With special thanks to Patti Jaeger, VCAAA Registered Dietitian, for her lifelong passion to keep seniors healthy and to the Senior Nutrition Program chefs who have largely contributed to the recipes in this book
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Preface

The recipes in this book focus on the unique nutritional needs of seniors. Each one is registered-dietitian approved to meet U.S. Dietary Guidelines for Americans and geared toward the Dietary Reference Intake (DRI) and Adequate Intake for vitamins and elements for older, frail adults. These meals provide a minimum of one-third of the DRI and accommodate diabetic and low-sodium diets.

Many of the recipes included in this book were contributed by the great chefs at Senior Nutrition Program meal sites throughout the county. These chefs know that seniors expect and deserve meal options that are more than just nutritious; they also want food that looks good and tastes delicious when eating at area dining halls (congregate) or receiving home-delivered meals (HDM). Additionally, the ingredients of these recipes in large part can be found at local 99 Cents Only Stores and other places to shop on a budget.

To enjoy these and many more recipes at a Senior Nutrition Program dining site, or to learn more about meal deliveries in your area, contact a meal provider near you:

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Chapter 1

Salads

Pasta-Salsa Salad

**Ingredients:** (2 Servings)
- 1 (10-oz.) package Ziti or Penne Pasta
- 1 (10-oz.) package Frozen Corn
- 1 (15½-oz.) can Black Beans, rinsed and drained
- 1 cup Bottled Mild Salsa (use thick salsa)
- 1 cup Mexican Cheese Blend, shredded
- 2 tsp. Olive Oil

**Directions:**
1. Cook pasta according to package directions. Add frozen corn last 30 seconds. Cook just until corn has thawed. Drain.
2. Pour into large bowl. Add rest of ingredients. Toss.

**Ingredients:** (20 Servings)
- 3 (10-oz.) package Ziti or Penne Pasta
- 3 (10-oz.) package Frozen Corn
- 3 (15½-oz.) can Black Beans, rinsed and drained
- 3 cup Bottled Mild Salsa (use thick salsa)
- 3 cup Mexican Cheese
Whole Wheat Pasta with White Beans and Spinach

Ingredients: (8 Servings)
1 (10 oz.) package of Whole Wheat Rotini or Penne Pasta
2 tbsp. Olive Oil or Canola Oil
2 cloves of Garlic, minced
1 (15 oz.) can of White Beans, drained and rinsed
1 (10 oz.) bag of Spinach (about 5 cups)
½ cup Low-Sodium Chicken Broth

Directions:
1. Cook pasta according to package directions. Heat oil over medium-high heat. Add garlic and cook for 1 minute.
2. Stir in beans, spinach and broth and bring to a boil. Lower heat and simmer until spinach has wilted, 2 to 3 minutes. Drain pasta, reserving ½ cup cooking water. Mix and serve.

Ingredients: (20 Servings)
3 (10 oz.) package of Whole Wheat Rotini or Penne Pasta
6 tbsp. Olive Oil or Canola Oil
6 cloves of Garlic, minced
3 (15 oz.) can of White Beans, drained and rinsed
3 (10 oz.) bags of Spinach (about 15 cups)
1½ cup Low-Sodium Chicken Broth
Chickpea Tomato and Basil Salad

**Ingredients:** (2 Servings)
1. (15 oz.) can of Chickpeas
2. 2 cups Grape Tomatoes, cut into halves
3. 1 Cucumber, chopped
4. 5 Basil Leaves, chopped
5. 2 cloves of Garlic, minced
6. 2 tbsp. Vinaigrette Salad Dressing

**Directions:**
1. Rinse and drain chickpeas. In a medium bowl, toss all ingredients and let chill for at least 20 minutes.
2. (Try adding tuna, chicken, mozzarella cheese, or walnuts for extra protein.)

**Ingredients:** (20 Servings)
1. 10 (15 oz.) cans of Chickpeas
2. 20 cups Grape Tomatoes, cut into halves
3. 10 Cucumber, chopped
4. 50 Basil Leaves, chopped
5. 20 cloves of Garlic, minced
6. 1 ¼ cup Vinaigrette Salad Dressing
Marinated Three-Bean Salad

**Ingredients:** (2 Servings)

1 (15 oz.) can of Garbanzo Beans, rinsed and drained
1 (15 oz.) can of Kidney Beans, rinsed and drained
1 (15 oz.) can Green Beans, rinsed and drained
1 Small Onion, thinly sliced
1 Bell Pepper, chopped
¼ cup Italian Salad Dressing

**Directions:**

1. In a large bowl, combine the garbanzo beans, green beans, kidney beans, onion, and bell pepper. Pour the Italian dressing over the vegetables and toss lightly.
2. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can also be left in the refrigerator overnight.

**Ingredients:** (20 Servings)

10 (15 oz.) cans of Garbanzo Beans, rinsed and drained
10 (15 oz.) cans of Kidney Beans, rinsed and drained
10 (15 oz.) cans Green Beans, rinsed and drained
10 Onions, thinly sliced
10 Bell Pepper, chopped
2 ½ cups Italian Salad Dressing
Tuna Salad Sandwich

**Ingredients:** (2 Servings)
- 1 (5 oz.) can of Tuna in water, drained
- 1 Hard-Boiled Egg, chopped
- ¼ cup Celery, diced
- ¼ cup Red Onion, diced
- 1 Medium Carrot, grated
- 1 Tbsp. Reduced-Fat Mayonnaise or Salad Dressing of Choice
- ½ tsp Lemon Juice
- Pinch of Black Pepper
- 4 slices Whole Wheat Bread

**Directions:**
1. In a medium bowl, mix the first 8 ingredients until evenly coated with dressing.
2. Spread tuna mixture evenly on two bread slices. Top with remaining bread slices.

**Ingredients:** (20 Servings)
- 10 (5 oz.) cans of Tuna in water, drained
- 10 Hard-Boiled Egg, chopped
- 2½ cups Celery, diced
- 2½ cups Red Onion, diced
- 10 Medium Carrots, grated
- ½ cup Reduced-Fat Mayonnaise or Salad Dressing of Choice
- 1½ tbsp. Lemon Juice
- 1 tsp. Black Pepper
- 40 slices Whole Wheat Bread
Apple Turkey Salad Sandwich

**Ingredients:** (2 Servings)
- ¼ Turkey Breast, diced
- ¼ stock of Celery, chopped
- 1 Apple, diced
- ½ tsp. Mustard
- 5 tbsp. Low-Sodium Mayonnaise
- Mixed Salad Greens or Wheat Bread - optional

**Directions:**
1. Combine diced turkey breast, celery, apples, mustard, and mayo in a bowl. Mix well.
2. Serve on top of salad greens OR on wheat bread.

**Ingredients:** (20 Servings)
- 1 Whole Turkey Breast, diced
- 1 stock of Celery, chopped
- 10 Apples, diced
- 1 tbsp. Mustard
- 3 cups Low-Sodium Mayonnaise
- Mixed Salad Greens or Wheat Bread - optional
Egg Salad Sandwich

**Ingredients:** (2 Servings)

3 Hard-Boiled Eggs, chopped
½ of a Green Onion, chopped
1 tbsp. Celery, chopped
½ tsp. Light Sour Cream
2 tsp. Light Mayonnaise
¼ tsp. Ground Mustard
½ tsp. cup Red Wine Vinegar
¼ tsp. Onion Powder
1/8 tsp. cup Paprika
2 slices Whole Wheat Bread

**Directions:**

1. Combine sour cream, mayonnaise, ground mustard, red wine vinegar, onion powder, black pepper, and paprika in a large bowl. Stir until well combined.
2. Add hard boiled eggs, green onions, and celery, stirring until well blended. Sprinkle additional paprika on top for color, if desired.
3. Serving size consists of ½ sandwich.

**Ingredients:** (180 Servings)

240 Hard-Boiled Eggs, chopped
60 Green Onions, chopped
5 cups Celery, chopped
10 cups Light Sour Cream
3¾ cups Light Mayonnaise
2/3 cup Ground Mustard
1 ¼ cup Red Wine Vinegar
2/3 cup Onion Powder
1/8 cup Paprika
180 slices Whole Wheat Bread
Black Bean Fiesta Salad

**Ingredients:** (2 Servings)
- 2/3 cups Elbow Pasta
- 3 tbsp. Roma Tomatoes
- ½ of an Avocado, peeled and diced (optional)
- 1½ tbsp. Red Onion, diced
- 1½ tbsp. Bell Pepper, diced
- ¼ can of Black Beans, drained and rinsed
- 1 bunch Cilantro, chopped
- Juice of 1 Lime (or ½ of a Lemon)
- 1 tbsp. olive oil Blend
- ½ tsp. Jalapeno Juice
- Grated Cheese

**Directions:**
1. Cook pasta, drain and rinse in cold water. Combine tomatoes, avocado, onion, bell pepper and beans in a large bowl. Whisk together the oil, cilantro and juices. Toss gently, cover, and chill.
2. Sprinkle lightly with cheese before serving.
3. Makes about 30 servings

**Ingredients:** (30 Servings)
- 10 cups Elbow Pasta
- 1½ lbs. Roma Tomatoes
- 1½ Avocados, peeled and diced (optional)
- 1½ cups Red Onion, diced
- 2¼ cups Bell Pepper, diced
- 1 can of Black Beans, drained and rinsed
- 1 bunch Cilantro, chopped
- Juice of 5 Limes (or 4 Lemons)
- ¼ cups olive oil Blend
- 1 tsp. Jalapeno Juice
- Grated Cheese
Quinoa Vegetable Pilaf with Walnut Salad

**Ingredients:** (2 Servings)

- ½ cup Quinoa
- 2½ tsp. Olive Oil Blend
- ¼ bag of Onions, diced
- ½ of a Carrot, shredded or diced
- 2½ cups of Boiling Water (use Chicken Stock if you can)
- ¼ cups Walnuts
- ½ bunch of Parsley, chopped

**Directions:**

1. Rinse quinoa until it no longer foams, then drain. In a large pot, heat oil med to med high heat. Add vegetables, stirring for 4 minutes. Add quinoa and water or chicken stock, and with high heat bring to boil.
2. Reduce heat and cover, simmering for 15-20 minutes. Roast walnuts in oven at 300° for ~10 min, or until golden brown. Chop them, then add to quinoa mix and gently blend.
3. Return lid to pot and let rest for 5 min.
4. Stir in parsley just before serving.

