Preheat oven to 350°F.

PREPARATION

1. In a large bowl, combine flour, cinnamon, sugar, salt, baking soda, and baking powder all together until evenly distributed.
2. In another bowl, whisk the eggs, oil, and buttermilk.
3. Combine the egg mixture and the flour mixture.
4. Fold in the frozen blueberries; do not overmix.
5. Pour 5 lbs 8 oz batter into each hotel pan.
6. Bake at 350°F for about 22-25 minutes or until the center is set.
7. Cool completely.
8. Cut the coffee cake into 18 pieces (6 x 3) in each hotel pan.

NOTES:



Peanut Butter Granola Bars

Yield: 72 → **Serving size:** 1 Piece (3 oz)

Crediting: 1 oz meat alternate, 1.5 oz whole grain

INGREDIENTS

	As Purchased Weight
• Peanut Butter	4.75 lbs
• Maple Syrup	4.25 lbs
• Vanilla	1.6 oz
• Salt	0.74 oz
• Oats	4.25 lbs
• Coconut Flakes, Unsweetened	5.1 oz
• Peanuts, chopped	15 oz

PREPARATION

1. In a large mixing bowl, combine the peanut butter, maple syrup, vanilla, salt, oats, coconut, and chopped peanuts. Mix until all ingredients are well incorporated.
2. Press 4 lbs 10 oz of the mixture evenly into each hotel pan.
3. Freeze for 1 hour, or until firm.
4. Cut each hotel pan into 24 portions (6 rows by 4 columns).

NOTES:



Honey Cinnamon Roasted Apple Overnight Oats

Yield: 50 → **Serving size:** Each

Crediting: 1 oz meat alternate, 1 oz whole grain, 0.5 cup fruit

INGREDIENTS

	As Purchased Weight
• Vanilla yogurt	12.5 lbs
• Milk, lowfat	2 cup
• Buttermilk	2 cup
• Pie spice (recipe page 36)	4 Tbsp
• Vanilla extract	1/8 cup
• Oats	3.25 lbs
• Apples, fresh	15 lbs
• Honey	0.5 cup
• Pie spice (recipe page 39)	4 Tbsp

PRE-PREPARATION

1. In a large mixing bowl, combine yogurt, milk, first amount of pie spice, vanilla, and oats. Stir until well mixed.
2. Cover and refrigerate overnight (oat mixture may be reheated the next day, if students desire warm oats).

PREPARATION

1. Wash apples thoroughly.
2. Cut each apple in half and remove the core and seeds.
3. If apple halves are too large to fit in food processor chute, cut them into smaller pieces.
4. Place apples into food processor fitted with the dicing blade and process until diced.
5. In a bowl, toss the diced apples with honey along with the remainder of pie spice until evenly coated.
6. Spread apples on a parchment-lined sheet tray.
7. Roast in a preheated 400°F oven for 20-25 minutes, or until apples are tender.

ASSEMBLE THE PARFAIT

In an 8-ounce cup or bowl, layer a #6 scoop (⅝ cup) of the overnight oat and yogurt mixture and a #8 scoop (½ cup) of roasted apples.



Peach Patch Sheet Pan Pancakes

Yield: 100 → **Serving size:** 1 Piece (about 2.85 oz)

Crediting: 1.75 oz grains, 0.125 cups fruit

INGREDIENTS

	As Purchased Weight
• Peaches, Fresh*	10 lbs
• Honey	1 cup
• Pie Spice (recipe page 39)	2 Tbsp
• Whole Wheat Flour	6 lbs and 6 oz
• White Sugar	1 lbs and 2 oz
• Salt	2.5 tsp
• Baking Powder	10 Tbsp
• Milk	6 lbs and 3 oz
• Vanilla Extract	10 Tbsp
• Liquid Eggs	1 lbs and 11 oz
• Butter	1 lbs and 3 oz
• Pie Spice (recipe page 39)	4 Tbsp

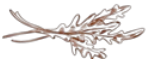
**If using canned peaches the weight needed is 200 oz as purchase unit (12.5 lbs before draining). This is 1.89 #10 cans, yielding 9.3lbs when drained.*

PRE-PREPARATION: FRESH PEACHES

1. Wash peaches thoroughly under cold running water.
2. Place a peach on a cutting board. Hold it firmly and slice it lengthwise around the pit, all the way around.
3. Twist both halves gently in opposite directions to separate.
4. Remove pit by scooping with a spoon or using a paring knife if it doesn't come out easily.
5. Place each half flat side down and slice vertically, then rotate and dice crosswise into desired sizes.
6. Place diced peaches into food-safe container and keep chilled at or below 40°F until service.

CONTINUES ON REVERSE →

NOTES:



Peach Patch Sheet Pan Pancakes

NOTES:

PRE-PREPARATION: CANNED DICED PEACHES

1. Open the #10 can(s) of diced peaches using a commercial-grade can opener.
2. Pour contents into a colander or perforated pan to drain excess juice or syrup.
3. Allow to drain for 5-10 minutes to reduce moisture.
4. Transfer the drained peaches to a food-safe container.
5. Keep chilled at or below 40°F until ready to use in the recipe.

PREPARATION: ROASTING

1. Preheat oven to 375°F.
2. In a large bowl, combine chopped peaches, honey, and the first amount of pie spice. Mix until evenly coated.
3. Spread peach mixture onto a lined sheet pan and roast for 15 minutes, or until lightly browned and fragrant.

PREPARATION

1. In a large mixing bowl, combine all ingredients except the roasted peaches.
2. Using the paddle attachment, mix until fully incorporated.
3. Gently fold in the roasted peaches with a spoon or rubber spatula.
4. Pour approximately 3 lb 10 oz of batter into each greased sheet pan.
5. Bake at 375°F for about 15 minutes, or until pancakes are puffed and golden brown.
6. Allow to cool slightly, then cut each half sheet pan into 20 pieces (5x4). Each piece should weigh approximately 2.85 oz.



