



HEALTHY
KIDS
COLLABORATIVE



PLANT-FORWARD RECIPES

FOR

SCHOOL FOOD OPERATIONS



What happens when The Culinary Institute of America brings school food service professionals, chefs, non-profit leaders and healthy food companies together to think about what is needed to create healthier and delicious school food? A project dedicated to creating culinary inspired, USDA compliant, plant-forward recipes for school lunch nationwide. The CIA's Healthy Kids Collaborative with support from Whole Kids Foundation is excited to bring you the first set of plant-forward recipes.

CHEFS CREATED:

Chefs from school districts across the country came together to plan and work on the creation of culinary inspired plant-forward recipes that are compliant for the national school lunch program. Over a one-year period, each chef worked to develop healthy and delicious recipes, testing them in their home districts.



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Boulder Valley District, CO



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CHEFS COLLABORATED:

In May 2019, the chefs gathered at Napa Valley Unified School District (NVUSD) in California for the final stages of recipe development. Shifting from each individual school district and coming together to strategize, plan and problem solve was a luxury that school chefs don't always have.



CHEFS TESTED:



Coming together in one kitchen to prepare the recipes to scale really allowed the development process to flourish. It brought years of experienced chefs together from all parts of the country, each representing their own unique community. It allowed for shared knowledge, culinary problem solving, and increased passion for this work.

KID TESTED:

A team of local parent volunteers, the nine chefs, and non-profit representatives split up into groups to visit 10 schools throughout the district and tested 3-4 recipes in each school during lunch. Through the tastings, students had the opportunity to try some unfamiliar items such as tofu and quinoa.



KIDS VOTED:

In each school, volunteers solicited feedback from the kids. They were asked to vote for their favorite dishes in addition to sharing specific comments on what they enjoyed or did not like. Some recipes were clear favorites, like the Amazing Lo-mein as well as Mango and Black Bean Quinoa Salad. Roger, a third-grade student remarked, "I've never had quinoa, this tastes like lemon, sweet and tasty." Some of the most amazing responses came from the cafeteria staff who initially didn't think the kids would take the samples but were amazed to see students' excitement around the new dishes.



RECIPES FINALIZED:

Based on feedback, the chefs modified some of the recipes and adjusted production methods. They were then finalized and ready for crediting. After a thorough development and testing process, we are excited to offer over 30 culinary-inspired, plant-forward recipes to all schools nationwide!



THE PLANT-FORWARD MOVEMENT

The Culinary Institute of America (CIA) and the Harvard T.H. Chan School of Public Health—Department of Nutrition have crafted this definition of plant-forward, as an outgrowth of the Menus of Change® initiative:

“A style of cooking and eating that emphasizes and celebrates, but is not limited to, foods from plant sources—fruits and vegetables (produce), whole grains, legumes (pulses), nuts and seeds, plant oils, and herbs and spices—and reflects evidence-based principles of health and sustainability.”

We say plant-forward to describe a broad set of dietary patterns and approaches to menu design that deliver both personal and planetary health but also preserve a



wide range of choices. Plant-forward includes vegan and vegetarian preferences and culinary strategies, but it also captures that larger segment of the population that wants



to eat less meat—and more foods from plant sources—but is not necessarily interested in eliminating animal-based proteins from their diets. Think omnivores on their way to becoming flexitarians.

Finally, we say plant-forward as shorthand for food and menu choices that are largely whole, minimally processed, and slow-metabolizing. Too many fast-



metabolizing, plant-sourced carbohydrates in the diet—from sugary beverages to french fries, white-flour breads, white rice, and more—often lead to an endless series of surges and dips in blood sugar and insulin, overeating, obesity, and related chronic conditions such as diabetes.

More information, including a variety of relevant educational resources designed for chefs and food professionals, but available to all, can be found on [Menus of Change](#) and [Plant-Forward Kitchen](#) websites.

SPINACH LENTIL RICE BOWL WITH MANGO SLAW

Savory lentil crumbles, beans and rice are perfect with a side of sweet mango slaw.