**Ingredients:** (40 Servings)

- 10 cups Quinoa
- 1 cup Olive Oil Blend
- 1 bag of Onions, diced
- 10 Carrots, shredded or diced
- 3 gallons of Boiling Water (use Chicken Stock if you can)
- 5 cups Walnuts
- 2 bunches of Parsley, chopped
Grain-Free Tabouli Salad

**Ingredients:** (2 Servings)

- ¼ cup Cauliflower
- 2 tbsp. Lemon Juice
- 2 tsp. Dried Mint
- 1 tsp. Salt Free Herb Seasoning
- 1 tsp. Ground Black Pepper
- ¼ cup Olive Oil
- ¼ cup Parsley
- 2 cups Tomatoes, finely chopped
- 1 cup Cucumber, finely chopped

**Directions:**

1. In a bowl, combine the cauliflower, mint, parsley, tomatoes, and cucumber.  
2. Toss with lemon juice, olive oil, and herb seasoning before serving.

**Ingredients:** (20 Servings)

- 2½ cups Cauliflower
- 1 cup Lemon Juice
- ½ cup Dried Mint
- 3 tbsp. Salt Free Herb Seasoning
- 3 tbsp. Ground Black Pepper
- 2½ Olive Oil
- 2½ cup Parsley
- 20 cups Tomatoes, finely chopped
- 10 cup Cucumber, finely chopped
Chicken Fruit Salad

Ingredients: (2 Servings)
3 cups cubed cooked chicken
2 cups grapes
1 cup sliced celery
¾ cup pineapple tidbits, drained
½ cup chopped apple
½ cup golden raisins
½ cup chopped pecans
1 cup mayonnaise
¼ cup orange juice
½ tsp. ground ginger
1/8 tsp. pepper
Shredded lettuce

Directions:
1. In a large bowl, combine the first 11 ingredients.
2. In a small bowl, whisk the mayonnaise, orange juice, sugar, ginger and pepper; pour over salad and toss to coat. Serve on a bed of lettuce.

Ingredients: (20 Servings)
30 cups cubed cooked chicken
20 cups grapes
10 cup sliced celery
7½ cup pineapple tidbits, drained
5 cup chopped apple
5 cup golden raisins
5 cup chopped pecans
10 cup mayonnaise
2½ cup orange juice
5 tsp ground ginger
1¼ tsp pepper
Shredded lettuce
Nopales Salad  (Opuntia Cactus)

**Ingredients:** (2 Servings)
- 4 cups Nopales, chopped
- 2 Tomatoes, chopped
- ½ of an Onion, chopped
- ½ cup Cilantro, chopped

**Directions:**
1. Cook the nopales for ~20 mins.
2. Drain and let cool.
3. Mix all ingredients, add pepper.

**Ingredients:** (20 Servings)
- 40 cups Nopales, chopped
- 20 Tomatoes, chopped
- 5 Onions, chopped
- 5 cups Cilantro, chopped
Five Spice Chicken Noodle Salad

**Ingredients:** (2 Servings)

- 2 tbsp. Low Sodium Soy Sauce
- 2 tbsp. Virgin Olive Oil
- 1 tsp. Sugar
- 2 Chicken Breast Halves, boned and skinned
- Rice Vermicelli (Cannot be Box Mix; Plain Brown or White Only)
- ½ small Carrot, coarsely shredded
- 1 Tbs. finely chopped Cilantro
- 1 Tbs. finely chopped Mint Leaves
- ¼ cup Peanuts, crushed

~For Lime Dressing~

- ¼ cup Sugar
- ½ cup Rice Vinegar
- Red Chili, minced

**Directions:**

1. Mix all ingredients in a bowl.

**Ingredients:** (20 Servings)

- 1 cup Low Sodium Soy Sauce
- 1 cup Virgin Olive Oil
- 3 tbsp. Sugar
- 10 Chicken Breast Halves, boned and skinned
- Rice Vermicelli (Cannot be Box Mix; Plain Brown or White Only)
- 3 Carrots, coarsely shredded
- ½ cup finely chopped Cilantro
- ½ cup finely chopped Mint Leaves
- 2½ cups Peanuts, crushed

~For Lime Dressing~

- 2½ cup Sugar
- 5 cups Rice Vinegar
- Red Chili, minced
Grilled Steak Salad with Walnut Dressing

**Ingredients:** (2 Servings)
- 6 oz Tri-tip Steak
- Romaine Lettuce
- 2 oz. Crumbled Blue Cheese
- Dressing:
  - 1 Red Onion, thinly sliced
  - ½ cup Olive Oil

**Directions:**
1. Cook tri-tip steak in pan or on grill
2. Mix dressing ingredients in bowl.
3. Place Romaine lettuce in serving dish.
4. Add dressing and toss.
5. Top with tri-tip steak and crumbled blue cheese.

**Ingredients:** (20 Servings)
- 60 oz Tri-tip Steak
- Romaine Lettuce
- 20 oz. Crumbled Blue Cheese
- Dressing:
  - 10 Red Onions, thinly sliced
  - 5 cups Olive Oil

- 1 cup Walnuts, coarsely chopped
- 1 clove of Garlic, sliced
- 1/3 cup Red Wine Vinegar
- 1 tbsp. Brown Sugar
- 1 tbsp. Whole Grain Dijon Mustard
- ¼ tsp. Pepper

Ventura County Area Agency on Aging
Spinach Salad

**Ingredients:** (2 Servings)

1 bag of Spinach  
2 Hardboiled Eggs  
12 Cherry Tomatoes

**Directions:**

1. Rinse spinach and tomatoes  
2. Cut tomatoes in half if desired  
3. Chop cooled eggs  
4. Mix ingredients and add dressing of choice

**Ingredients:** (20 Servings)

10 bags of Spinach  
20 Hardboiled Eggs  
120 Cherry Tomatoes
Pea Salad

**Ingredients:** (2 Servings)
- ½ bag of Frozen Peas - thawed
- 2 Hard-Boiled Eggs
- 1/3 cup Low Sodium Mayonnaise
- 1/3 stalk of Celery
- ½ tsp. Black Pepper
- ½ tsp. Mustard

**Directions:**
1. Chop eggs and celery
2. Mix all ingredients together

**Ingredients:** (20 Servings)
- 6 bags of Frozen Peas - thawed
- 1 dozen Hard-Boiled Eggs
- 3 cups Low Sodium Mayonnaise
- 1 stalk of Celery
- 1 tbsp. Black Pepper
- 1 tbsp. Mustard
Broccoli Salad

**Ingredients:** (2 Servings)
- ½ bag of Frozen Broccoli
- 1½ tsp. Vinegar
- 3 tbsp. Low Sodium Mayo
- ½ tsp. Black Pepper
- ½ tsp. Mustard
- ½ tsp. Salt Free Vegetable Herb Seasoning

**Directions:**
1. Cook broccoli, then cool
2. Mix all ingredients and chill

**Ingredients:** (20 Servings)
- 6 bags of Frozen Broccoli
- 1/3 cup Vinegar
- 2 cups Low Sodium Mayo
- 1 tbsp. Black Pepper
- 1 tbsp. Mustard
- 1 tbsp. Salt Free Vegetable Herb Seasoning
Sweet and Savory Kale Salad

**Ingredients:** (2 Servings)
- 2 tbsp. Olive Oil
- 1 Small Onion, diced
- 2 cloves of Garlic, minced
- 1 tbsp. Dijon Mustard
- 4 tsp. White Sugar
- 1 tbsp. Cider Vinegar
- 4 cups Kale, stemmed, torn, and rinsed
- 1/4 cup Cranberries, dried
- Salt and Pepper to taste
- ¼ cup Almonds, sliced

**Directions:**
1. Heat olive oil in a large pot over medium heat
2. Stir in onion and garlic; cook and stir until onion turns translucent (~5 min)
3. Stir in mustard, sugar, vinegar, and chicken stock, and bring to a boil over high heat
4. Stir in the kale, cover, and cook 5 mins until wilted
5. Stir in the dried cranberries, and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened (~15 mins)
6. Season to taste (salt and pepper), sprinkle with sliced almonds before serving

**Ingredients:** (20 Servings)
- 1 cup Olive Oil
- 10 Onions, diced
- 20 cloves of Garlic, minced
- ½ cup Dijon Mustard
- 1 cup White Sugar
- ½ cup Cider Vinegar
- 40 cups Kale, stemmed, torn, and rinsed
- 2½ cups Cranberries, dried
- Salt and Pepper to taste
- 2½ cups Almonds, sliced
Fresh Coconut Jicama Slaw

**Ingredients:** (2 Servings)
1 Coconut shredded or grated
4 cups Jicama shredded or grated
1 Carrot, peeled and grated
1 Mango, in small cubes
2/3 cup Mint Leaves finely chopped
2 cloves of Garlic minced
1/3 tbsp. Lemon Juice
2 tsp. Jalapeno minced
Lemon Grass, minced
2 tbsp. Rice Vinegar

