

9/28/2018

## Food and nutrition for pleasure and health

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Oregon Adult Home Care  
Conference and Trade show  
10/30/18

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### Objectives:

Participants will be able to:

1. Describe the components of a balanced nutritious meal.
2. List regulatory considerations for what is served to residents.
3. Go back to their foster care home and serve easy to prepare nutritious and enjoyable meals to their residents.

## What does food mean to us and why do we eat?

- Flavors
- Appearance
- Mouth Feel
- Aromas
- Memories
- Sound of the crunch
- Texture
- Nutrition
- Health



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# Food is to be enjoyed!

**“Food is not  
nutritious until  
its eaten.”**

**~ Smarter  
Lunchrooms 2011**

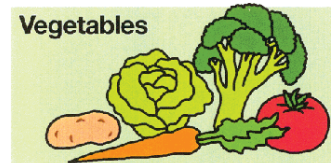


# Basics of nutrition for health

## Major nutrients:

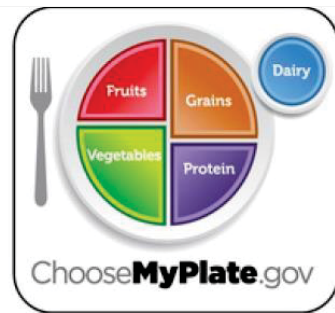
- Protein, fats, carbohydrates and
- Micronutrients( vitamins and minerals)
- Water
- How much do we need ?

# The Key to a Balanced Diet!

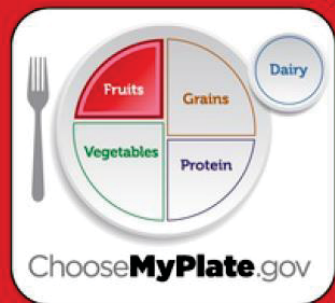




# What's **MyPlate** All About?



Fruits



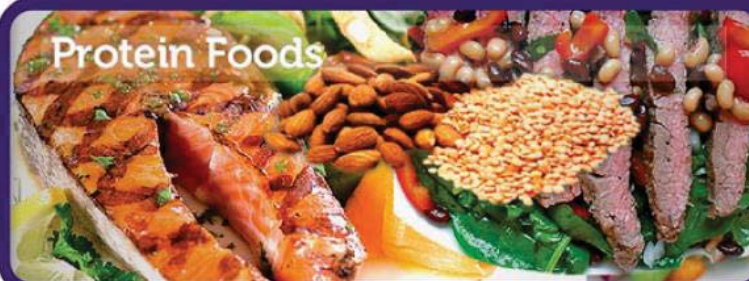
Vegetables



Grains



Protein Foods

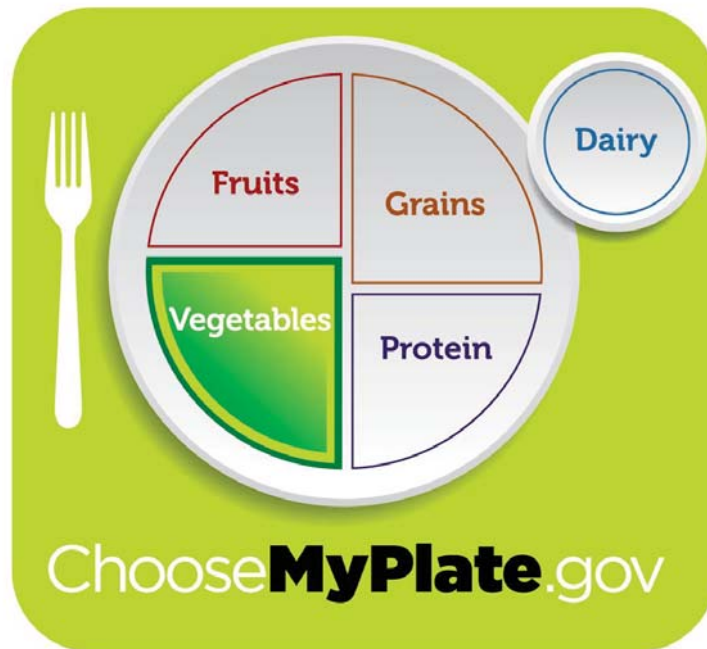


Dairy





## Vegetable Group



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## Vary Your Veggies

- Eat a rainbow!
- Any vegetable or 100% vegetable juice counts
  - Raw or cooked
  - Fresh
  - Frozen
  - Canned
  - Dried/dehydrated
  - Whole, cut-up, or mashed

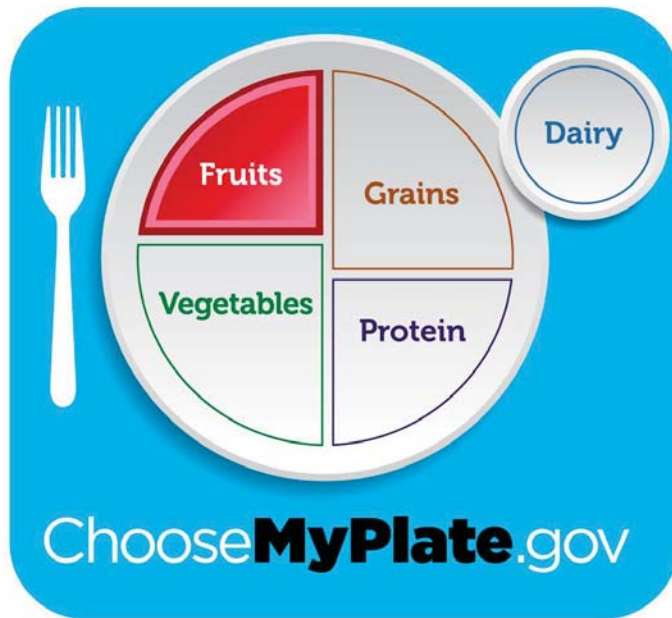


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## Fruit Group



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## Focus on Fruits

- Color counts!
  - Fresh
  - Frozen
  - Canned
  - Dried
  - 100% fruit juice
  - Whole, cut-up, or pureed (think smoothie)



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## Nutrition in Fruits and Veggies

- Most vegetables are naturally low in fat and calories.
- Most fruit are low in fat, calories and sodium
- Rich in potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.

