USDA Foods Recipes by Chef Deanna Olson

Chef Deanna Olson worked with the Iowa USDA Foods Advisory Council to develop and standardize ten new recipes for schools utilizing USDA Foods, as part of a Team Nutrition grant. The recipes can help schools offer tasty whole grain options, dark green and red/orange vegetables, and savory legumes that students will choose to eat. The recipes were tested and sampled by students at Saydel, Central, Holy Family in Dubuque, Algona, Waukee, and Oelwein schools.

The recipes include:

- Rockin Caesar Salad
- Savory Black Beans
- Berry Cherry Power Bar
- Strawberry Romaine Salad
- Tangy Chicken Parmesan
- Perfect Pinto Beans
- Honey Cinnamon Sweet Potatoes
- Zesty Tex Mex Pasta Salad
- Crunchy Bonzo Beans
- Italian Try-Me Beans

The recipes can be found at www.educateiowa.gov, under "Team Nutrition".

Flavor Shakers

The following low-sodium herb/seasoning mixtures can be mixed together and offered to students in a shaker to season their food as desired. Chef DeeDee created the mixture combinations to appeal to students.

Great on Potatoes
2 tablespoons dill weed
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon paprika
1 tablespoon dried parsley
1 tablespoon dried sage

Great on Vegetables
2 tablespoons black pepper
1 tablespoon cayenne pepper
1 tablespoon paprika
1 tablespoon onion powder
1 tablespoon garlic powder

Great on Vegetables and French Fries
2 tablespoons chili powder
2 tablespoons cumin
1 tablespoon crushed red pepper
1 tablespoon onion powder
1 tablespoon granulated garlic

Great on Squash and Carrots
2 tablespoons cinnamon
1 tablespoon ground cloves
1 tablespoon ground ginger
1 tablespoon nutmeg

Additional Shaker Ideas
1. Low Sodium lemon pepper
2. Crushed red pepper flakes
3. Grated Parmesan cheese and dried parsley
4. Course ground black pepper and granulated garlic

Tip: You can buy shakers at discount stores for a $1.