**Directions:**
1. Mix all ingredients well
2. Chill

**Ingredients:** (20 Servings)
10 Coconuts shredded or grated
40 cups Jicama shredded or grated
10 Carrots, peeled and grated
10 Mangos, in small cubes
6½ cups Mint Leaves finely chopped
20 cloves of Garlic minced
3 tbsp. Lemon Juice
1 cup Jalapeno minced
Lemon Grass, minced
1 cup Rice Vinegar
Spring Beans Salad

**Ingredients:** (2 Servings)
1 can Dark Red Kidney Beans
3 Tomatoes, diced
1 cup Onion, diced
1 cup Celery, diced
½ cup Cilantro, diced small
8 Avocados, cubed
1 tbs. Olive Oil
½ cup Lemon Juice
½ cup Green Onion, diced

**Directions:**
1. Mix all ingredients together and serve cold.

**Ingredients:** (20 Servings)
10 cans Dark Red Kidney Beans
30 Tomatoes, diced
10 cups Onion, diced
10 cups Celery, diced
5 cups Cilantro, diced small
80 Avocados, cubed
½ cup Olive Oil
5 cups Lemon Juice
5 cups Green Onion, diced
Dressed Salad

**Ingredients:** (2 Servings)

1½ cups Salad Mix
1 (1½ oz.) packet Italian Dressing or Balsamic Vinaigrette
1½ Tomatoes
½ of a Cucumber
1 tsp. Carrots, shredded

**Directions:**

1. Mix ingredients together and serve

**Ingredients:** (50 Servings)

30 cups Salad Mix
6 (1½ oz.) packets Italian Dressing or Balsamic Vinaigrette
8 Tomatoes
3 Cucumbers
½ cup Carrots, shredded
Chapter 2

Soups

Vegetable Soup

**Ingredients:** (2 Servings)

1 Zucchini  
½ bags Frozen Carrots  
2 lbs. Wheat Macaroni  
1 lb. Chicken Base  
½ can Tomato, diced  
Fresh Thyme

**Directions:**

1. Chop zucchini and add to pot of chicken base. Add carrots, macaroni, and tomato. Season with thyme. Cook and serve.

**Ingredients:** (20 Servings)

10 Zucchini  
2 bags Frozen Carrots  
2 lbs. Wheat Macaroni  
1 lb. Chicken Base  
2 cans Tomato, diced  
Fresh Thyme
Taco Soup

**Ingredients:** (2 Servings)

- ½ lb. Ground Turkey, seasoned
- ½ bag Vegetarian Soup
- 1 can of Black Beans
- 1 can of Garbanzo Beans
- ¼ bag Frozen Corn
- ½ tsp Garlic Powder
- ½ tsp. Onion Powder
- ½ tsp. Dried Oregano
- ½ tsp. Paprika
- ½ tsp. Cumin
- ½ tsp. Black Pepper

**Directions:**

1. Cook turkey.
2. Mix ingredients in pot.
3. Garnish with crispy whole wheat tortilla strips or shredded cheese.

**Ingredients:** (40 Servings)

- 10 lbs. Ground Turkey, seasoned
- 2 bags Vegetarian Soup
- 1 10-lb can of Black Beans
- 1 10-lb can of Garbanzo Beans
- 1 bag Frozen Corn
- 1½ tsp Garlic Powder
- 1½ tsp. Onion Powder
- 1½ tsp. Dried Oregano
- 3 tsp. Paprika
- 3 tsp. Cumin
- 3 tsp. Black Pepper
Chicken Noodle Soup

Ingredients: (2 Servings)
Chicken Base (follow directions on jar)
3 cups Vegetable Water
1/4/ bag Frozen Carrots
1/4/ Onion, chopped
1/4 cup Celery, chopped
2 cups Whole Wheat Rotini Noodles
No-Salt Vegetable Seasoning
1 Grilled Chicken Breast

Directions:
1. Put chicken base with vegetable water in a soup pot
2. Add no-salt vegetable seasoning
3. Start warming this mixture first
4. Cook the carrots with the celery and onions separately.
5. Cube grilled chicken breast and heat in 1 inch of water in a pan covered with foil. (Note: the chicken is pre-cooked, so this step is only bringing it up to temperature for serving)
6. Cook the noodles in pasta pots separately.
7. Mix all ingredients together in a large pot prior to serving

Ingredients: (40 Servings)
Chicken Base (follow directions on jar)
3½ gallons Vegetable Water
1 ½ bags Frozen Carrots, sliced
1 cup Onions, chopped
2 cups Celery, chopped
10 small bags
Whole Wheat Rotini Noodles
No-Salt Vegetable Seasoning
20 Grilled Chicken Breast
Minestrone Soup

**Ingredients:** (4 Servings)

- 1/2 gallon Beef Base
- 1/4 10-lb can of Marinara Sauce
- 1/4 10-lb can Rinsed Kidney Beans
- 1 bag Frozen Green Beans
- 1 bag of Frozen Carrots
- 1 cups of Diced Celery
- 1/2 cup (uncooked) Macaroni Elbow Noodles

**Directions:**

1. **Veggies:** Place frozen green beans, carrots, and kidney beans in pan and cover in water. Kidney beans must be thoroughly rinsed to reduce salt content (1 min. minimum).
2. Cover with foil and place in oven at 225° for 1 1/2 hours
3. **Soup:**
   4. Base will be made in accordance with directions on Beef Base Container, preferably using veggie water.
   5. Mix beef base, water and No Salt Vegetable Seasoning in stock pot
   6. Place marinara sauce in soup pot with garlic herb seasoning added.
   7. Mix all ingredients (with 2 cups of Diced Celery at room temperature) for serving.

**Ingredients:** (40 Servings)

- 3 Gallons Beef Base
- 3 10-lb cans of Marinara Sauce
- 1 10-lb can Rinsed Kidney Beans
- 3 Bags Frozen Green Beans
- 3 Bags of Frozen Carrots
- 3 cups of Diced Celery
- 3 Quarts (uncooked) Macaroni Elbow Noodles
# Tomato Basil Soup

**Ingredients:** (2 Servings)

- ½ cup Base
- 4 cups Water
- ½ flat of Tomatoes, diced
- ¼ can crushed Tomatoes (low sodium or no salt added)
- ¼ Onions, diced
- 2½ tsp. Garlic Powder
- 1 tsp. Pepper
- 1 tsp. Olive Oil Blend
- ½ bunch Fresh Basil

**Directions:**

1. Heat oil in pan and sauté onion and garlic powder until translucent
2. Add remaining ingredients and bring to a boil
3. Remove basil, blend, and serve hot

**Ingredients:** (40 Servings)

- 1 container Base
- 5 gallons Water
- 3 flats of Tomatoes, diced
- 1 can crushed Tomatoes (low sodium or no salt added)
- 2 Onions, diced
- 3 tbsp. Garlic Powder
- 1 tbsp. Pepper
- 2 tsp. Olive Oil Blend
- 3 bunches Fresh Basil
Simple Turkey Chili Soup

**Ingredients:** (2 Servings)

- 1½ tsp. Olive Oil
- 1 lb. Ground Turkey
- 1 Onion, chopped
- 2 cups Water
- 1 (28 oz.) can Crushed Tomatoes
- 1 (16 oz.) can of Kidney Beans, drained, rinsed, and mashed
- 1 tbsp. Garlic, minced
- 2 tbsp. Chili Powder
- ½ tsp. Paprika
- ½ tsp. Dried Oregano
- ½ tsp. ground Cayenne Pepper
- ½ tsp. ground Cumin
- ½ tsp. ground Black Pepper

**Directions:**

1. Heat the oil in a large pot over medium heat.
2. Place turkey in the pot and cook until evenly brown.
3. Stir in onion and cook until tender.
4. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic.
5. Season with chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper.
6. Bring to a boil. Reduce heat to low, cover, and simmer for 30 mins.

**Ingredients:** (20 Servings)

- 5 tbsp. Olive Oil
- 10 lbs. Ground Turkey
- 10 Onions, chopped
- 20 cups Water
- 10 (28 oz.) can Crushed Tomatoes
- 10 (16 oz.) can of Kidney Beans, drained, rinsed, and mashed
- ½ cup Garlic, minced
- 1 cup Chili Powder
- 1½ tbsp. Paprika
- 1½ tbsp. Dried Oregano
- 1½ tbsp. ground Cayenne Pepper
- 1½ tbsp. ground Cumin
- 1½ tbsp. ground Black Pepper
Lentil Soup

**Ingredients:** (2 Servings)
- 2 lbs. Lentils
- 8-10 cups of water
- 1 Onion
- 2 Zucchini
- 2 Carrots
- 2 tbsp. Oil
- 3 Tomatoes
- 2 tbsp. Chicken Base

**Directions:**
1. Heat oil in skillet and sauté onion, zucchini, and carrots for ~3 mins. Add the lentils and tomatoes. Add water and and Chicken base and cook until the lentils are tender.
2. After lentils are cooked, add chopped cilantro for taste (optional)

**Ingredients:** (20 Servings)
- 20 lbs. Lentils
- 10 Onions
- 20 Zucchini
- 20 Carrots
- 1 cup Oil
- 30 Tomatoes
- 1 cup Chicken Base
Italian Chicken Noodle Soup

**Ingredients:** (2 Servings)

- ½ bag of frozen Italian Vegetables
- 1½ cups Water
- ½ tsp. Chicken Base
- ½ tsp. Cumin
- 1 tbsp. Macaroni Pasta
- 1½ Grilled Chicken Breast
- ¼ clove of Garlic
- ¼ Onion
- ½ Fresh Tomato

**Directions:**

1. Saute tomatoes, onion, and garlic until tender.
2. Add the rest of the ingredients and boil until finished.

**Ingredients:** (30 Servings)

- 8 bags of frozen Italian Vegetables
- 24 cups Water
- 2½ tbsp. Chicken Base
- ½ tsp. Cumin
- 1 cup Macaroni Pasta
- 15 Grilled Chicken Breast
- 2 cloves of Garlic
- ¼ Onion
- 4 Fresh Tomatoes
Turkey Soup Provencal

**Ingredients:** (4 Servings)
- 1 lb. Ground Turkey Breast
- 15 oz. can Cannellini Beans or White Beans, drained and rinsed
- 14 oz. can Low-Sodium Chicken Stock
- 14 oz. can Tomatoes, diced with Garlic and Onion, undrained (low sodium)
- 4 cups chopped Fresh Spinach
- ½ tsp. Herb de Provence (or pinch of Dried Thyme, Dried Rosemary, Dried Oregano, Dried Marjoram, (add a Bay Leaf)

**Directions:**
1. Cook turkey over medium heat until browned, stirring to crumble
2. Add herbs, beans, broth, and tomatoes; bring to boil
3. Simmer for 5 mins.
4. Stir in spinach, simmer 3 minutes.

