



Harvest of
the Month

BRASSICAS

RECIPE: BROCCOLI CHEESE RICE CASSEROLE

YIELD: 50 - 1/3 cup SERVINGS

This hearty broccoli, cheese, rice casserole is simple to make and tastes delicious!
With green broccoli and creamy cheese sauce this casserole is sure to be a hit!

INGREDIENTS

2 lb 3 oz cooked enriched white rice
5 lb frozen chopped broccoli, thawed, drained
1 lb 9 oz canned condensed cream of mushroom soup
3 cups instant nonfat dry milk, reconstituted
1 lb 10 oz cheese blend of American and skim milk cheeses, shredded
8 oz chopped fresh onions

1-1/2 tsp granulated garlic
1 tsp ground black or white pepper
1-1/2 tsp dried oregano
2 oz melted butter
6 oz enriched dry bread crumbs



PREPARATION

1. Combine cooked rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano.
2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steam table pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans.
3. For topping, combine butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 2/3 cups) crumbs evenly over each pan.
4. Bake: Conventional oven: 350° F for 30 minutes
Convection oven: 300° F for 20 minutes
DO NOT OVER BAKE.

Adapted from: USDA Standardized Recipes & Healthy School Recipes



MEAL PATTERN CONTRIBUTION

1/2 oz meat/meat alternate
1/4 cup dark leafy green vegetable
1/4 oz grain

RECIPE: SESAME ASIAN NOODLE CHICKEN SALAD

YIELD: 50 - 1 cup SERVINGS

This salad is made up of whole grain noodles, chicken, edamame, carrots, cabbage and onions.
It is then drizzled in a ginger soy sauce dressing that has a unique hint of orange with it

INGREDIENTS

2 Tbsp minced fresh ginger
1 1/2 cups rice vinegar
1 cup low-sodium soy sauce
1/2 cup orange juice
4 oz honey

1 1/2 cups canola oil
1 1/2 cups sesame oil
1 tsp garlic powder
2 gallons water
3 lb 2 oz spaghetti noodles, whole-wheat, dry
2 quarts water

2 lb 8 oz frozen edamame
1 lb 5 oz shredded fresh carrots
1 lb shredded fresh red cabbage
6 oz fresh thinly sliced red onion
3 lb 2 oz frozen, cooked diced chicken, thawed, 1/2" pieces
1 cup sesame seeds

PREPARATION

1. To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into a container. Cover and refrigerate.
2. Heat water to a rolling boil.
3. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate.
4. Heat water to a rolling boil.
5. Add edamame and boil for 3 minutes. Rinse with cold water. Drain well.
6. Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 2 1/2"). Add pasta. Mix well. Pour dressing over mixture and toss well. For 50 servings, use 2 pans.
7. Sprinkle with sesame seeds. Refrigerate at 41° F.
8. Portion with 8 fl oz spoodle (1 cup).

Adapted from: USDA Standardized Recipes & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

LEGUME AS MEAT ALTERNATE
1 1/2 oz meat/meat alternate
1/8 cup red/orange vegetable
1/8 cup other vegetable
1 oz grain

LEGUME AS VEGETABLE
1 oz meat/meat alternate
1/8 cup red/orange vegetable
1/8 cup legume vegetable
1 oz grain



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