## Nutrition in Fruits and vegs

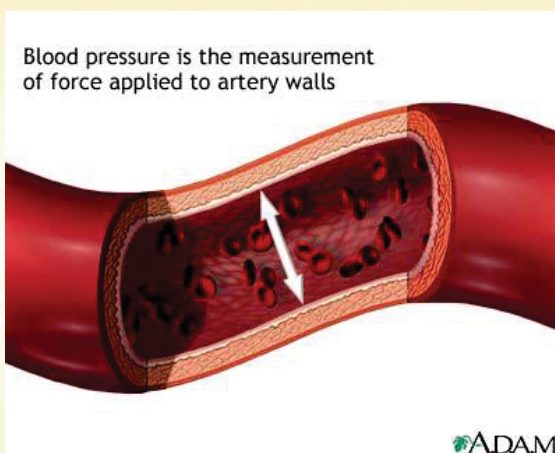
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps with growth and repair of all body tissues heal cuts and wounds and keeps teeth and gums healthy.
- Vitamin C aids in iron absorption.
- Folate (folic acid) helps the body form red blood cells.

## Possible Disease prevention Health Benefits

- Reduce risk for heart disease, including heart attack and stroke.
- Protect against certain types of cancers.
- Reduce the risk of heart disease, obesity, and type 2 diabetes.
- Lower blood pressure, and
- Reduce the risk of developing kidney stones
- Help to decrease bone loss
- lower in calories

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## Blood pressure



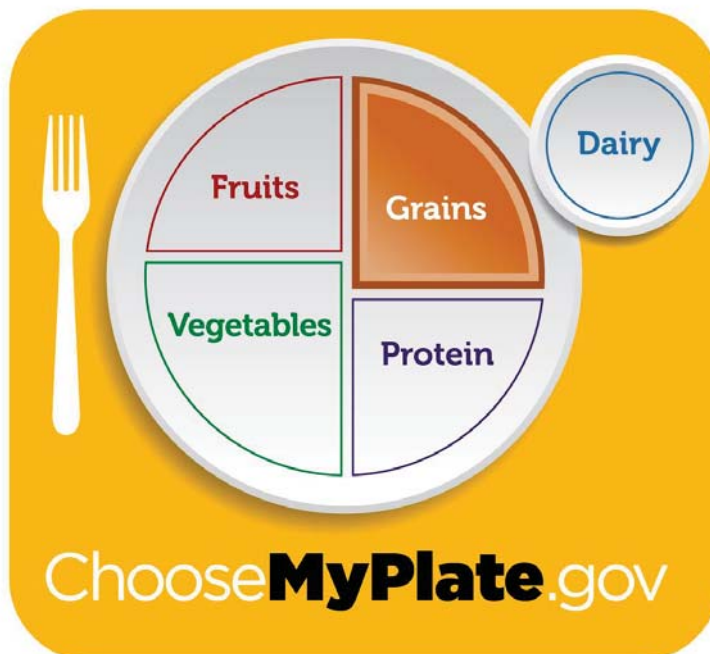
- The force applied against the walls of the arteries as the heart pumps blood through the body.
- The pressure is determined by the force and amount of blood pumped and the size and flexibility of the arteries.



# Fill half your plate with fruits & veggies



## Grains Group





# GRAINS

*Make at least half the grains  
you eat whole grains.*

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## What's a grain?

- Any food made from wheat, rice, oats, corn/cornmeal, barley or another cereal grain.
  - Bread
  - Pasta
  - Oatmeal
  - Breakfast cereal
  - Tortillas
  - Crackers
  - Rice
  - Grits

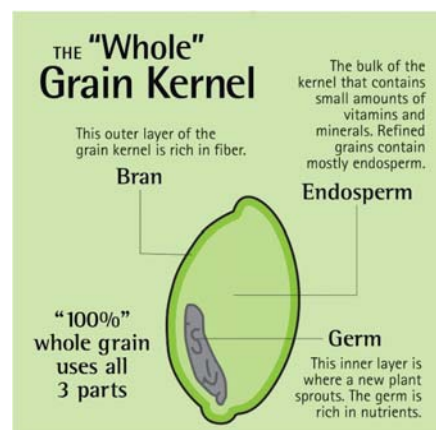


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## 2 Kinds of Grain: Whole and Refined

- Whole grain contains the entire grain kernel (the bran, germ, and endosperm)
  - Whole wheat flour
  - Bulger (cracked wheat)
  - Rolled oats (used in oatmeal)
  - Quinoa
  - Whole cornmeal
  - Brown rice
  - Popcorn
  - Wild rice.



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## What is 1 ounce serving?

### In general:

- 1 slice of bread,
- 1 cup of ready-to-eat cereal, or
- ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered.
- READ LABELS- bagels are not created equal

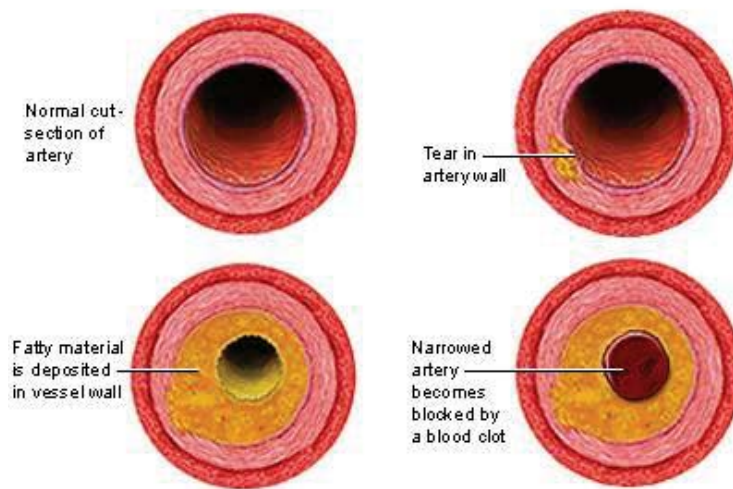


## Nutrition in Grains

- Iron: Helps carry oxygen in the blood.
- Magnesium.  
Used in building bones and releasing energy from muscles..
- Selenium  
Protects cells from oxidation.  
Healthy immune system