**Ingredients:** (20 Servings)
- 5 lb. Ground Turkey Breast
- 5 (15 oz.) cans Cannellini Beans or White Beans, drained and rinsed
- 5 (14 oz.) cans Low-Sodium Chicken Stock
- 5 (14 oz.) cans Tomatoes, diced with Garlic and Onion, undrained (low sodium)
- 20 cups chopped Fresh Spinach
- 1½ tbsp. Herb de Provence (or pinch of Dried Thyme, Dried Rosemary, Dried Oregano, Dried Marjoram, (add a couple Bay Leafs)
Chicken Vegetable and Marconi Soup

**Ingredients:** (2 Servings)
- 1½ oz. Chicken Wings
- ½ tsp. Low-Sodium Chicken-Flavored Soup Base
- ¼ medium Carrot, finely chopped
- ½ of a Bay Leaf, dried
- 1 pinch Ground Nutmeg
- 1 tsp. Frozen Corn Kernels
- 1 tsp. Frozen Peas
- ½ oz. Macaroni (small)
- ½ tsp. Flat Leaf Parsley, chopped

**Directions:**
1. Cook first 5 ingredients in a stock pot for approximately 1 hour or until chicken is fully cooked.
2. Next add Macaroni and cook for additional 10 min.
3. Add Frozen Corn, Peas, and Parsley just until vegetables are heated.

**Ingredients:** (20 Servings)
- 2 lbs. Chicken Wings
- 2 tsp. Low-Sodium Chicken-Flavored Soup Base
- 2 medium Carrots, finely chopped
- 3 Bay Leaves, dried
- 1 pinch Ground Nutmeg
- ½ cup Frozen Corn Kernels
- ½ cup Frozen Peas
- 2 oz. Macaroni (small)
- 2 tbsp. Flat Leaf Parsley, chopped
Garbanzo Soup

**Ingredients:** (2 Servings)
- ½ cup Onions
- ½ cup Celery
- 2 Tomatoes
- 2 tsp. Oregano
- 2 gallons of Water
- 3 Potatoes
- 1 large can Garbanzo Beans, rinsed
- ½ cup Brown Rice

**Directions:**
1. Put ingredients in a sauce pan and add olive oil. Cook together until tomatoes peel separates.
2. Add 2 gallons of water to boil.
3. Add to boiling water. When rice cooks add vegetable 1 bag Italian blend, 1 bag corn.
4. Add fresh cilantro after everything cooked.
5. Add turkey for extra protein (optional)

**Ingredients:** (20 Servings)
- 5 cups Onions
- 5 cups Celery
- 20 Tomatoes
- ½ cup Oregano
- 20 gallons of Water
- 30 Potatoes
- 10 large cans of Garbanzo Beans, rinsed
- 5 cups Brown Rice
Cauliflower Chowder

**Ingredients: (6 Servings)**
- 2 tbsp. unsalted Butter
- 2 cloves of Garlic, minced
- 1 Onion, diced
- 2 Carrots, peeled and diced
- 2 stalks of Celery, diced
- ¼ cup All-Purpose Flour
- 4 cups Low-Sodium Chicken Broth
- 1 cup 2% Milk
- 1 head Cauliflower, roughly chopped
- 1 Bay Leaf
- 2 tbsp. Fresh Parsley Leaves, chopped

**Directions:**
1. Melt butter in a large stockpot or Dutch oven over medium heat. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in cauliflower and bay leaf. Cook, stirring occasionally, until barely crisp-tender, about 3-4 minutes.
2. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken broth and milk, and cook, whisking constantly, until slightly thickened, about 3-4 minutes.
3. Bring to a boil; reduce heat and simmer until cauliflower are tender, about 12-15 minutes; season with salt and pepper, to taste. If the chowder is too thick, add more milk as needed until desired consistency is reached.
4. Serve immediately, garnished with parsley, if desired.

**Ingredients: (20 Servings)**
- 6 tbsp. unsalted Butter
- 6 cloves of Garlic, minced
- 3 Onions, diced
- 6 Carrots, peeled and diced
- 6 stalks of Celery, diced
- ¾ cup All-Purpose Flour
- 12 cups Low-Sodium Chicken Broth
- 3 cups 2% Milk
- 3 heads of Cauliflower, roughly chopped
- 3 Bay Leaves
- 6 tbsp. Fresh Parsley Leaves, chopped
Meatball Soup

**Ingredients:** (2 Servings)

¼ Onion
½ Fresh Tomatoes
½ tsp. Chicken Base
¼ tub Ground Turkey (made into meatballs)
3 tbsp. Canned Tomatoes, chopped
Mixed Vegetables
Oil

**Directions:**

1. **Soup:** Heat the oil and sauté onion and tomatoes, add the blended tomatoes and water. When it starts to boil add the chicken base and meatballs and cook. When the meatballs are cooked add the vegetables and cook until tender.

2. **Meatballs:** Combine the meat with 1 chopped onion, 2 chopped tomatoes, 2 cloves of garlic, salt free garlic pepper, 3 eggs, and 1 cup rice.

**Ingredients:** (20 Servings)

1 Onion
2 Fresh Tomatoes
2 tbsp. Chicken Base
½ tub Ground Turkey (made into meatballs)
2 cups Canned Tomatoes, chopped
Mixed Vegetables
Oil
Chapter 3

Sides

Lite Fruit Side Salad

**Ingredients:** (2 Servings)
½ cup Fresh Grapes, thoroughly rinsed
½ of an Apple, diced and peeled
1½ cup Peaches, diced and drained
1½ tbsp. Ranch Dressing
½ tsp. Apple Cider Vinegar
{Combine in 1 large pan instead of 2}

**Directions:**
1. Slice and dice apples; ~ ¼ cup per apple. Drain diced peaches and rinse grapes thoroughly. Combine in 2 large pans and toss with Ranch Dressing.

**Ingredients:** (60 Servings)
18 cups Fresh Grapes, thoroughly rinsed
18 Apples, diced and peeled
1 case (48 cups) Peaches, diced and drained
3 cups Ranch Dressing
¼ cup Apple Cider Vinegar
Egg Fried Rice

**Ingredients: (2 Servings)**

- 3 Egg Patties
- 3 tbsp. Brown Rice, uncooked
- ¼ bag Peas and Carrots, thawed
- ½ tbsp. Worcestershire Sauce
- 1 tbsp. Chicken Base
- ½ tbsp. Sesame Oil
- ½ tsp. No-Salt Vegetable Seasoning
- ½ tsp. No-Salt Lemon Pepper Seasoning

**Directions:**

1. One day before serving:
2. Dice the egg patties
3. On the day of serving:
4. Put peas and carrots, and dice eggs in a large 4-inch deep pan with ¾ of an inch of water in the oven at 250° for 1½ hours.
5. Drain water from diced eggs, add cooked rice (¼ of amount in rice pot), then add the chicken base, Worcestershire Sauce and sesame seed oil, along with no salt vegetable seasoning and lemon pepper seasoning.
6. Gently fold in all ingredients and serve.

**Ingredients: (30 Servings)**

- 45 Egg Patties
- 3 cups Brown Rice, uncooked {6 cups if for Meals on Wheels}
- 1 bag Peas and Carrots, thawed
- ½ cup Worcestershire Sauce
- 1 cup Chicken Base
- ½ cup Sesame Oil
- 2 tbsp. No Salt Vegetable Seasoning
- 1 tbsp. No Salt Lemon Pepper Seasoning
Roasted Sweet Potato

**Ingredients:** (2 Servings)

- ½ lb. Sweet Potato, peeled and cubed
- ½ tsp. Olive Oil
- ½ tsp. Pepper
- ½ tsp. granulated Garlic (no sodium)

**Directions:**

1. Roast sweet potato.
2. Top with olive oil, pepper, and garlic.
3. {Serve as starch or as veggie component alongside main course, salad, yogurt, and milk.}

**Ingredients:** (60 Servings)

- 5 lbs. Sweet Potato, peeled and cubed
- ¼ cup Olive Oil
- 2 tsp. Pepper
- 2 tbsp. granulated Garlic (no sodium)
Bean Side Salad

**Ingredients:** (2 Servings)
1 can Garbanzo Beans
1 can Beets
1 can Kidney Beans
¼ bag Romaine Lettuce, chopped
¼ of a Cucumber, chopped
1/3 of a Tomato, chopped
½ packet Ranch Dressing

**Directions:**
1. Combine all ingredients in bowl and toss until dressing is evenly mixed and serve.

**Ingredients:** (60 Servings)
½ #10 can Garbanzo Beans
½ #10 can Beets
½ #10 can Kidney Beans
1 bag Romaine Lettuce, chopped
3 Cucumbers, chopped
10 Tomatoes, chopped
6 packets Ranch Dressing
American Macaroni Salad

**Ingredients:** (2 Servings)

- 2 cups dried Elbow Macaroni
- 1/3 cup Celery, diced
- 1/4 cup Red Onion, minced
- 1 tbsp. Flat-Leaf Parsley, minced
- 1/2 cup Fresh Vine-Ripened Tomato, diced (optional)
- 1/2 cup Light Mayonnaise
- 3/4 tsp. Dry Mustard
- 1 1/2 tsp. Sugar
- 3 tbsp. Fat Free Sour Cream
- Black Pepper, freshly ground

**Directions:**

1. Cook, rinse, and drain macaroni.
2. Soak onion in cold water for 5 mins, then drain.
3. In a small bowl, whisk together mayonnaise, mustard, sugar, vinegar, sour cream and salt. Pour the dressing over salad and combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator for up to 3 days.