Photo: Summary Culinary Training 2025

Hulk Smoothie

Yield: 96 → **Serving size:** 10 oz

Crediting: 1 cup fruit juice, 1 oz meat alternate

INGREDIENTS

	As Purchased Weight
• Bananas	10.5 lbs
• Kale, Fresh	1 lbs
• Peaches, fresh if available	15 lbs
• Pineapple, Canned	7 lbs
• Orange Juice	25 lbs
• Vanilla Yogurt	25 lbs

PRE-PREPARATION

1. Peel the bananas.
2. Rinse the kale and remove the stems.
3. Drain the canned pineapple.
4. If using fresh peaches, make a small cut at the top and bottom of each peach, blanch, cool, and peel. Cut in half and remove seeds.

PREPARATION

1. Combine all ingredients in a large container.
2. Blend with an immersion blender until smooth and well-combined.
3. Pour 10 oz of the mixture into 12oz cups, using a measuring cup.
4. Cover cups with a lid.
5. Hold smoothies at or below 40°F until service.

NOTES:



Photo: Homewood City Schools

Strawberry Sunrise Smoothie

Yield: 100 → **Serving size:** 6 oz or 0.75 cup

Crediting: 1 cup fruit juice, 1 oz meat alternate

INGREDIENTS

	As Purchased Weight
• Canned Pineapple	4 lbs and 2 oz
• Local Strawberries	8.75 lbs
• Bananas	3 lbs
• Orange Juice	8 oz
• Yogurt, Vanilla	25 lbs

PRE-PREPARATION

1. Remove the top of the strawberries by using a tomato shark or knife.
2. Drain the pineapple.
3. If using frozen fruit, thaw the fruit by placing it in the fridge the day before smoothie preparation at 40°F or less
4. Peel bananas.

PREPARATION

1. Combine all ingredients into a large container.
2. Using an immersion blender, blend all ingredients until smooth and creamy consistency is reached.
3. Using a 6 oz measuring cup, portion 6 oz of smoothie into cups.
4. Place lids on the cups.
5. Hold smoothies cold at 40°F or less until service.

NOTES:



Cornbread with Sweet Corn

Yield: 96 → **Serving size:** 1 piece

Crediting: 2 oz grain, 0.5 oz Meat/Meat Alternate

INGREDIENTS

	As Purchased Weight
• Sweet Corn, frozen	6 lbs
• Butter, unsalted	3 lbs
• Sugar	2 lbs and 10 oz
• Liquid Whole Eggs	1 qt and 2 Tbsp
• Whole Wheat Flour	4 lbs and 11 oz
• Local Cornmeal	2 lbs
• Baking Powder	5.875 oz
• Kosher Salt	1.75 oz
• 1% Milk	1 qt and 1.5 cup

PRE-PREPARATION

1. Allow corn to defrost overnight.
   - → Lay frozen corn in a single layer on sheet pans.
   - → Place pans on a rack in the refrigerator, cover with pan liners or bun pan plastic, and allow to thaw overnight.
2. Preheat oven to 350°F.
3. Drain off any liquid from the thawed corn using a colander.
4. Remove butter from the cooler and allow it to soften at room temperature.

PREPARATION

1. Using a mixer with a paddle attachment, cream together butter and sugar until fluffy.
2. In a separate bowl, whisk the eggs and then slowly add to the creamed butter while mixing on medium speed.
3. In a separate bowl, mix together the flour, cornmeal, baking soda, and salt.
4. Alternate adding in the dry ingredients and milk to the mixer on medium speed.
5. Mix in the corn on low speed.
6. Pour 3 lbs 10 oz of batter into each hotel pan.
7. Bake in 350°F oven for at least 30 minutes or until the batter is set, the bread pulls away slightly from sides of the pan, and is golden on top.
8. Cool completely.
9. Cut the cornbread into 24 pieces (6 x 4) in each hotel pan.



Apple Pecan Crisp

Yield: 72 → **Serving size:** ½ Cup

Crediting: 0.5 oz M/MA, 1 oz grain, 0.75 cup fruit

INGREDIENTS

	As Purchased Weight
• Apples (golden delicious recommended)	15 lbs
• Cinnamon (first amount)	0.64 oz
• Flour	3.9 oz
• Oats	15.6 oz
• Flour	1 lbs and 6 oz
• Pecans	2 lbs and 7 oz
• Cinnamon (second amount)	0.64 oz
• Salt, Iodized	0.64 oz
• Brown Sugar	1 lbs and 2 oz
• Butter	1 lbs and 4 oz

PRE-PREPARATION

1. Preheat the oven to 350°F.
2. Wash apples thoroughly. Slice into thin wedges (do not peel).

PREPARATION

1. In a large bowl, combine sliced apples with the first quantity of cinnamon and flour; mix until evenly coated.
2. Transfer 3 lb 9 oz of apples into a prepared hotel pan.
3. In a separate bowl, combine remaining flour, oats, brown sugar, cinnamon, salt, and pecans.
4. Slice butter into small pieces and add to the oat mixture.
5. Using gloved hands or a pastry cutter, massage butter into dry mixture (oat/flour) until crumbly.
6. Evenly spread 2 lbs topping over the apples in the pan.
7. Cover the pan with parchment paper, then foil.
8. Bake for 25 minutes.
9. Remove the covering and continue baking for 10-15 minutes, or until the topping is golden brown and the apples are tender. Allow to cool slightly. Cut into a 6x4 grid for service. This recipe makes 24 ½ cup servings per pan.

NOTES: