

Chef Cyndie Story Recipes

Included are ten new recipes that were developed, tested, and standardized by Chef Cyndie Story to assist schools with incorporating more dark green, orange/red vegetables, legumes, and whole grains into school meals. The recipes are a supplement to the existing Iowa Gold Star Recipes and can be a tool for schools as they work towards meeting the new meal pattern requirements.



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Carrots of Change



TEAM NUTRITION  **IOWA™**

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Baked Acorn Squash Bowls

Vegetable

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Acorn squash, 8 oz size		48 each			<ol style="list-style-type: none"> 1. Preheat convection oven to 350°F. 2. Using a chef's knife, cut squash in half. To prevent injury, wear a safety glove on the hand not holding the chef's knife. 3. Remove seeds using a large spoon. Steps 2 and 3 may be omitted if using pre-cut squash halves. 4. To prepare the apples, wash and cut each apple in half using a chef's knife. Cut the half into quarters and remove the corner with seeds* (core). 5. Place 20 squash halves on a full sized sheet pan (4 halves x 5 halves). 6. Sprinkle each squash with 1/8 tsp. curry powder. 7. Place 2 apple quarters inside squash bowl OR 3 apple wedges if using sectionizer. 8. Bake squash at 350°F for approximately 35-40 minutes until squash is tender. <p>CCP: Cook until internal temp reaches 135°F or above.</p> <p>The baking time may be less for locally grown squash with higher moisture content.</p> <p>CCP: Hold at or above 135°F before and during service.</p>
Apples (125-138 ct)		48 each			
Curry powder		4 Tbsp			

					Notes: <ul style="list-style-type: none"> *If using a fruit sectionizer to core and wedge apples into 6 slices, place 3 wedges into each bowl. Component contribution remains the same at ¼ cup fruit and ¼ c red/orange vegetable.
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Serving Size	1 Serving Provides	Yield
½ cup	¼ c red/orange vegetable and ¼ cup fruit	96 servings

Nutrients Per Serving

Calories	50	Vitamin A	240 IU	Iron	0.64 mg
Protein	0.7 g	Vitamin C	6 mg	Calcium	26 mg
Carbohydrate	13.5 g	Dietary Fiber	3.4 g	Cholesterol	0 mg
Fat	0.25 g	% Fat	4.5 %	Sodium	3 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Bistro Spinach Salad

Main Dish

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Baby spinach, fresh	8 lb				<ol style="list-style-type: none"> Combine the baby spinach, romaine lettuce and carrots and mix well. Portion 2 cups of salad mix into each tray. Top with 1egg (sliced or quartered), or 2 ounces of sliced grilled chicken. Portion ½ ounce of the vinaigrette into portion cups and serve alongside the salad OR toss with greens just prior to service. Hold and serve at 41° or below. <p><i>For the vinaigrette dressing:</i></p> <ol style="list-style-type: none"> Combine vinegar, honey, mustard and salt in a mixing bowl. If using immersion blender, place ingredients in a tall container. Whisk until well blended. Slowly add the vegetable oil while whisking and whisk until well combined. <p>CCP: Hold at 41°F or below during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> Pre-washed, pre-cut leafy greens should not be re-washed.
Romaine lettuce, chopped	9 lb 6 oz				
Carrots, grated or matchstick	5 lb 4 oz				
Eggs, large, hard cooked, quartered or sliced OR Grilled chicken, sliced		100 ea			
	12 lb 8 oz				
<i>Vinaigrette dressing:</i> Red wine vinegar		2 cups			
Honey		½ cup			
Dijon mustard		½ cup			
Salt		1 tsp			
Vegetable oil		4 cups			

Serving Size	1 Serving Provides	Yield
1 entrée salad	2 oz equivalent meat/meat alternate; 1 c of dark green vegetable; and ¼ cup red/orange vegetable	100 servings