**Ingredients:** (20 Servings)

- 6 cups dried Elbow Macaroni
- 1 cup Celery, diced
- 3/4 cup Red Onion, minced
- 3 tbsp. Flat-Leaf Parsley, minced
- 1 1/2 cup Fresh Vine-Ripened Tomato, diced (optional)
- 1 1/2 cup Light Mayonnaise
- 2 1/4 tsp. Dry Mustard
- 1 1/2 tbsp. Sugar
- 4 1/2 tbsp. Cider Vinegar
- 1/2 cup Fat Free Sour Cream
- Black Pepper, freshly ground
Mexican Brown Rice

Ingredients: (5 Servings)
4 cups Brown Rice (unseasoned)
1 tsp. Olive Oil
½ medium Onion, finely diced
2 medium Plum Tomatoes, diced small
1 Jalapeno, seeds and membrane removed, minced (optional)
2 cloves of Garlic, minced
2 tbsp. Low-Sodium Tomato Paste
½ tsp. Cumin
¼ tsp. Smoked Paprika
¼ tsp. Cayenne Pepper
Freshly Ground Black Pepper, to taste
5 Lime Wedges, for serving
Chopped Cilantro (optional)

Directions:
1. Cook rice, mix in all ingredients, and serve.

Ingredients: (20 Servings)
16 cups Brown Rice (unseasoned)
4 tsp. Olive Oil
2 medium Onions, finely diced
8 medium Plum Tomatoes, diced small
4 Jalapeno, seeds and membrane removed, minced (optional)
8 cloves of Garlic, minced
½ cup Low-Sodium Tomato Paste
2 tsp. Cumin
1 tsp. Smoked Paprika
1 tsp. Cayenne Pepper
Freshly Ground Black Pepper, to taste
20 Lime Wedges, for serving
Chopped Cilantro (optional)
Sweet Potato/Kale Frittata

**Ingredients:** (6 Servings)

6 Large Eggs  
1 cup Half-and-Half  
½ tsp. Pepper  
2 cups Sweet Potato, cubed  
2 tbsp. Olive Oil  
½ cup Red Onion  
2 cloves Garlic, minced  
3 oz. Goat Cheese, crumbled

**Directions:**

1. Mix ingredients together and bake.

**Ingredients:** (20 Servings)

20 Large Eggs  
3 cup Half-and-Half  
1½ tsp. Pepper  
6 cups Sweet Potato, cubed  
6 tbsp. Olive Oil  
1½ cup Red Onion  
6 cloves Garlic, minced  
20 oz. Goat Cheese, crumbled
Cornbread

**Ingredients:** (2 Servings)
- 1½ cups Yellow Cornmeal
- ½ cup All-Purpose Flour
- 1 tbsp. Sugar
- 2 tbsp. Baking Powder
- 1 ½ tsp. Pepper
- 1 tsp. Baking Soda
- 1 tsp. Ground Cumin
- 1 ½ cups Yogurt
- 2 Eggs, beaten to blend
- 2 tbsp. Canola Oil
- 1 Red Bell Pepper, chopped

**Directions:**
1. Mix ingredients together and bake.

**Ingredients:** (20 Servings)
- 15 cups Yellow Cornmeal
- 5 cups All-Purpose Flour
- ½ cup Sugar
- 1 ¼ cup Baking Powder
- 5 tbsp. Pepper
- 3 tsp. Baking Soda
- 3 tsp. Ground Cumin
- 15 cups Yogurt
- 20 Eggs, beaten to blend
- 1 ¼ cup Canola Oil
- 10 Red Bell Peppers, chopped
Pasta Salad with Vegetables

**Ingredients:** (2 Servings)

- ½ cup Mini Farfalle
- 1 ½ tbsp. Extra-Virgin Olive Oil
- 1 tbsp. White Wine Vinegar
- ½ tsp. Dijon Mustard
- ¼ tsp. Freshly Ground Black Pepper
- 1/8 tsp. Salt
- 2 cloves of Garlic, minced
- 3 cups Baby Spinach
- ¼ cup Red Onion, chopped

**Directions:**

1. Cook mini farfalle according to package directions. Drain. Rinse with cold water; drain.
2. Combine olive oil and next 5 ingredients in a large bowl, stirring well with a whisk. Add garlic vinaigrette, spinach, and onion to pasta.

**Ingredients:** (20 Servings)

- 5 cups Mini Farfalle
- 1 cup Extra-Virgin Olive Oil
- ½ cup White Wine Vinegar
- 1½ tbsp. Dijon Mustard
- 2½ tsp. Freshly Ground Black Pepper
- 1¼ tsp. Salt
- 20 cloves of Garlic, minced
- 30 cups Baby Spinach
- 2½ cup Red Onion, chopped
Rice with Peas and Carrots

**Ingredients:** (6 Servings)
3 cups Low-Sodium Chicken Base  
1 ½ tbsp. Salt Free Garlic Herb  
3 cups Instant Brown Rice  
1 cup Frozen Peas and Carrots

**Directions:**
1. In medium saucepan over medium-high heat, combine chicken base and salt free garlic herb. Bring to a boil.  
2. Stir in rice and peas and carrots. Simmer, covered for 5-7 mins.  
3. Remove from heat and let stand 5-10 mins or until liquid is absorbed.

**Ingredients:** (20 Servings)
9 cups Low-Sodium Chicken Base  
4½ cups Salt Free Garlic Herb  
9 cups Instant Brown Rice  
3 cups Frozen Peas and Carrots
Calabacitas  (Means “Little Squash” in Spanish)

Ingredients: (2 Servings)
1 Zucchini Squash, cut into pieces
1 Yellow Squash, cut into pieces
1 Fresh Tomato, cut into pieces
¼ bag Frozen Corn

Directions:
1. Place corn on a greased griddle at med high heat. Add squash and zucchini. When squash and corn are semi cooked add tomato.
2. When all is cooked, take off the griddle and serve.

Ingredients: (60 Servings)
30 Zucchini Squash, cut into pieces
30 Yellow Squash, cut into pieces
15 Fresh Tomatoes, cut into pieces
4 bags Frozen Corn
Chapter 4

Entrées

Turkey Stroganoff

**Ingredients: (2 Servings)**

1 lb. Ground Turkey  
3.2 oz. Flat Noodles  
3.2 oz. Sour Cream  
½ cup Onions, chopped  
3 tbsp. Vegetable Broth  
Salt Free Seasoning (cook’s choice)

**Directions:**

1. Season ground turkey with low sodium seasoning of choice.  
2. Then add onions and mix for 1 minute.  
3. Spread on (17” x 24”) baking sheets. Use 2 for serving of 60  
4. Cook at 325° for 45 mins.  
5. Boil water for noodles (best to start immediately after putting meat in oven).  
6. When meat is done, pull out of oven to cool and put pasta in pot to cook. (NOTE: meat can be prepared and cooked the day before).  
7. Break up meat and mix in sour cream, vegetable broth, and cooked noodles.  
8. When everything is mixed well, cover with foil and put in oven at 350° for 30 mins.

**Ingredients: (60 Servings)**

40 lbs. Ground Turkey  
6 lbs. Flat Noodles  
6 lbs. Sour Cream  
12 cups Onions, chopped  
6 cups Vegetable Broth  
Salt Free Seasoning (cook’s choice)
Chicken Parmesan Recipe

**Ingredients:** (2 Servings)
- 2 Breaded Chicken Patties
- ½ regular can Marinara Sauce
- No Salt Garlic-N-Herb Seasoning (optional)
- 2½ oz. Mozzarella Cheese, shredded

**Directions:**
1. Place chicken patties in 2-inch deep baking pans. Cover with foil and bake at 275° for 90 mins.
3. When serving, put 1 oz. of sauce on chicken.
4. Using bag of mozzarella cheese, take ½ oz. pinch and place it on top of the sauce covered chicken.