ONE PORTION PROVIDES:

1 cup vegetable, 2 oz. eq. meat/meat alternative, 1 oz. eq grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Lentil crumbles</i>		
Lentil crumbles, GroundPro	9 ½ pounds	1. Pre heat to 325°F. 2. In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts). Mix well and level the mixture. Place lid on pan and place in oven. 3. Bake in 325°F. oven for 12 minutes until all water absorbed Fluff with a fork. CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at >= 140.00 °F
Water	6 quarts 2 ½ cups	
<i>Rice, brown, seasoned, with black beans and red peppers</i>		
Rice, brown, long grain, parboiled	6 ½ pounds	4. Combine rice and HOT water in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove
Water, hot	1 gallon, 2 quarts, 2 cups	

		from steamer and keep warm (160°F). Fluff with fork before serving.
Beans, black, canned, drained	3 ¾ # 10 cans	5. Combine beans, peppers and oil in a saucepan. Cook over medium heat. CCP-Minimum internal temperature should be 140°F. or above.
Peppers, red, sweet (bell), 1/4-inch diced	5 pounds	
Canola/olive oil blend	5/8 cup	
Salt, kosher, spices	2 tablespoons	6. Mix rice and bean mixture. Season hot rice and bean mixture with salt, onion powder and granulated garlic. CCP-Hold hot (140°F. or above) for service.
Onion, dry powder, spices	2 tablespoons	
Garlic, granulated, spices	2 tablespoons	
<i>Slaw, mango</i>		
Mango chunks IQF	4 pounds	7. Gently mix mango, lime juice, vinegar, salt, cilantro, cabbage and onions. 8. Cover and chill for 2 hours before serving to allow flavors to mix. CCP-Hold refrigerated at internal temperature of 40°F. or below for service.
Lime juice, canned or bottled, unsweetened	5/8 cups	
Vinegar, apple cider	5/8 cups	
Salt, kosher	2 1/2 teaspoons	
Cilantro, finely chopped	2 ½ cups	
Cabbage, green, shredded	2 pounds	
Onion, yellow, raw	1 pound	
Spinach, baby leaves, raw	15 ¾ pound	9. To assemble bowl, layer the following, in order in a serving vessel. <ul style="list-style-type: none"> • 1 cup baby spinach • #8 scoop lentil crumbles • #6 scoop rice and bean mix • #8 scoop mango slaw Serve immediately.

Serving size	2 2/3 cups	Yield, weight	56 Pounds, 3 1/8 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	219	Total Fat (gm)	3	Vitamin A (IU)	8144	Iron (mg)	4
Protein (gm)	9	Saturated Fat (gm)	0.5	Vitamin C (mg)	92	Sodium (mg)	934
Carbohydrate (gm)	41	Cholesterol (mg)	0	Calcium (mg)	155	Dietary Fiber (gm)	8

TOFU HUEVOS RANCHEROS

Tofu with turmeric and curry have a great flavor and a texture like scrambled eggs. Pairing with lentil crumbles and pinto beans makes a delicious breakfast!

ONE PORTION PROVIDES:

½ cup red/orange vegetable, 2 oz. eq. meat/meat alternative, 2 oz. grains



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Lentil Crumbles with Pinto Beans</i>		
Lentil crumbles, Ground Pro	2 pounds 6 ounces	1. Combine lentil crumbles, un-drained pinto beans and water in a saucepan and cook for 12 minutes or until the consistency of a thick sauce. Heat to a minimum of 140°F for 15 seconds
Pinto beans, canned	1 # 10 can plus 1 cup	
Water	1 quart, 2 ¾ cups	
<i>Tofu huevos</i>		
Tofu, raw, firm, prepared with calcium sulfate, drained	13 ¾ pounds	2. Place drained tofu in a bowl. Add turmeric and curry and crumble with a fork or mix with a whisk.
Curry, dry powder, spices	1 ½ tablespoon	