Nutrients Per Serving

Calories	192	Vitamin A	11240 IU	Iron	2.2 mg
Protein	14 g	Vitamin C	13.3 mg	Calcium	71 mg
Carbohydrate	7 g	Dietary Fiber	2.4 g	Cholesterol	120 mg
Fat	13 g	% Fat	60%	Sodium	146 mg
Saturated Fat	2.5 g	% Saturated Fat	12%		

Broccoli Mac and Cheese

Main Dish

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat pasta	5 lb 4 oz				<ol style="list-style-type: none"> 1. Cook pasta until slightly undercooked. Drain and rinse with cold water. 2. Heat milk to a simmer (185°F). Set aside. 3. Melt butter in a saucepan or steam jacketed kettle. Combine the flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown. 4. Slowly add milk to the flour mixture, whisking continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, Parmesan cheese, and cheddar cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine the well-drained pasta, broccoli and sauce. Mix well. 7. Spray pans with food release and place 10 pounds 14 ounces into each steam table pan (12"x20"x2 ½"). <p>For 50 servings, use 2 pans. Cover with foil and bake at 350°F for 25-30 minutes.</p> <p>CCP: Cook until internal temp reaches 135°F or</p>
Lowfat milk		2 ½ gal			
Butter, unsalted	1 lb 8 oz				
All purpose flour	1 lb 8 oz				
Salt		4 tsp			
Dry mustard		2 Tbsp			
Black pepper, ground		2 tsp			
Paprika		2 Tbsp			
Worcestershire sauce		4 tsp			
Parmesan cheese	8 oz				
Cheddar cheese, reduced fat, shredded	4 lb				
Broccoli, fresh, cut into small florets, blanched	7 lb				

<p><i>Topping:</i> Cheddar cheese, reduced fat, shredded</p>	<p>2 lb 4 oz</p>			<p>above.</p> <p>8. Remove from oven and top each pan with 9 ounces additional reduced fat cheddar cheese. Place in oven for 5 additional minutes, until cheese is melted.</p> <p>9. Portion with 8 oz spoodle.</p> <p>CCP: Hold at 135°F or above before and during service.</p>
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Serving Size	1 Serving Provides	Yield
1 cup (8 oz spoodle)	1 oz equivalent meat/meat alternate; ¾ oz equivalent grain/bread; and 1/2 c dark green vegetable	100 servings

Nutrients Per Serving

Calories	301	Vitamin A	820.4 IU	Iron	1.5 mg
Protein	17 g	Vitamin C	28.3 mg	Calcium	435 mg
Carbohydrate	31 g	Dietary Fiber	3.4 g	Cholesterol	37.8 mg
Fat	13 g	% Fat	38.5%	Sodium	435.6 mg
Saturated Fat	8 g	% Saturated Fat	23.8%		

Chili Roasted Sweet Potatoes

Vegetable

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
<p>Sweet potatoes, fresh, wedges or sticks</p> <p>Seasonings: Chili powder Sugar Black pepper White pepper Granulated garlic Salt</p> <p>Vegetable oil</p>	33 lb				<ol style="list-style-type: none"> 1. Wash sweet potatoes well, scrubbing thoroughly. 2. Leave skin on and cut into wedges about 1-1/2 inches thick OR purchase precut sweet potato wedges or sticks. (Option: Use a 6 cut potato wedger to cut fresh potatoes into wedges; wall mount is easiest to use) 3. Place sweet potatoes in a large mixing bowl. Combine the chili powder, sugar, black pepper, white pepper, granulated garlic and salt. Drizzle potatoes with oil and sprinkle with seasoning. Mix well to coat evenly with oil and seasonings. 4. Place on sheet pans. Do not use parchment pan liners. For 50 servings use 2 full sheet pans (18"x26"x1"). Do not crowd the sweet potatoes or they will steam in the oven. 5. Bake at 400°F for 12-15 minutes, or until tender and browned in spots. CCP: Cook until internal temp reaches 135°F or above. 6. Serve immediately. CCP: Hold for hot service at 135°F or higher.