**Ingredients:** (60 Servings)
- 60 Breaded Chicken Patties
- 2 10-lb cans of Marinara Sauce
- No Salt Garlic-N-Herb Seasoning (optional)
- 5 lb. bag Mozzarella Cheese, shredded
Chicken Wrap

**Ingredients:** (2 Servings)
- 2 small Grilled Chicken Breast chopped
- 2 (10-inch) Whole Wheat, Whole Grain Tortilla
- 2 tbsp. of Tomato, chopped
- 2 tbsp. Cheese, shredded
- 2 tbsp. Lite Mayonnaise
- ½ lb. Salad, chopped

**Directions:**
1. Mix all ingredients and spoon into Tortilla and roll.

**Ingredients:** (20 Servings)
- 20 small Grilled Chicken Breast chopped
- 20 (10-inch) Whole Wheat, Whole Grain Tortilla
- 1¼ cup of Tomato, chopped
- 1¼ cup Cheese, shredded
- 1¼ cup Lite Mayonnaise
- 10 lbs. Salad, chopped
Greg’s Sloppy Sliders

**Ingredients:** (2 Servings)

- ½ case Ground Turkey
- ½ normal can of Marinara Sauce
- 1¼ cups Celery, diced
- 1½ tbsp. Onions, diced
- ½ tsp. Smoked Paprika
- ½ tsp. Lemon Pepper
- Vegetable Seasoning
- Small Hamburger Buns
- Shredded Cheddar Cheese
- Ground Cumin

**Directions:**

Turkey is prepared in 3 batches. The following instructions are per batch, 1 day prior to serving. Each batch should serve 60.

1. Mix 1 1/3 logs of ground turkey, 1 1/2 cups celery, 1 cup onions, no salt vegetable seasoning, and ground cumin, then place on large baking sheet, ~ 1/2 inch thick. Cover with foil and bake at 300° for 1 1/2 hours.

2. On day of serving:

3. Dice the meat. Place 1 can of marinara sauce in the bottom of a 4-inch deep pan. Add smoked paprika and lemon pepper (2 tbsp. each). Placed diced meat on top.

4. Pour second can of marinara sauce on top and mix thoroughly with a large spoon. Place in oven at 350° for 1 1/2 hours. (It is recommended that at the 1-hour mark that you check the internal temp. and mix the pan and continue cooking for the last half hour.)

5. Place the roll open faced in the tray and put the meat sauce on top using a 6-oz. spoon, then sprinkle lightly with shredded cheddar cheese.

**Ingredients:** (60 Servings)

- 2 cases Ground Turkey
- 6 tbsp. Lemon Pepper
- 5 10-lb cans Marinara Sauce
- Vegetable Seasoning
- 4½ cups Celery, diced
- Small Hamburger Buns
- 3 cups Onions, diced
- Shredded Cheddar Cheese
- 6 tbsp. Smoked Paprika
- Ground Cumin
Corn and Beef Pilaf

**Ingredients:** (2 Servings)

- ¼ regular can of Black Beans, rinsed and drained
- 6½ tbsp. Tomatoes, diced
- ¼ bags Frozen Whole Kernel Corn, thawed
- 1 tbsp. Onions, diced
- 2 tsp. Fresh Cilantro, snipped
- ¼ tsp. Cooking Oil
- ¼ tsp. Lime Juice
- ¼ tsp. Ground Cumin
- ¼ tsp. Ground Black Pepper
- ¼ tsp. Olive Oil
- Pinch of Garlic Powder
- ¼ bag Quinoa, uncooked
- Dash of Reduced-Sodium Chicken Base in 1 gal water

**Directions:**

1. To prepare black bean corn salsa:
   - In a large bowl, combine black beans, tomatoes, corn, onions, cilantro, oil, lime juice, cumin, and ground black pepper. Cover and chill for 1½ hours, stirring occasionally.

2. To prepare quinoa pilaf:
   - In a rice cooker, put in 1 bag of quinoa, add garlic powder. In large 1 gallon pitcher of warm water, dilute chicken base and garlic powder. Pour in rice cooker. Cooking time is 40 mins or less.

3. Add quinoa to the salsa mix. Cover with foil and heat in oven at 275° for 35-40 mins.

**Ingredients:** (60 Servings)

For Black Bean Corn Salsa:

- 2 #10 cans of Black Beans, rinsed and drained
- 3 qts. Tomatoes, diced
- 2 bags Frozen Whole Kernel Corn, thawed
- 2 cups Onions, diced
- 6 tbsp. Fresh Cilantro, snipped
- 1/8 cup Cooking Oil
- 3 tbsp. Lime Juice
- 1 tsp. Ground Cumin
- 1 tsp. Ground Black Pepper

For Quinoa Pilaf:

- 1 tsp. Olive Oil
- 1 tbsp. Garlic Powder
- 1 bag Quinoa, uncooked
- 2 tbsp. Reduced-Sodium Chicken Base in 1 gal water
Tuna Casserole Penne

**Ingredients:** (2 Servings)

1 (6oz.) can of Tuna (broken up in mixer or by hand)
1/8 bag Frozen Peas
1/8 small can of Campbell’s Condensed Mushroom Soup (don’t add water)
¼ cup Penne Pasta, uncooked
1½ tsp. 2% Milk

**Directions:**

1. Precook pasta (day before recommended)
2. Mix all ingredients in large pan. Add vegetable herb seasoning. Cover with foil and cook at 250° for ~90 mins.

**Ingredients:** (20 Servings)

1 (66oz.) can of Tuna (broken up in mixer or by hand)
2 bags Frozen Peas
2 large cans of Campbell’s Condensed Mushroom Soup (don’t add water)
2½ cups Penne Pasta, uncooked
1 cup of 2% Milk
Tuna Casserole Eggless Noodles

Ingredients: (4 Servings)
- ¼ Onion, dried
- 4 Mushrooms, sliced
- 3 tbsp. Oil
- Bread Crumbs
- 2 tbsp. Butter
- ½ cup Flour
- 1 large can of Tuna
- 1 package of Eggless Noodles

Directions:
1. Sauté onions and mushrooms in oil and butter for 3-4 minutes.
2. Add flour. Stir and sauté for 4 minutes.
3. Add milk, stir until it thickens, and add tuna and cooked noodles.
4. Sprinkle with bread crumbs and bake for 10 minutes.

Ingredients: (20 Servings)
- 2½ Onions, dried
- 20 Mushrooms, sliced
- 1 cup Oil
- Bread Crumbs
- ½ cup Butter
- 2½ cup Flour
- 5 large cans of Tuna
- 5 packages of Eggless Noodles
Meatballs

Ingredients: (2 Servings)
½ lb. Ground Turkey
1 Egg
1½ tbsp. Whole Wheat Breadcrumbs
1/8 Onions, chopped small
1/8 Carrots, shredded
½ tsp. Oil
1¼ tsp. Italian Seasoning
½ tsp. Pepper
½ tsp. Dried Sage

Directions:
1. Mix all ingredients with raw ground turkey. Shape into meatballs and cook in nonstick pan on top of the stove, or bake in the oven at 350° for 30-45 minutes or until browned and cooked thoroughly.

Ingredients: (40 Servings)
10 lbs. Ground Turkey
5 Eggs
2 cups Whole Wheat Breadcrumbs
2 Onions, chopped small
2 Carrots, shredded
¼ cup Oil
½ cup Italian Seasoning
¼ cup Pepper
¼ cup Dried Sage
Turkey Bolognese

Ingredients: (2 Servings)
5 oz. Ground Turkey
1½ tsp. Carrots, minced
¼ tsp. Pepper
½ tsp. Italian Seasoning
½ tsp. Granulated Garlic
½ tsp. Granulated Onion
¼ regular can Marinara Sauce
¼ regular can Diced Tomato
1 tsp. Olive Oil
8 oz Whole Wheat Pasta

Directions:
1. Brown meat until thoroughly cooked.
2. Season with pepper, Italian seasoning, garlic and onion granules, then place in deep pan.
3. Add oil and carrots into pan, cooking 2 minutes or until soft. Add cans of tomato and marinara and bring to boil. Pour over meat, mix thoroughly and place in 350° oven until sauce reaches 165°.
4. Serve over 4 oz. whole wheat pasta

Ingredients: (60 Servings)
10 lbs. Ground Turkey
3 cups Carrots, minced
3 tbsp. Pepper
¼ cup Italian Seasoning
¼ cup Granulated Garlic
¼ cup Granulated Onion
1 #10 can Marinara Sauce
1 #10 can Diced Tomato
½ cup Olive Oil
120 oz Whole Wheat Pasta
Swedish Turkey Meatballs

Ingredients: (2 Servings)
½ lbs. Ground Turkey
3¼ tbsp. Onions, minced
0.8 oz. Bread Crumbs
1 cup Low-Sodium Chicken Broth
1¼ tsp. Mrs. Dash Seasoning
3¼ tbsp. Flour
2½ tbsp. Olive Oil
6 cups Low Fat Milk
½ tsp. Fennel Seed

Directions:
1. Mix the ingredients into the ground turkey, shape into meatballs, and bake.
2. Serve over low salt egg noodles or eggless noodles

Ingredients: (20 Servings)
6 lbs. Ground Turkey
2 cups Onions, minced
½ lb. Bread Crumbs
8 cups Low-Sodium Chicken Broth
4 tbsp. Mrs. Dash Seasoning
2 cups Flour
1½ cups Olive Oil
1 gal Low Fat Milk
2 tbsp. Fennel Seed
Low-Sodium Chicken Enchiladas

**Ingredients: (2 Servings)**
- 3¼ tbsp. Whole Chickens, roasted
- 2½ dozen Corn Tortillas
- ¼ can Red Enchilada Sauce
- 1¼ oz. Onion, minced
- ¼ can Tomato sauce
- 3 oz. Mexican Cheese (can also use Cheddar or Jack)

**Directions:**
1. Roast chicken one day before serving, let sit in fridge.
3. Roll chicken in tortillas and add cheese. Place the rolls into a pan.