Turmeric, ground, spice	1 ½ tablespoon	3. Sauté tofu until lightly browned and scrambled egg consistency. CCP-Minimum internal temperature should be 140°F. or above.
Ranchero sauce		
Tomatoes, Fresh, Whole, 6x6	15 pounds	4. Rinse, core and halve tomatoes. Boil for 4 minutes, place in ice bath to shock and remove skins.
Onion, yellow, 1/4-inch diced	4 pounds	5. In a blender, combine boiled tomatoes, diced onion, cilantro, jalapenos, and salt. Blend on pulse to combine and until slightly chunky.
Cilantro, finely chopped	3 quarts (about 12 ounces)	
Peppers, jalapeno, sliced, canned, drained	3 ¼ pounds (1/2 # 10 can)	
Salt, kosher	2 tablespoons	
Crushed tomatoes, canned, no added salt	2 # 10 can (24 cups)	6. Add crushed tomatoes and heat mixture until smooth. CCP-Minimum internal temperature should be 140°F. or above.
Tortilla, flour, whole grain, 6-Inch,	200 tortilla	7. On a hot skillet, heat tortillas on both sides until warm and soft. 8. Lay 2 tortillas on serving vessel as a base. 9. Top tortillas with the following: #16 scoop (1/4 cup) lentil pinto mixture #16 scoop (1/4 cup) tofu huevos 1/2 cup ranchero sauce

Serving size	1 assembled entree	Yield, weight	107 Pounds, 11 1/2 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	284	Total Fat (gm)	7	Vitamin A (IU)	536	Iron (mg)	4
Protein (gm)	13	Saturated Fat (gm)	0.5	Vitamin C (mg)	10	Sodium (mg)	710
Carbohydrate (gm)	49	Cholesterol (mg)	0	Calcium (mg)	199	Dietary Fiber (gm)	4.5

NACHOS WITH SEASONED LENTIL CRUMBLES AND AVOCADO CREAM

These delicious nachos are topped with GroundPro lentil crumbles, for great texture and flavor. Avocado cream and scratch-made salsa make this dish really special.

ONE PORTION PROVIDES:

¼ cup red/orange vegetable, 1/8 cup other vegetable, 2 oz. eq. meat/meat alternative, 1 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Nacho seasoned lentil crumbles</i>		
Canola/olive oil blend	1 ½ cups	1. Sauté diced onions in oil until translucent. 2. Add lentil crumbles and combine. 3. Add oregano, paprika and water. Simmer until mixture reaches a chili-like consistency. CCP-Minimum internal temperature should be 140°F. or above. CCP-Hold hot (140°F. or above) for service.
Onion, yellow, 1/4-inch diced	4 pounds	
Lentil crumbles, GroundPro	9 ½ pounds	
Water	6 quarts 2 ½ cups	
Oregano, dried leaves, spices	½ cup	
Paprika, spices	1 ½ cups	
<i>Sauce, avocado cream-vegan</i>		
Milk, almond	3 quarts	4. Blend together almond milk, avocado and cornstarch. 5. Warm in a saucepan to a simmer and allow to thicken slightly.
Avocado	8 ounces	
Cornstarch	¼ cup	

Garlic, granulated	1/2 teaspoon	6. Add seasonings and lemon juice.
Pepper, cayenne, ground	1/4 teaspoon	
Salt, kosher	1 tablespoon	
Lemon juice	3 tablespoons	
<i>Pico de gallo, salsa, homemade</i>		
Crushed tomatoes, canned, no added salt	6 ¾ pounds	7. In a non-reactive container, combine crushed tomatoes, diced tomatoes and onions, lime juice, diced jalapenos, chopped cilantro, cumin, salt and sugar. Mix well to combine. 8. Display in serving pan according to station requirements. Cold Hold: Hold at ≤ 40°F.
Tomatoes, fresh, 1/4-inch diced	6 ¾ pounds	
Onion, yellow, 1/4-inch diced	3 pounds	
Lime juice	2 1/8 cups	
Peppers, jalapeno, diced, canned, drained	1 1/8 cups	
Cilantro, finely chopped	4 cups	
Cumin, ground, spices	1 teaspoon	
Salt, kosher	1 tablespoon	
Sugar, white, granulated	1 teaspoon	
Chips, tortilla, whole grain	8 ¾ pounds	

SERVING NOTES:

Serving size	1 cup
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	413	Total Fat (gm)	12	Vitamin A (IU)	805	Iron (mg)	8
Protein (gm)	19	Saturated Fat (gm)	0.5	Vitamin C (mg)	2.5	Sodium (mg)	645
Carbohydrate (gm)	47	Cholesterol (mg)	0	Calcium (mg)	176	Dietary Fiber (gm)	12

VEGAN TORTA

This satisfying sandwich features lentils and mushrooms topped with delicious vegetables for an appealing main dish.