Serving Size	1 Serving Provides	Yield
1 wedge	$\frac{3}{4}$ c of red/orange vegetable	100 servings

Nutrients Per Serving

Calories	172	Vitamin A	27,593 IU	Iron	0.8 mg
Protein	2.3 g	Vitamin C	12 mg	Calcium	47.2 mg
Carbohydrate	31.2 g	Dietary Fiber	2.5 g	Cholesterol	0 mg
Fat	4.6 g	% Fat	23.8 %	Sodium	36.6 mg
Saturated Fat	.70 g	% Saturated Fat	3.7 %		

Homemade Chicken Citrus Soup

Main Dish

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Olive oil		½ cup			<ol style="list-style-type: none"> Heat olive oil over medium heat. Add onions and garlic. Sauté for 5 minutes. Add jalapeno pepper and cook for 3 additional minutes. Add the cumin, oregano, chili powder, coriander, cloves, and cayenne. Sauté for 2 more minutes. Add the chicken broth and pinto beans. Bring to a boil and reduce to a simmer for approximately 20 minutes. Keep covered to reduce loss of liquid. Add chicken and bring to a boil. Cook for 5 additional minutes. <p>CCP: Cook until internal temp reaches 135°F or</p>
Onion, diced	5 lb 4 oz				
Garlic, minced		¼ cup			
Jalapeno pepper, seeded, diced	10 oz				
Cumin, ground		½ cup			
Oregano, flakes		1/3 cup			
Chili powder		4 Tbsp			
Coriander, ground		4 Tbsp			
Cloves, ground		1 tsp			
Cayenne pepper		2 tsp			
Chicken broth, low sodium		2 gal 3 pt			
Pinto beans, low sodium, drained and rinsed	9 lb 2 oz or 2.5 #10 cans				
Chicken, cooked, diced	9 lb 8 oz				

Lemon or lime juice		½ cup 1 tsp			<p>above. Hold and serve at or above 135°F</p> <p>6. At serving time, add lemon or lime juice. 7. Serve using 6 oz spoodle or 6 oz ladle.</p> <p>Notes:</p> <ul style="list-style-type: none"> Juice can be portioned using a squeeze bottle by students
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Serving Size	1 Serving Provides	Yield
6 oz	2 oz equivalent meat/meat alternate	100 servings

Nutrients Per Serving

Calories	121	Vitamin A	147.2 IU	Iron	1.9 mg
Protein	12.4 g	Vitamin C	5 mg	Calcium	40.4 mg
Carbohydrate	12.7 g	Dietary Fiber	3 g	Cholesterol	27 mg
Fat	3.6 g	% Fat	26.6%	Sodium	159 mg
Saturated Fat	0.6 g	% Saturated Fat	4.3%		

Moroccan Carrot Salad

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Walnuts, chopped, toasted (optional)	2 lb				<ol style="list-style-type: none"> Place walnuts on a baking sheet and bake in a 300°F oven for 6-10 minutes, or until lightly browned and toasted. Remove from oven and set aside to cool. Combine the grated carrots, toasted walnuts, and dried currants, raisins, or cherries in a large mixing bowl. Set aside. Combine the orange juice, lemon juice, orange zest (optional), brown sugar, salt and cinnamon in a mixing bowl and whisk until blended. Slowly add the oil while whisking, continue to whisk until well combined. Pour the citrus cinnamon dressing over the grated carrot mixture and mix until carrots are well coated with dressing. <p>CCP: Hold at or below 41°F before and during service.</p>
Carrots, shredded	10 lb 2 oz				
Dried currants, raisins or cherries	2 lb				
Orange juice		1 ½ cup			
Lemon juice		1 cup			
Fresh orange zest (optional)		4 Tbsp			
Brown sugar		½ cup			
Salt		2 tsp			
Cinnamon		1 Tbsp 1 tsp			
Vegetable oil		2 cups			

					6. Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).
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Serving Size	1 Serving Provides	Yield
½ cup	½ c of red/orange vegetable, and 1/8 c fruit	100 servings

Nutrients Per Serving*

Calories	91	Vitamin A	7722.6 IU	Iron	0.33 mg
Protein	0.7 g	Vitamin C	4.6 mg	Calcium	22.3 mg
Carbohydrate	13 g	Dietary Fiber	1.7 g	Cholesterol	0.0 mg
Fat	4.5 g	% Fat	45%	Sodium	80.7 mg
Saturated Fat	0.7 g	% Saturated Fat	7%		

*Nutrient analysis depends on specific salad dressing used for recipe.