## Possible disease prevention Health Benefits

- Dietary fiber -may help reduce blood cholesterol levels and
- May lower risk of heart disease, obesity, and type 2 diabetes
- may help with trying to lose weight

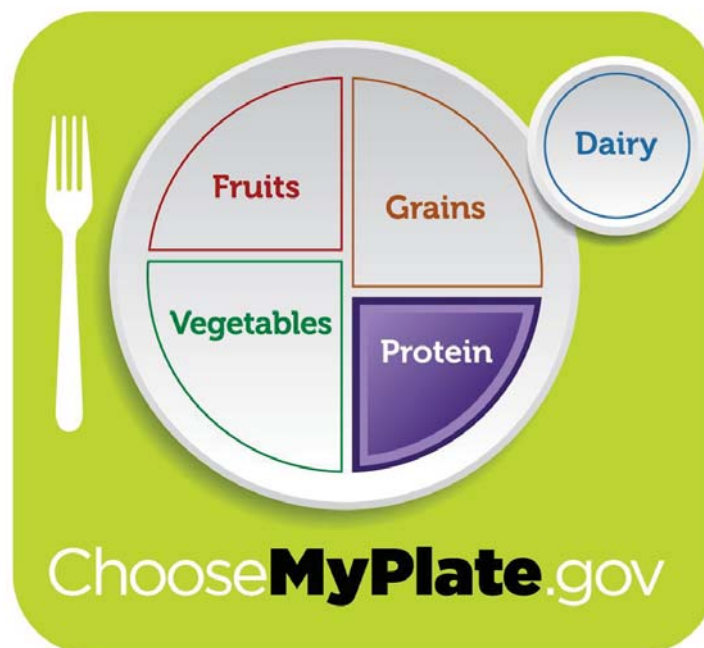


ADAM.

- The development of arterial atherosclerosis may occur when deposits of cholesterol and plaque accumulate at a tear in the inner lining of an artery. As the deposits harden and occlude the arterial lumen, blood flow to distant tissues decreases and a clot may become lodged, completely blocking the artery.



## Protein Foods Group





# PROTEINS

*Vary your protein choices and choose seafood or fish twice a week.*

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## Go Lean With Protein

- Eat a variety of protein
  - Meat
  - Poultry
  - Seafood
  - Beans and peas
  - Soy foods
  - Nuts and seeds
- Keep portions small and lean



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## What is 1 ounce-equivalent of Protein

In general

- 1 ounce of meat, poultry or fish,
- ¼ cup cooked beans,
- 1 egg,
- 1 tablespoon of peanut butter, or
- ½ ounce of nuts or seeds

## Nutrients in Protein Group

- Protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. building blocks for enzymes, hormones, and vitamins.
- B vitamins
- Iron
- Zinc necessary for biochemical reactions and helps the immune system function properly.

## Possible Disease prevention Health Benefits

- EPA and DHA are omega-3 fatty acids found in varying amounts in seafood.
- Eating 8 ounces per week of seafood may help reduce the risk for heart disease.

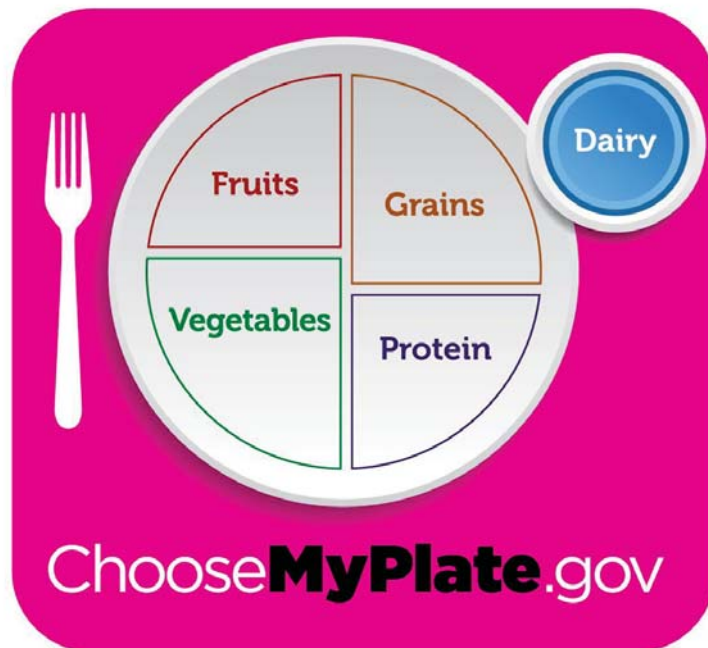
## Eat your Omega 3s



- Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in omega-3 fatty acids



## Dairy Group



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### What foods in Dairy ?

- All fluid milk products and many foods made from milk
- Made from milk and retain calcium content.
- Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.
- Calcium-fortified soymilk is also part of the Dairy Group



## How much is a serving?

In general:

- 1 cup of milk, yogurt, or soymilk (soy beverage),
- 1 ½ ounces of natural cheese, or
- 2 ounces of processed cheese can be considered

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## Get Calcium-Rich Foods

- Choose fat-free or low-fat (1%) milk, yogurt, and cheese
- Cream, butter and cream cheese are *not* included in Dairy Group



## Nutrients in Dairy Group

- Calcium is used for building bones and teeth and in maintaining bone mass.
- Vitamin D helps maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones.



## Disease prevention Health Benefits

- Linked to improved bone health, and may reduce the risk of osteoporosis.
- Associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.

## Non-dairy sources of Calcium

- Calcium-fortified juices, cereals, breads, rice milk, or almond milk.
- Canned fish (sardines, salmon with bones) soybeans and
- Other soy products (tofu made with calcium sulfate, soy yogurt, tempeh),
- Some other beans, and some leafy greens (collard and turnip greens, kale, bok choy).

## How much to get same calcium as 1 cup of milk

- Kale: 5 ½ cup raw
- Broccoli: 2 cups cooked
- Chard: 3 cups cooked
- Spinach: 1 ¼ cup cooked





## Drink water instead of sugary drinks

- Tasty ways to drink water
  - Add fruit
  - Drink it carbonated
  - Add some juice
  - Add calorie-free syrup
  - Make tea
  - Eat hydrating foods



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## How much?