**Ingredients: (50 Servings)**
- 5 Whole Chickens, roasted
- 5 dozen Corn Tortillas
- 10 cans Red Enchilada Sauce
- 2 lbs. Onion, minced
- 3 cans Tomato sauce
- 5 lbs. Mexican Cheese (can also use Cheddar or Jack)
Chicken Fajitas

**Ingredients:** (2 Servings)

1 Boneless Skinless Chicken Breast
1 of each different colored Bell Peppers (Red, Orange, Yellow, and Green)
¼ Purple Onion
1 Fresh Tomato, diced
¼ package of Mushrooms
¼ clove of Garlic
¼ tsp. Olive Oil
1½ tbsp. Fresh Celery

**Directions:**

1. Cut chicken into slivers and cook with olive oil. Season with lemon pepper spice. Add celery and garlic.
2. When chicken is fully cooked, mix all the ingredients together and cover for 4 minutes.
3. Stir and take off the stove to avoid overcooking the vegetables.

**Ingredients:** (20 Servings)

8 Boneless Skinless Chicken Breasts
4 of each different colored Bell Peppers (Red, Orange, Yellow, and Green)
2 Purple Onions
3 Fresh Tomatoes
2 packages of Mushrooms
4 cloves of Garlic
1 tbsp. Olive Oil
1 cup Fresh Celery
Lemon Rosemary Garlic Chicken

Ingredients: (6 Servings)

- 1/3 cup Olive Oil
- ¼ cup Fresh Lemon Juice
- 1 (3½ oz.) jar Capers, drained and rinsed
- 2 Lemons, sliced
- 10 cloves of Garlic, smashed
- 3 tbsp. fresh Rosemary Leaves
- 1 tsp. Freshly Ground Black Pepper
- 3 tbsp. Olive Oil
- 6 Skinless Chicken Breasts
- 2 lbs. Small Red Potatoes

Directions:

1. Stir together 1/3 cup olive oil, lemon juice, capers, lemons, garlic, rosemary, and pepper in a medium bowl.
2. Place a roasting pan on stovetop over 2 burners. Add 3 tbsp. olive oil and heat over medium-high heat. Sprinkle chicken with desired amounts of pepper and place in pan. Add potatoes.
3. Cook 9-10 minutes or until chicken is browned. Turn chicken and pour lemon mixture over it.
4. Bake at 450° for 45-50 minutes or until chicken is done. Serve with sauce and bread.

Ingredients: (20 Servings)

- 1 cup Olive Oil
- ¾ cup Fresh Lemon Juice
- 3 (3½ oz.) jars of Capers, drained and rinsed
- 6 Lemons, sliced
- 30 cloves of Garlic, smashed
- ½ cup fresh Rosemary Leaves
- 1 tbsp. Freshly Ground Black Pepper
- ½ cup Olive Oil
- 18 Skinless Chicken Breasts
- 6 lbs. Small Red Potatoes
Caramelized Onion, Spinach, & Feta Frittata

Ingredients: (2 Servings)

1 tsp. Olive Oil
1 1/3 cups Onion, chopped
1/2 tsp. Sugar
4 3/4 oz. package frozen Chopped Spinach, thawed, drained, and squeezed dry

1 1/3 cup frozen Southern-Style Hash Brown Potatoes, thawed
1/2 cups Fat Free Milk
2 large Egg Whites
1 large Egg
1/2 cup Crumbled Feta Cheese

Directions:

1. Preheat oven to 350°
2. Heat olive oil in a large nonstick skillet over medium heat. Add onion, sugar, and salt. Cook for 30 minutes or until golden brown, stirring occasionally. Stir in potatoes and cook for 5 minutes or until lightly browned. Remove from heat.
3. Unroll dough, separating into strips. Working on a flat surface, coil one strip of dough around itself in a spiral pattern. Add second strip of dough to the end of the first strip, pinching ends to seal; continue coiling the dough. Repeat procedure with the remaining dough strips.
4. Cover and let dough rest for 10 minutes. Roll dough into a 12-inch circle, and fit into a 10-inch deep-dish pie plate coated with cooking spray.
5. Spread potato mixture in bottom of prepared crust, and top with spinach. Combine milk, egg whites, eggs, and cheese, and pour over the spinach.
6. Bake at 350° for 1 hour or until set, shielding crust with foil after 50 minutes. Let stand 10 minutes before serving.

Ingredients: (20 Servings)

3 tbsp. Olive Oil
13 cups Onion, chopped
1 1/2 tbsp. Sugar
43 3/4 oz. package frozen Chopped Spinach, thawed, drained, and squeezed dry

8 3/4 cups frozen Southern-Style Hash Brown Potatoes, thawed
4 1/2 cups Fat Free Milk
13 large Egg Whites
9 large Eggs
5.3 cups Crumbled Feta Cheese
Homemade Enchilada Sauce

Ingredients: (4 Servings)

2 tbsp. Oil
2 tbsp. Flour
1 cup crushed Tomatoes or No-Salt Added Tomato Sauce
1 cup Low-Sodium Vegetable or Chicken Broth
3-4 tbsp. Chili Powder
1 tsp. Cayenne Pepper
½ tsp. Garlic Powder
½ tsp. Cumin
2 tsp. Brown Sugar

Directions:

1. Heat the oil in a small pan over medium heat.
2. Stir in flour and mix until combined.
3. Add remaining ingredients, bring to a boil, reduce heat, and let simmer for about 10 mins.
4. Taste and adjust spices as needed.

Ingredients: (20 Servings)

½ cup Oil
½ cup Flour
5 cups crushed Tomatoes or No-Salt Added Tomato Sauce
5 cups Low-Sodium Vegetable or Chicken Broth
1 cup Chili Powder
1½ tbsp. Cayenne Pepper
1 tbsp. Garlic Powder
1 tbsp. Cumin
3 tbsp. Brown Sugar
Turkey Tacos

**Ingredients: (8 Servings)**

- 8 Corn Tortillas
- 1 lb. Ground Turkey
- ½ cup Onion, chopped
- 1 can of Tomatoes and Green Chilies, drained
- 1 tsp. Ground Cumin
- ½ tsp. Oregano

**Directions:**

1. Crumble and brown turkey with onion and drain.
2. Stir in tomatoes, cumin, garlic, salt, and oregano.
3. Cook until mixture is warmed through
4. Spoon into taco shells
5. Garnish with cheese, lettuce, and freshly cut up cilantro, as desired (optional).

**Ingredients: (40 Servings)**

- 40 Corn Tortillas
- 40 lb. Ground Turkey
- 2½ cup Onion, chopped
- 5 cans of Tomatoes and Green Chilies, drained
- 1½ tbsp. Ground Cumin
- 2½ tsp. Oregano
Fish Tacos

**Ingredients:** (2 Servings)
- 2 Corn Tortillas
- 6 oz Pollock (or other white fish)
- ½ cup Onion, chopped
- 1 can of Tomatoes and Green Chilies, drained
- 1 tsp. Ground Cumin
- ½ tsp. Oregano

**Directions:**
1. Cook Pollock in pan with onion.
2. Stir in tomatoes, cumin, garlic, salt, and oregano.
3. Cook until mixture is warmed through
4. Spoon into taco shells
5. Garnish with cheese, shredded cabbage, and freshly cut up cilantro, as desired (optional).

**Ingredients:** (20 Servings)
- 20 Corn Tortillas
- 4 lb. Pollock (or other white fish)
- 2½ cup Onion, chopped
- 5 cans of Tomatoes and Green Chilies, drained
- 1½ tbsp. Ground Cumin
- 2½ tsp. Oregano
Spicy Turkey Tostadas

Ingredients: (4 Servings)

1 (8 oz.) can of Low-Sodium Tomato Sauce
2 tbsp. Lime Juice
1 tbsp. Chili Powder (no salt)
8 (5-inch.) Tostada Shells
4 cups Cabbage, shredded
1 tsp. Olive Oil
2 tbsp. Cilantro, chopped
1 cup Fresh Plum Tomatoes, chopped

Directions:

1. Combine turkey, tomato sauce, and chili powder. Simmer over medium heat. Cook until turkey is 165°.
2. In a bowl, mix cabbage with lime juice and cilantro.
3. Layer one tostada with turkey. Top with cabbage mix and sprinkle with tomatoes.

Ingredients: (20 Servings)

5 (8 oz.) cans of Low-Sodium Tomato Sauce
½ cup Lime Juice
5 tbsp. Chili Powder (no salt)
40 (5-inch.) Tostada Shells
20 cups Cabbage, shredded
1½ tbsp. Olive Oil
½ cup Cilantro, chopped
5 cups Fresh Plum Tomatoes, chopped
Linguine Al Limone with Grilled Chia-Chicken Meatballs

**Ingredients:** (2 Servings)

- ¼ cup White Chia Seeds
- ½ cup Water
- 1 lb. Ground Chicken
- ¾ cup Rolled (Old Fashioned) Oats
- ¼ cup cheese
- 1/3 cup Red Onion, coarsely grated or minced
- 3 tbsp. Extra-Virgin Olive Oil
- ¼ cup Fresh Flat-Leaf Parsley, finely chopped
- 1 tsp. Fresh Oregano, finely chopped (or ½ tsp Dried Oregano)
- 2 cloves of Garlic, peeled and minced
- 1 tsp. Freshly Ground Black Pepper
- ½ tsp. Red Pepper Flakes
- Juice and Zest of 1 large Lemon
- 12 oz. Whole Grain Linguine
- 1/3 cup Half-and-Half
- 2 tbsp. Fresh Basil, thinly sliced or chopped (optional)

**Directions:**

1. In a small bowl, whisk together chia seeds and let sit to create chia gel. Prepare outdoor grill or preheat oven to 475°.
2. In a large bowl, combine chia gel, ground chicken, oats, onion, cheese, 2 tbsp. olive oil, parsley, oregano, garlic, ½ tsp. black pepper, and red pepper flakes by hand.
3. When evenly combined, form into 20 meatballs (abt. 3 tbsp. each).
4. Grill over medium heat ~25 mins. until well done and brown on all sides. Alternatively, line a large baking sheet with aluminum foil and cooking spray and bake meatballs ~20 mins. Insert 4 (10-inch) skewers into cooked meatballs for serving.
5. Cook linguine according to package instructions. Drain and reserve ¾ cup of the pasta cooking water. Add the half-and-half, 1 tbsp. olive oil, and pasta water to a boil in a large saucepan.
6. Add pasta and lemon juice and toss to combine. Serve in a bowl and top with a skewer of chicken meatballs. Sprinkle with basil and lemon zest as desired.
Linguine Al Limone with Grilled Chia-Chicken Meatballs cont.