ONE PORTION PROVIDES:
 ½ cup vegetable, 2 oz. eq. meat/meat alternative, 2 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Lentil crumbles with mushrooms filling</i>		
Mushrooms, white, fresh, slices	2 ½ pounds	1. Dice mushrooms 1/4 inch. 2. Heat to 325 degrees F. 3. In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts) and diced mushrooms (12 ounces). Mix well and level the mixture. Place lid on pan and place in oven. 4. Bake in 325 degrees F. oven for 12 minutes until all water absorbed. Fluff with a fork. CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at >= 140°F.
Lentil crumbles, GroundPro	9 ½ pounds	
Water	6 quarts 2 ½ cups	
Canola/olive oil blend	1 cup	5. Brush ¼ teaspoon oil on each side of sub roll 6. Toast roll in 350°F. oven for 3-4 minutes until slightly toasted.
Sub roll, regular, side slice, whole grain	100 rolls	

		7. Spread #8 scoop (1/2 cup) lentil mushroom mixture on one side of sub roll.
Lettuce, iceberg, shredded	3 ½ pounds	8. Top lentil mushroom mixture with: <ul style="list-style-type: none"> • 1/4 cup shredded iceberg lettuce • 1/8 cup sliced red onion • 2 slices tomato • 1/4 cup avocado slices (2-3 slices)
Onion, red, 1/4-inch sliced	4 pounds	
Tomatoes, fresh, 1/8-inch sliced	5 pounds	
Avocado	18 pounds	

SERVING NOTES:

Serving size	1 Sandwich	Yield, weight	71 Pounds, 1 Ounce
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	442	Total Fat (gm)	13	Vitamin A (IU)	319	Iron (mg)	4
Protein (gm)	14	Saturated Fat (gm)	1	Vitamin C (mg)	7	Sodium (mg)	724
Carbohydrate (gm)	68	Cholesterol (mg)	0	Calcium (mg)	56	Dietary Fiber (gm)	11

TEXAS RANCHERO SLOPPY JOE

This sweet, smoky sandwich is a mix of lentils, mushroom and bell pepper. A hearty and satisfying meal.



ONE PORTION PROVIDES:
2 oz. meat/meat alternate, 2 oz. eq. grains

INGREDIENTS	100 SERVINGS	DIRECTIONS
Lentil crumbles, GroundPro	9 ½ pounds	1. Pre heat to 325°F. 2. In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts). Mix well and level the mixture. Place lid on pan and place in oven. 3. Bake in 325°F. oven for 12 minutes until all water absorbed. Fluff with a fork. CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at >= 140.00 °F
Water	6 quarts 2 ½ cups	
Mushrooms, white, fresh	3 pounds	4. To make mushroom duxelle: chop mushrooms in a food processor until a fine grind. 5. Toss with oil and spread on sheet pans. Bake at 375°F for 15 minutes.
Canola/olive oil blend	¼ cup	
Peppers, red, sweet (bell), 1/4-inch diced	3 pounds	6. Sauté bell pepper in heated oil for 3 minutes

Canola/olive oil blend	¼ cup	7. Add cooked lentil crumbles and mushroom duxelle and sauté CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds).
Barbecue sauce, smoky, smokehouse	2 quarts	8. Add BBQ sauce to mixture and simmer for 20 minutes
Bun, hamburger, whole grain rich	100 rolls (3 oz each)	9. Place #8 scoop filling on bottom of hamburger bun. Top with crown of bun. Serve Immediately.

SERVING NOTES:

Serving size	1 Sandwich	Yield, weight	31 Pounds, 5 5/8 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	453	Total Fat (gm)	6	Vitamin A (IU)	855	Iron (mg)	2.5
Protein (gm)	13	Saturated Fat (gm)	0	Vitamin C (mg)	30	Sodium (mg)	1063
Carbohydrate (gm)	87	Cholesterol (mg)	0	Calcium (mg)	14	Dietary Fiber (gm)	8.5