- Depends on your weight
- Exercise
- Climate
- Physical conditions: Fever, vomiting, diarrhea increase
  
- Weight in kilograms
- Multiply by 30
- Divide by 240
- This tells you how many cups per day

## Why are bodies need water?

- Carrying nutrients and oxygen to your cells
- Flushing bacteria from your bladder
- Aiding in digestion
- Preventing constipation
- Normalizing blood pressure
- Stabilizing the heartbeat
- Cushioning joints
- Protecting organs and tissues
- Regulating body temperature
- Maintaining electrolyte (sodium) balance.

## Review of regulations

1. Preferences
2. Special Diets

## MEALS.

1. Three nutritious meals each day
2. Each meal must include food from the basic food groups according to the United States Department of Agriculture (USDA's) **My Plate** and:
3. include fresh fruit and vegetables when in season.

## MEALS.

- Meals must reflect consideration of a resident's preferences and cultural and ethnic background.
- This does not mean the licensee must prepare multiple, unique meals for the residents at the same time.

## MEALS.

- Special consideration must be given to a resident with chewing difficulties or other eating limitations.
- Special diets must be followed, as prescribed in writing, by the resident's physician, nurse practitioner, or physician assistant.

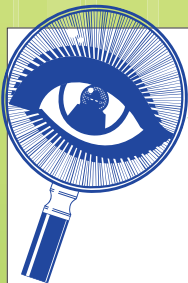
## Nutritious Meals/Menus

- Components-My plate food groups
- How much: from each group:
- Depends on age, gender, and activity level



## How much each day?

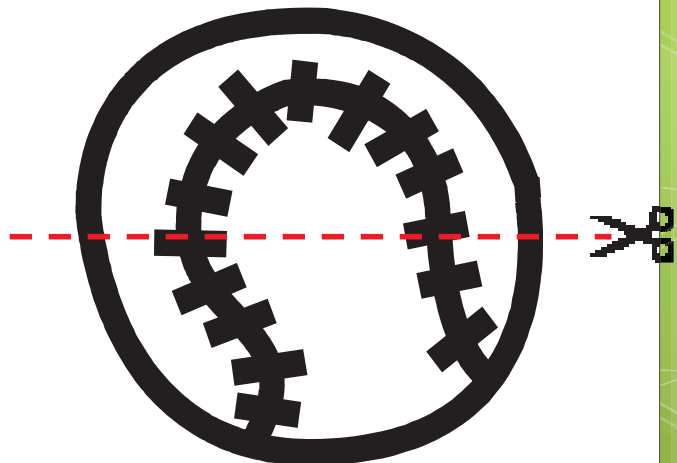
- Vegetables : 2-3 cups
- Fruit: :1-1/2 cups
- Grains: 6 to 8 ounces with  
1/2 whole grain type
- Dairy : 3 cups
- Proteins: 5 – 6 1/2 ounce



## Portion sizes: 1/2 and 1 cup

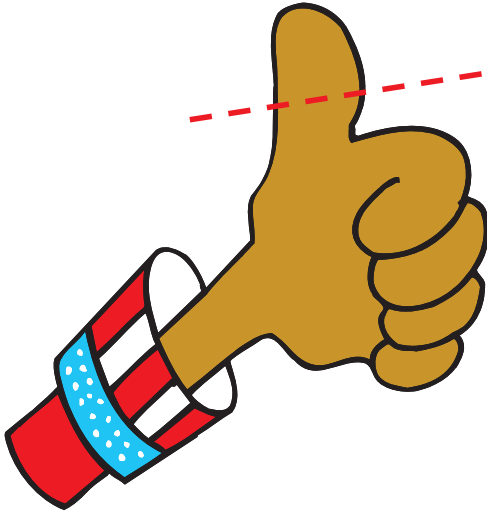
1 cup = 1 baseball

**1/2 cup = 1/2  
baseball**





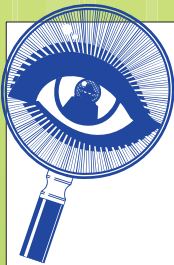
## Portion sizes: 1 teaspoon & 1 tablespoon



1 teaspoon =  
the tip of a thumb to the  
first joint

**1 tablespoon =  
3 thumb tips**

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## Portion sizes: Meat



**3 oz.. cooked  
meat, fish, or poultry =  
a deck of cards**

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## Putting it all together

- Preparation of meals
- Techniques
- Tricks of the trade

## One day at a time

- Preparation of meals
- Techniques
- Tricks of the trade

## Menu-planning

- Weekly menus required, so, planning by the week is a MUST and it makes your life easier.
- Pick your proteins and work around them
- Cook extra of key ingredients and use leftovers for other meals.

## Menu planning ???

- What are the food preferences of your clients ?
- What is your budget ?
- What is the skill level of people who will be cooking?
- What equipment?
- Special diets?



## Purchasing

- After you have your menu, make a shopping list
- Start with raw – unprocessed foods as much as possible to control nutritional content. But... there is a time and place for:
  - Frozen vegetables
  - Precut fresh raw fruits and vegetables for time savings
  - Canned products ok , but sometimes too much salt.

## Sample menus and Recipes

# Breakfast

## Myplate goal

- Fruit/veg-1 serving
- Protein- 1-2 serving
- Grain – 2 servings
- Dairy - 1 serving

## Menu

- Juice/ Fresh Seasonal Fruit (1 fruit)
- Breakfast Burrito (2 protein, 1 grain)/ Salsa (1/4 c)
- Cereal Of Choice (1 grain)
- Milk -1 dairy
- Coffee Or Tea

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## BREAKFAST BURRITO



**YIELD: 5**

Ingredient	Amount
5 large eggs	5 eggs
Ham chopped 1/4 inch or smaller	2 ounces
Shredded cheddar cheese	3 ounces about 7/8 cup
Tortillas 1 oz each 12 inch	5 each

1. SCRAMBLE EGGS .SHELL AND WHISK TOGETHER.
2. ADD CHOPPED HAM.
3. ADD CHEESE TO MIXTURE. FINAL PRODUCT TEMPERATURE SHOULD REACH 165°F FOR 15 SECONDS (CCP).
4. WARM TORTILLAS. COVER WITH CLEAN DAMP CLOTH TO KEEP FROM DRYING.
5. SPOON 3 OZ (#12 SCOOP) EGG/HAM MIXTURE INTO EACH TORTILLA.
6. ROLL UP AND FOLD ENDS UNDER.
7. GARNISH WITH SALSA OR PICANTE SAUCE IF DESIRED.
8. HOLD AT 135°F OR HIGHER FOR SERVICE (CCP).