Roasted Butternut Squash

Vegetable

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash	33 lb 4 oz*				<ol style="list-style-type: none"> Preheat convection oven to 375°F. Using a vegetable peeler, remove skin from squash. Cut squash in half using a chef's knife, and remove seeds using a large spoon. To prevent injury, wear a safety glove on the hand not holding the chef's knife. Use the chef's knife to dice the squash into medium dice pieces (1/2 inch). Pour olive oil over diced squash. Toss and coat well. Place 4 lbs 2 ½ oz of diced squash on each full sized sheet pan (18"x26"x1"). Do not overload pan because the bottom layer will steam, not roast. Roast squash at 375°F for approximately 40 minutes until golden brown <p style="color: red;">CCP: Hold at or above 135°F before and during service.</p> <ol style="list-style-type: none"> Portion ½ cup squash per serving. <p>Notes:</p> <ul style="list-style-type: none"> If using pre-cut squash, omit steps 2 through 4. *Purchase amount for 100 servings of fresh squash is 40 lbs
Olive oil		1 ½ cup			

Serving Size	1 Serving Provides	Yield
½ cup	½ cup red/orange vegetable	96 servings

Nutrients Per Serving

Calories	70	Vitamin A	5350 IU	Iron	.5 mg
Protein	1 g	Vitamin C	10 mg	Calcium	23 mg
Carbohydrate	9 g	Dietary Fiber	3 g	Cholesterol	0 mg
Fat	3.6 g	% Fat	46 %	Sodium	200 mg
Saturated Fat	0.5 g	% Saturated Fat	6 %		

Spicy Lemon Hummus

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, drained and rinsed, low sodium	16 lb	3.75 #10 cans			1. Combine all ingredients in a food processor or VCM and puree to a smooth consistency. 2. Spread 5 pounds of mixture into each 12"x20"x2 ½" pan; use 4 pans for 96 portions. Option: sprinkle with light dash of paprika or cayenne pepper for color. CCP: Chill to 41°F or lower within two hours. Refrigerate until service. 3. Portion with a No. 8 scoop. CCP: Hold at 41°F or below before and during service. Notes: <ul style="list-style-type: none"> If tahini is available, add 3 cups for 100 servings. Additional cayenne pepper and/or jalapeno pepper may be added if desired.
Lemon juice		1 qt 1 pt			
Olive oil		3 cup			
Garlic, minced		½ cup			
Cumin, ground		½ cup			
Cayenne pepper		2 Tbsp			
Jalapeno pepper		4 cup			
Red bell pepper		4 cup			

Serving Size	1 Serving Provides	Yield
½ cup	3/8 cup beans/peas vegetable or 1 ½ oz equivalent meat/meat alternate	100 servings

Nutrients Per Serving

Calories	167	Vitamin A	464 IU	Iron	1.10 mg
Protein	5.3 g	Vitamin C	13.3 mg	Calcium	37.4 mg
Carbohydrate	19.3 g	Dietary Fiber	0.4 g	Cholesterol	0.0 mg
Fat	8.6 g	% Fat	46.7%	Sodium	189 mg
Saturated Fat	1 g	% Saturated Fat	5.8%		