### NOTES:

1. FOR GROUND OR CHOPPED MENU ITEMS, GRIND OR CHOP HAM/EGG TO APPROPRIATE CONSISTENCY. PORTION WITH 1/3 cup IN SOFT TORTILLA
2. FOR PUREED MENU ITEMS, ENSURE TORTILLA IS SOFT PRIOR TO PUREEING.
3. FOR GROUND AND PUREE TEXTURE MODIFICATIONS SALSA SHOULD BE PUREED.

# Farmers Market Salsa

HACCP Process # No Cook Preparation



1 Serving Provides:

CACFP: ¼ cup Vegetables

NSLP: ¼ cup Additional Vegetables

SFSP: ¼ cup Vegetables

Ingredients	15 Servings		30 Servings	
	Weight	Measure	Weight	Measure
Black beans, drained and rinsed	9.4 ounces	1 ¾ cups	1 pound 2.8 ounces	3 ½ cups
Fresh tomatoes, diced	6 ounces	1 cup	12 ounces	2 cups
Corn kernels, frozen, thawed	2.4 ounces	½ cup	4.8 ounces	1 cup
Green bell pepper, diced	2.4 ounces	½ cup	4.8 ounces	1 cup
White onion, diced	2 ounces	½ cup	4 ounces	1 cup
Salsa		½ cup		1 cup
Lime juice		2 Tablespoons		¼ cup
Garlic powder		½ teaspoon		1 teaspoon



## Directions

1. Combine all ingredients in a large bowl. Chill until service.

CCP: Hold for cold service at 41°F or below.

Serve ¼ cup portions using a #16 scoop.

Serving	Yield	Volume	Nutrients Per Serving			
¼ cup	15 servings, about 1 pound 6 ounces 30 servings, about 2 pounds 12 ounces	15 servings, about 3 ¾ cups 30 servings, about 7 ½ cups	Calories	36	Sodium	140 mg
			Total Fat	0 g	Carbohydrate	7 g
			Saturated Fat	0 g	Dietary Fiber	2 g
			Cholesterol	0 mg	Protein	1 g
					Vitamin A	160 IU
					Vitamin C	1 mg
					Iron	1 mg
					Calcium	11 mg

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## Lunch

### Myplate each meal

- Fruit/veg-1-3 serving
- Protein- 2-3 serving
- Grain – 2 servings
- Dairy - 1 serving

### Menu

- Garden Salad- (1 veg)
- Beef Sloppy Joe on a roll (2 protein and 2 w grain, and ¼ veg)
- Steamed broccoli –(1/2 veg)
- Milk – (1)
- Coffee Or Tea



## Beef Sloppy Joe on a Roll

Recipe Revised From:  
USDA

HACCP Process:  
Same day service

Serving Size:  
1 sandwich

### CACFP Crediting

1 sandwich

Meat/Meat Alt:  
2 oz eq

Grain:  
2 oz eq

Vegetable:  
¼ cup

### Serving Size per Age Group

Ages 1-2:  
½ sandwich

Ages 3-5:  
1 sandwich

Ages 6-12, 13-18:  
1 sandwich

### INGREDIENTS

Raw ground beef  
(no more than 20% fat)  
Fresh onions OR  
Dehydrated onions  
Granulated garlic  
Canned tomato paste  
Catsup  
Water  
White vinegar  
Dry mustard  
Black pepper  
Brown sugar, packed  
Whole grain-rich rolls  
(at least 2 oz each)

5 Servings Yield: 5 sandwiches		25 Servings Yield: 25 sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
13 ¾ oz		4 lb 5 oz	
1 oz	2 Tbsp 2 ¾ tsp OR 1 Tbsp 1 ½ tsp	5 oz	¾ cup 2 Tbsp OR ¼ cup 3 Tbsp
	¼ tsp		½ Tbsp
2 ¾ oz	¼ cup 1 Tbsp	14 oz	1 ½ cups 1 Tbsp
3 oz	¼ cup 2 ¾ tsp	15 oz	1 ½ cups
	3 Tbsp ¾ tsp		1 cup
	1 Tbsp 2 ¾ tsp		½ cup 1 Tbsp
	¾ tsp		1 Tbsp
	½ tsp		½ tsp
	1 ¾ tsp		3 Tbsp
	5 each		25 each

### DIRECTIONS

1. Brown ground beef. Drain.
2. Add onions and garlic to cooked ground beef. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer until temperature reaches 160°F, about 25-30 minutes.
3. Portion with a #12 scoop (½ cup) onto the bottom half of each roll. Cover with the top half of the roll and serve.





## Dinner

### Myplate Goal

- Fruit/veg-1-3 serving
- Protein- 2-3 serving
- Grain – 2 servings
- Dairy - 1 serving

### Menu

- Roasted Green Beans (1/2)
- Tilapia with Parmesan Crust (3 pro)
- Brown Rice Pilaf (1/2-1)
- Garlic breadstick (1)
- Fresh fruit (1)
- Milk (1)
- Coffee Or Tea



## Tilapia with Parmesan Crust

Recipe Revised From:  
EICAP

HACCP Process:  
Same day service

Serving Size:  
1 fillet  
(1.25 oz cooked)

### CACFP Crediting

1 fillet

Meat/Meat Alt:  
1.25 oz eq

### Serving Size per Age Group

Ages 1-2:  
1 fillet

Ages 3-5:  
1 ¼ fillets

Ages 6-12, 13-18:  
2 fillets

### INGREDIENTS

Parmesan cheese, grated  
Paprika  
Raw parsley, chopped  
Salt  
Black pepper  
Cooking spray  
Olive oil  
Tilapia, raw (2 oz fillets)

### DIRECTIONS

5 Servings Yield: 5 fillets		25 Servings Yield: 25 fillets	
WEIGHT	VOLUME	WEIGHT	VOLUME
	½ cup		2 ½ cups
	¾ tsp		1 Tbsp ¾ ts
	½ Tbsp		2 ½ Tbsp
	⅛ tsp		¼ tsp
	⅛ tsp		⅛ tsp
	As needed		As needed
	1 ¼ tsp		2 Tbsp ¼ ts
10 ozs	5 fillets	3 lbs 2 ozs	25 fillets

1. Preheat oven to 400°F.
2. In a bowl mix Parmesan cheese, paprika, parsley, salt, and pepper.
3. Place tilapia portions on sheet pan lined with foil and lightly sprayed with cooking spray.
4. Drizzle tilapia fillets with olive oil and dredge in Parmesan cheese mixture.
5. Place fillets onto the prepared baking sheet.
6. Bake until internal temperature reaches 145°F, about 10-12 minutes.