Tomato, Basil, and Mozzarella Salad

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, cherry, cut in half	16 lb 10 oz				<ol style="list-style-type: none"> Mix together the tomatoes, mozzarella cheese, basil, garlic, olive oil, salt and pepper. Place ½ cup romaine lettuce on each tray. Top lettuce with ½ cup tomato mixture. <p>CCP: Hold at or below 41°F before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> 6 whole cherry tomatoes = ½ cup serving Pre-washed, pre-cut leafy greens should not be re-washed.
Mozzarella cheese, cut into ¼ inch dice	6 lb 4 oz				
Basil, fresh, chiffonade	4 oz	2 2/3 cup			
Garlic, dehydrated	3 Tbsp 1 tsp				
Olive oil	20 oz				
Salt	1 Tbsp				
Black pepper	2 tsp				
Romaine Lettuce, chopped	6 lb 12 oz				

Serving Size	1 Serving Provides	Yield
1 cup	1 oz equivalent meat/meat alternate, ¼ cup dark green vegetable, and ½ cup red/orange vegetable	100 servings

Nutrients Per Serving

Calories	150	Vitamin A	3564 IU	Iron	0.7 mg
Protein	8.2 g	Vitamin C	18 mg	Calcium	227 mg
Carbohydrate	5.5 g	Fiber	1.7 g	Cholesterol	15.2 mg
Fat	12 g	% Fat	71.2%	Sodium	248.6 mg
Saturated Fat	4.4 g	% Saturated Fat	26%		

Three Sisters Enchiladas

Main Dish

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		½ cup			<ol style="list-style-type: none"> Heat oil over medium heat and add onions and squash. Saute onion and squash until tender, about 10 minutes. Add the chili powder, cumin, and granulated garlic. Mix to combine. Remove from heat. Combine the pinto beans, corn, cheddar cheese, and enchilada sauce in a large mixing bowl. Add the onion and squash, and mix thoroughly. Prepare 12"x20"x2 ½" pans by spraying lightly with food release, and spread 10 oz of enchilada sauce on the bottom of each pan. Steam the tortillas until soft and pliable. Using a 6 oz spoodle, or a combination of a number 8 and number 16 scoops, place ¾ cup of the squash, bean and corn mixture in the center of a tortilla and roll up. Place the filled tortillas in the prepared 12"x20"x2 ½" pan. Each pan will fit 10 enchiladas. Pour 10 oz of enchilada sauce evenly over the top of the enchiladas. Spread sauce to cover the entire tortilla. Top with the additional reduced fat cheddar cheese. Cover tightly with foil. Bake in a 325°F oven for 45 minutes. Internal temperature should be 135°F or above. <p>CCP: Cook until internal temp reaches 135°F or above.</p>
Onion, diced	4 lb				
Butternut squash, ½ inch, diced	13 lb 4 oz*				
Chili powder		½ cup			
Cumin		2 Tbsp 2 tsp			
Granulated garlic		4 tsp			
Pinto beans, canned, drained	8 lb				
Corn kernels, thawed	6 lb				
Cheddar cheese, reduced fat shredded	3 lb				
Tortillas, whole grain, 8"		100 each			
Red chili enchilada sauce, canned	100 oz	3 qt, ½ cup			

Topping: Cheddar cheese, reduced fat shredded	2 lb 4 oz				8. Let rest for 5 minutes before serving. CCP: Hold at or above 135°F before and during service. Notes: <ul style="list-style-type: none"> *Purchase amount of fresh squash for 100 servings is 15 lbs 6 oz.
Red chili enchilada sauce, canned	100 oz	3 qt, ½ cup			

Serving Size	1 Serving Provides	Yield
1 enchilada	2 oz equivalent meat/meat alternate, 1 ½ oz equivalent grain/bread, and ½ cup vegetable	100 servings

Nutrients Per Serving

Calories	312	Vitamin A	6399 IU	Iron	1.4 mg
Protein	14.6 g	Vitamin C	14.5 mg	Calcium	327 mg
Carbohydrate	45 g	Fiber	8.7 g	Cholesterol	13.4 mg
Fat	9.6 g	% Fat	28 %	Sodium	599 mg
Saturated Fat	4 g	% Saturated Fat	12 %		

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