## Roasted Green Beans

 Cooking time: 20 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetables

NSLP: ½ cup Other Vegetables

SFSP: ½ cup Vegetables

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Green beans, fresh, washed, trimmed	2 pounds		4 pounds	
Olive oil or vegetable oil		1½ Tablespoons		3 Tablespoons
Salt		¾ teaspoon		¾ teaspoon
Black pepper		¾ teaspoon		¾ teaspoon



### Directions

1. Preheat oven to 400°F. Place washed and trimmed green beans in a large bowl. Add the oil, salt and pepper to the green beans. Toss to coat the green beans.
  2. Place green beans in a single layer on a parchment-lined sheet pan being careful not to overcrowd the pan. For 12 servings use 3 half-size sheet pans. For 24 servings use 6 half-size sheet pans or 3 full-size sheet pans.
  3. Roast in the preheated oven for 12–15 minutes, or until the beans are lightly browned and blistered.
- CCP: Heat to 140°F or higher.  
CCP: Hold for hot service at 135°F or higher.  
Serve ½ cup portions.

Serving	Yield	Volume	Nutrients Per Serving					
½ cup	12 Servings: about 1 pound 12 ounces	12 Servings: about 1½ quarts	Calories	39	Sodium	29 mg	Vitamin A	521 IU
	24 Servings: about 3 pounds 8 ounces	24 Servings: about 3 quarts	Total Fat	1.9 g	Carbohydrate	5 g	Vitamin C	9 mg
			Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	0.8 mg
			Cholesterol	0 mg	Protein	1 g	Calcium	28 mg



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

USDA is an equal opportunity provider, employer, and lender.

## Brown Rice Pilaf

**Makes:** 4 servings

Parsley, almonds, and spices spruce up this brown rice dish.

### Ingredients

- 1 ½ cups brown rice
- 3 cups water
- ¼ cup almonds (chopped)
- 1 teaspoon parsley (dried)
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

### Directions

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.



# Lunch

## Myplate goals

- Fruit/veg-1-3 serving
- Protein- 2-3 serving
- Grain – 2 servings
- Dairy - 1 serving

## Menu

Skillet corn chowder (1 veg serving)  
 Turkey Cranberry Quesadilla (2 oz. protein, 1 ½ ounce grain)  
 Gingered carrots (1/2 veg serving)  
 Milk (1 serving)

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## Turkey Cranberry Quesadilla

Cooking time: 20 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:  
 CACFP: 2 ounces Meat/Meat Alternate, 1.5 ounce equivalents Grains  
 NSLP: 2 ounces Meat/Meat Alternate, 1.5 ounce equivalents Grains  
 SFSP: 2 ounces Meat/Meat Alternate, 1.5 ounce equivalents Grains

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
8-inch whole grain tortillas		12		24
Mozzarella cheese, shredded	6 ounces	1½ cups	12 ounces	3 cups
Dried cranberries		¾ cup		1½ cups
Cooked turkey, diced or pulled	1 pound 2 ounces		2 pounds 4 ounces	
Fresh spinach leaves		3 cups		1 quart + 2 cups



### Directions

1. Preheat the oven to 350°F. Line a sheet pan with parchment paper and spray lightly with pan-release spray.
2. Place tortillas in a single layer on the prepared sheet pan. Using a #30 scoop portion 2 tablespoons (½ ounce) of the mozzarella cheese onto one half of each tortilla. Scatter 1 tablespoon dried cranberries over the cheese on each tortilla. Portion 1½ ounces diced or pulled turkey meat over the cheese and cranberries on each tortilla. Top each with ½ cup fresh spinach leaves. Fold the other half of the tortilla over the filling. Spray the top tortillas lightly with pan-release spray.
3. Bake in the preheated 350°F oven for about 10-15 minutes until the cheese melts and the tortilla browns slightly.  
 CCP: Heat to 165°F or higher for at least 15 seconds.  
 CCP: Hold for hot service at 135°F or higher.  
 Serve 1 quesadilla per person.

Serving	Yield	Volume	Nutrients Per Serving					
1 quesadilla	12 servings, 1 quesadilla each 24 servings, 1 quesadilla each	N/A	Calories	262	Sodium	290 mg	Vitamin A	789 IU
			Total Fat	8.4 g	Carbohydrate	26 g	Vitamin C	2 mg
			Saturated Fat	3.3 g	Dietary Fiber	4 g	Iron	1 mg
			Cholesterol	41 mg	Protein	20 g	Calcium	183 mg



# GINGERED CARROTS

**SERVING** / One ¼ cup serving provides ¼ cup vegetable

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
* Fresh carrots, peeled 🥕	1 lb.		2 lbs.		<div>12</div> 12 servings: 12 ¼ cup servings (3 cups)
Honey 🍯		½ tsp.		1 tsp.	
Lemon juice		1 Tbsp.		2 Tbsp.	
Dried parsley		2 tsp.		4 tsp.	
Margarine		2 Tbsp.		¼ cup	
Ground ginger		¼ tsp.		¼ tsp.	<div>25</div> 25 Servings: 25 ¼ cup servings (1 qt. 3 cups)

## DIRECTIONS

- Cut carrots diagonally into thin slices.
- Steam until tender. \*\*
- In a small mixing bowl, combine remaining ingredients; pour over carrots.
- Serve immediately.
- Portion with a No. 16 scoop or ¼ cup.

\*\* Various methods of steaming include using a double boiler, microwave, or steamer. Time will vary according to the method used.



## MARKETING GUIDE FOR SELECTED ITEMS

FOOD AS PURCHASED	FOR 12-SERVING RECIPE	FOR 25-SERVING RECIPE
* Fresh carrots	1 lb. 10 ¾ oz.	3 lbs. 5 ½ oz.

# Skillet Corn Chowder

🕒 Cooking time: 25 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetable

NSLP: ¾ cup Starchy Vegetable, ¼ cup Other Vegetable

SFSP: ½ cup Vegetable

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 Tablespoons		¼ cup
Yellow onions, diced	12 ounces	2 cups	1 pound 8 ounces	1 quart
Black pepper, ground		¾ teaspoon		1½ teaspoons
Cream style corn		1 quart + 1¾ cups	1 #10 can	2 quarts + 3¾ cups
1% milk		1 quart + 2 cups		3 quarts
Cheddar cheese, reduced fat, shredded	6 ounces	1½ cups	12 ounces	3 cups



## Directions

1. Preheat a large sauce pan or steam kettle over medium heat. Add the oil, onion, and black pepper, stir, then cover and sweat until the onion softens, about 3 minutes.
2. Add the cream style corn and milk. Continue to cook until the soup comes to a simmer. Turn off the heat.
3. Stir in the cheddar cheese until it has melted completely into the soup.  
CCP: Heat to 165°F or higher for at least 15 seconds.  
CCP: Hold for hot service at 135°F or higher.  
Serve 1 cup (8 ounce) portions.

Serving	Yield	Volume	Nutrients Per Serving			
1 cup	12 Servings: about 5½ pounds 24 Servings: about 11 pounds	12 Servings: about 3 quarts 24 Servings: about 1 gallon 2 quarts	Calories	216	Sodium	493 mg
			Total Fat	7 g	Carbohydrate	32 g
			Saturated Fat	2.8 g	Dietary Fiber	2 g
			Cholesterol	17 mg	Protein	10 g
					Vitamin A	316 IU
					Vitamin C	8 mg
					Iron	0.5 mg
					Calcium	272 mg

# Lunch

## Myplate goals

- Fruit/veg-1-3 serving
- Protein- 2-3 serving
- Grain – 2 servings
- Dairy - 1 serving

## Menu

Mushroom Steak Fajitas  
(2 ½ prot, 1 ½ vegetable,  
2 ½ grain)

Mango or other favored  
fruit (¾ cup)

Milk (1 dairy)

▲ Asai Consulting, LLC

# Mushroom Steak Fajitas



## Ingredients

12 oz sirloin or other boneless steak,  
about ¾-inch thick

3 cups sliced crimini mushrooms

1 tbsp no-salt fiesta lime seasoning  
(like Mrs. Dash), divided

1 tbsp olive oil

1 medium green bell pepper,  
sliced into strips

1 medium red bell pepper,  
sliced into strips

1 medium yellow or white onion,  
sliced into strips

8 whole wheat tortillas, 6-inch

1 medium tomato, diced

2 cups shredded iceberg lettuce

4 tbsp non-fat sour cream

Slice beef across the grain into ¾-inch strips. Place in a medium bowl with ½ tbsp fiesta lime seasoning; toss to coat. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes. Add beef back to skillet and sauté mixture 1-2 more minutes. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up. Serves 4.

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### Recipe Nutrition Information per Serving

Calories 430  
Total Fat 16g  
Saturated Fat 5g  
% of Calories from Fat 33%  
% Calories from Sat Fat 10%  
Protein 27g  
Carbohydrates 46g  
Cholesterol 60mg  
Dietary Fiber 7g  
Sodium 590mg

An excellent source of fiber, protein, vitamin C, niacin, riboflavin, vitamin B6, potassium, phosphorus, and zinc, and a good source of vitamin A, thiamin, folate, vitamin B12, pantothenic acid, iron, and copper.

#### MyPlate Food Group Amounts

Fruits 0	Protein 2½ oz
Vegetables 1½ cups	Dairy 0
Grains 2½ oz	

### Meal Nutrition Information per Serving

(Serve with an 8 oz glass of non-fat milk and side of mango chunks, about ¾ cup.)

Calories 590  
Total Fat 17g  
Saturated Fat 5g  
% of Calories from Fat 26%  
% Calories from Sat Fat 8%  
Protein 36g  
Carbohydrates 77g  
Cholesterol 60mg  
Dietary Fiber 9g  
Sodium 690mg

An excellent source of fiber, protein, vitamin A, vitamin C, vitamin D, thiamin, niacin, riboflavin, vitamin B6, folate, vitamin B12, pantothenic acid, potassium, calcium, phosphorus, zinc, iodine, and copper, and a good source of vitamin E, iron, and magnesium.

#### MyPlate Food Group Amounts

Fruits ¾ cup	Protein 2½ oz
Vegetables 1½ cups	Dairy 1 cup
Grains 2½ oz	

, LLC

## Dinner

### Myplate goals

- Fruit/veg-1-3 serving
- Protein- 2-3 serving
- Grain – 2 servings
- Dairy - 1 serving

### Menu

Grilled Pineapple Ginger  
Chicken (2 ½ prot, ¾ c  
fruit, 2 cup veg  
Whole wheat couscous(2  
½ oz. grain)  
Milk (1 dairy)

# Grilled Pineapple Ginger Chicken



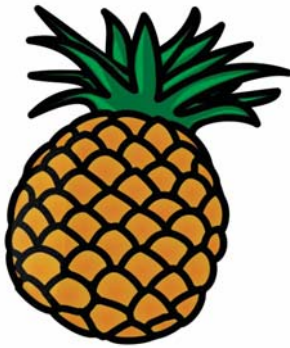
## Ingredients

1 cup whole wheat couscous, dry  
1 lb skinless, boneless chicken breasts, cut into 4 portions  
1 Tbsp olive oil  
¼ tsp salt  
¼ tsp pepper  
1 large sweet yellow onion, cut into wedges  
2 large zucchini, cut into chunks  
1 red pepper, cut into 8 strips  
1 orange pepper, cut into 8 strips

8 Del Monte Gold® Extra Sweet pineapple spears (about 1 oz each) 2½" x 1¾"  
1 green onion, sliced  
**Pineapple Ginger Glaze**  
1 bottle (12 fl oz) Del Monte Pure Earth™ 100% Pineapple Juice  
¼ cup apple cider vinegar  
3 Tbsp brown sugar  
1½ Tbsp light soy sauce  
1 Tbsp minced ginger  
1 Tbsp Dijon mustard

Preheat grill to medium heat. On the stove top, cook couscous according to package directions. While couscous is cooking, toss chicken breast with oil, salt and pepper. Grill chicken, for 2 minutes per side or until grill-marked. Continue to grill, basting and turning with Pineapple Ginger Glaze, for 5 to 6 minutes or until cooked. Grill onion, zucchini, red pepper, orange pepper and pineapple spears, basting with pineapple ginger glaze, for 3 to 5 minutes or until grill-marked and tender. Serve chicken with vegetables and pineapple. Serve over couscous and garnish with green onions.

**Pineapple Ginger Glaze:** Combine pineapple juice, vinegar, brown sugar, soy sauce, ginger and mustard in a medium saucepan set over medium-high heat. Bring to a boil; boil for about 15 minutes. Serves 4.



## Recipe Nutrition Information per Serving

**Calories** 500  
**Total Fat** 8g  
**Saturated Fat** 1.5 g  
**% of Calories from Fat** 14%  
**% Calories from Sat Fat** 3%  
**Protein** 32g  
**Carbohydrates** 79g  
**Cholesterol** 65mg  
**Dietary Fiber** 10g  
**Sodium** 520mg

An excellent source of protein, fiber, vitamin A, vitamin C, niacin, vitamin B6, folate, potassium, phosphorus and magnesium, and a good source of thiamin, riboflavin, pantothenic acid, iron, zinc and copper.

## MyPlate Food Group Amounts

<b>Fruits</b> ¾ cup	<b>Protein</b> 1½ oz
<b>Vegetables</b> 2 cups	<b>Dairy</b> 0
<b>Grains</b> 2½ cups	

**Recipe cost:** Approximately \$14.22 for four, \$3.56 per serving.

\*Retail prices, Boulder, Colorado, and online, Summer and Fall 2015.

**Preparation Time:** 45 minutes

Fresh pineapple chunks and an easy glaze made with pineapple juice add tropical and zingy flavors to grilled chicken.

## Meal Nutrition Information per Serving

(Serve with an 8oz glass of non-fat milk)

**Calories** 580  
**Total Fat** 8g  
**Saturated Fat** 1.5g  
**% of Calories from Fat** 12%  
**% Calories from Sat Fat** 2%  
**Protein** 41g  
**Carbohydrates** 91g  
**Cholesterol** 70mg  
**Dietary Fiber** 10g  
**Sodium** 630mg

An excellent source of protein, fiber, vitamin A, vitamin C, vitamin D, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, potassium, calcium, phosphorus, magnesium and iodine, and a good source of iron, zinc and copper.

## MyPlate Food Group Amounts

<b>Fruits</b> ¾ cup	<b>Protein</b> 2½ oz
<b>Vegetables</b> 2 cups	<b>Dairy</b> 1 cup
<b>Grains</b> 2½ oz	

**Meal cost:** Approximately \$15.81 for four, \$3.95 per serving.

\*Retail prices, Boulder, Colorado, and online, Summer and Fall 2015.

## Changes

- Frozen or canned instead of fresh
- Can't grill: use a George Foreman

## Other ideas

- Healthy dips
- Add more vegetables





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9/29/2018

## Superhero Hummus

Recipe Revised From:  
USDA

HACCP Process:  
No cook

Serving Size:  
¼ cup

### CACFP Crediting

¼ cup

Meat/Meat Alt:  
1 oz eq

### Serving Size per Age Group

Ages 1-2:  
½ cup

Ages 3-5:  
½ cup

Ages 6-12, 13-18:  
½ cup

### INGREDIENTS

Minced garlic  
Fresh lemon  
Canned garbanzo beans  
Water  
Low-fat plain yogurt  
Olive oil  
Salt  
Black pepper

### DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: 1 qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	½ clove		2 ½ cloves
	½ lemon		2 ½ lemons
8 ¼ ozs		2 lbs 9 oz	
	¼ cup		1 ¼ cups
	1 Tbsp		¼ cup 1 Tbsp
	1 Tbsp		¼ cup 1 Tbsp
	½ tsp		2 ½ tsp
	½ tsp		½ tsp

1. Peel and mince garlic.
2. Rinse lemons and cut in half. In a small bowl squeeze juice. Discard seeds.
3. In a colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender or a food processor. Blend until creamy scraping sides of blender or processor until mixed well. Place in bowl, cover, and cool and store at 40° F or colder until service.

# Ranch Dip

HACCP Process #1 No Cook Preparation



1 Serving Provides:

CACFP: 0.25 ounces Meat/Meat Alternate

NSLP: 0.25 ounces Meat/Meat Alternate

SFSP: 0.25 ounces Meat/Meat Alternate

Ingredients	16 Servings		32 Servings	
	Weight	Measure	Weight	Measure
Low-fat cottage cheese	8 ounces	1 cup	1 pound	2 cups
Low-fat plain yogurt	9 ounces	1 cup	1 pound 2 ounces	2 cups
Dried parsley flakes		1 teaspoon		2 teaspoons
Garlic powder		½ teaspoon		1 teaspoon
Onion powder		½ teaspoon		1 teaspoon
Black pepper		¼ teaspoon		¼ teaspoon
Salt		¼ teaspoon		¼ teaspoon



## Directions

- For a chunky dip, mix cottage cheese, yogurt and seasonings in a bowl.
  - For a smoother dip mash cottage cheese with a fork before adding yogurt and seasonings.
  - Alternately, blend all ingredients in a blender until smooth.
- CCP: Hold for cold service at 41°F or below.  
Serve 1 ounce portions.

Serving	Yield	Volume
1 ounce	16 servings, about 1 pound	16 servings, about 2 cups
	32 servings, about 2 pounds	32 servings, about 1 quart

Nutrients Per Serving					
Calories	20	Sodium	105 mg	Vitamin A	15 IU
Total Fat	0.4 g	Carbohydrate	2 g	Vitamin C	0 mg
Saturated Fat	0.2 g	Dietary Fiber	0 g	Iron	0 mg
Cholesterol	2 mg	Protein	2.6 g	Calcium	38 mg

# THE END – Questions