**Ingredients:** (20 Servings)

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<th>Quantity</th>
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<tr>
<td>1¼ cup</td>
<td>White Chia Seeds</td>
<td>10 cloves of Garlic, peeled and minced</td>
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<td>2½ cup</td>
<td>Water</td>
<td>1½ tbsp. Freshly Ground Black Pepper</td>
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<tr>
<td>5 lb.</td>
<td>Ground Chicken</td>
<td>2½ tsp. Red Pepper Flakes</td>
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<td>3¾ cup</td>
<td>Rolled (Old Fashioned) Oats</td>
<td>60 oz. Whole Grain Linguine</td>
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<tr>
<td>1 2/3 cup</td>
<td>Red Onion, coarsely grated or minced</td>
<td>1 2/3 cup Half-and-Half</td>
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<tr>
<td>1 cup</td>
<td>Extra-Virgin Olive Oil</td>
<td>Juice and Zest of 5 large Lemons</td>
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<tr>
<td>1¼ cup</td>
<td>Fresh Flat-Leaf Parsley, finely chopped</td>
<td>½ cup Fresh Basil, thinly sliced or chopped (optional)</td>
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<td>1½ tbsp.</td>
<td>Fresh Oregano, finely chopped (or ½ tsp Dried Oregano)</td>
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Chicken Gravy

**Ingredients:** (2 Servings)
4 oz. Chicken Base
6 qts. Water
1 cup Flour

**Directions:**
1. Boil water and chicken base in a pot. Add flour once boiling.
2. Mix until well combined and serve.

**Ingredients:** (20 Servings)
5 cups Chicken Base
15 gallons Water
10 cups Flour
Veggie Burrito with Chicken

**Ingredients:** (2 Servings)
- 8 oz Grilled Chicken, cut into strips
- ¼ stock of Green Onion
- ½ cup Frozen Corn
- ½ tbsp. Salt Free Vegetable Seasoning

**Directions:**
1. Place all ingredients in a tortilla and serve.

**Ingredients:** (20 Servings)
- 1 case Grilled Chicken, cut into strips
- 1 stock of Green Onion
- 2 bags Frozen Corn
- 1/3 cup Salt Free Vegetable Seasoning
Baked Turkey and Penne Pasta

**Ingredients:** (2 Servings)

- 1 lb. Ground Turkey
- 6 oz. Wheat Pasta
- ¼ can Marinara Sauce
- ½ tsp. Pepper
- ½ tsp. Italian Seasoning

**Directions:**

1. Chop turkey into small pieces
2. Mix ingredients and bake at 375 for 1 hour.

**Ingredients:** (20 Servings)

- 10 lbs. Ground Turkey
- 4 lb. Wheat Pasta
- 2 cans Marinara Sauce
- 1 tbsp. Pepper
- 1 tbsp. Italian Seasoning
Meat Loaf

**Ingredients: (2 Servings)**

1 lbs. Ground Turkey
1 tbsp. Onion
½ stalk of Celery
½ tsp. Salt Free Garlic Herb
¼ tsp. Salt Free Vegetable Seasoning
¼ tsp. Italian Seasoning
1 raw Egg
Low-Sodium Ketchup

**Directions:**

1. Mix ingredients with the turkey and bake at 375 for 1 hour.

**Ingredients: (20 Servings)**

20 lbs. Ground Turkey
1 Onion
5 stalks of Celery
2 tbsp. Salt Free Garlic Herb
1 tbsp. Salt Free Vegetable Seasoning
1 tbsp. Italian Seasoning
4 raw Eggs
1 bottle of Low-Sodium Ketchup
Turkey Quarter Pounder Burgers

**Ingredients:** (2 Servings)

- ½ lb. Ground Turkey
- ¾ cups Fresh Spinach
- ¼ can diced Tomato
- 1 egg
- ¼ tsp. Garlic Seasoning
- ¼ tsp. Vegetable Seasoning
- ¼ tsp. Black Pepper

**Directions:**

1. Season turkey with garlic and vegetable seasoning and black pepper, combine the rest of the ingredients with the turkey.
2. Cook the turkey in the shape of a patty and serve

**Ingredients:** (20 Servings)

- 5 lbs. Ground Turkey
- 8 cups Fresh Spinach
- 1 can diced Tomato
- 6 eggs
- 1 tbsp. Garlic Seasoning
- 1 tbsp. Vegetable Seasoning
- 1 tbsp. Black Pepper
Salmon Patties

**Ingredients:** (2 Servings)
- 6 oz Fresh or Canned Salmon
- 1 tbsp. Chopped Onion
- 1 Egg
- 1½ tbsp. Whole Wheat Breadcrumbs
- ¼ tsp. Vegetable Seasoning
- ¼ tsp. Black Pepper

**Directions:**
1. If canned, drain and reserve liquid from salmon. If fresh, cook salmon in pan just until it easily flakes apart.
2. Mix egg, onion, breadcrumbs, seasonings, and salmon together.
3. Make into patties. If mixture is too dry, add some liquid from can.
4. Place patties in pan and brown each side, turning gently and serve on bed of lettuce with radish or other colorful garnish.

**Ingredients:** (20 Servings)
- 4 lb. Fresh or Canned Salmon
- ½ cup Chopped Onion
- 10 Eggs
- 1 cup Whole Wheat Breadcrumbs
- 1 tbsp. Vegetable Seasoning
- 1 tbsp. Black Pepper
Turkey Meatloaf with Mushrooms and Herbs

**Ingredients:** (4 Servings)
- 2 tbsp. Extra-Virgin Olive Oil
- 2 cups, 1/3 inch. Bread, cubed
- 1 cup Low-Sodium Chicken Broth
- 8 oz. Button Mushrooms, sliced
- 2 large Whole Eggs, lightly beaten
- 2 tbsp. Parsley, chopped
- 2 tsp. Salt
- 1 lb. Ground Turkey Breast
- 1 lb. Ground Turkey (15% fat)
- 1 tbsp. Thyme, chopped
- ½ tsp. Ground Black Pepper

**Directions:**
1. Preheat oven to 300°, brush loaf pan (8” x 4”) with olive oil.
2. Toss bread in broth until it softens, for about 10 mins. Mix in mushrooms, parsley, thyme, salt, pepper, and eggs.
3. Add turkey, mix until blended.
4. Transfer to loaf pan. Bake for ~1 hr. 25 mins. Let sit for 15 mins before cutting and serving.

**Ingredients:** (20 Servings)
- ¼ cup Extra-Virgin Olive Oil
- 10 cups, 1/3 inch. Bread, cubed
- 10 cups Low-Sodium Chicken Broth
- 40 oz. Button Mushrooms, sliced
- 10 large Whole Eggs, lightly beaten
- ¼ cup Parsley, chopped
- 3 tbsp. Salt
- 5 lb. Ground Turkey Breast
- 5 lb. Ground Turkey (15% fat)
- 5 tbsp. Thyme, chopped
- 2½ tsp. Ground Black Pepper
Italian Turkey Pasta Bake

**Ingredients:** (2 Servings)

- 3 oz. Ground Turkey
- ¼ jar Spaghetti Sauce with Mushroom (Low Sodium)
- ½ tsp. Italian Seasoning (No Salt)
- 3.2 oz. Penne Pasta
- 2 oz. can diced Tomatoes Italian Style, undrained (Low Sodium)
- ¼ clove of Garlic, minced
- ½ tsp. Olive Oil
- 3 tbsp. Mozzarella Cheese, shredded
- Pepper to taste

**Directions:**

1. Cook pasta according to package instructions and drain.
2. Preheat oven to 350°.
4. Add spaghetti sauce, diced tomatoes, salt, and pepper to taste.
5. Simmer for 10 minutes.
6. Add pasta to sauce, mix well. Transfer to baking dish, top with cheese.

**Ingredients:** (20 Servings)

- 2 lbs. Ground Turkey
- 2 jars Spaghetti Sauce with Mushroom (Low Sodium)
- 2 tbsp. Italian Seasoning (No Salt)
- 32 oz. Penne Pasta
- 20 oz. can diced Tomatoes Italian Style, undrained (Low Sodium)
- 2 cloves of Garlic, minced
- 2 tbsp. Olive Oil
- 2 cups Mozzarella Cheese, shredded
- Pepper to taste
Maple-Mustard Glazed Chicken

**Ingredients: (4 Servings)**

- 2 tsp. Olive Oil
- 4 (6-ounce) Skinless, Boneless Chicken Breast Halves
- ½ tsp. Freshly Ground Black Pepper
- ¼ cup Fat-Free, Low-Sodium Chicken Broth
- ¼ cup Maple Syrup
- 2 tsp. Fresh Thyme, chopped
- 2 cloves Garlic, thinly sliced
- 1 tbsp. Cider Vinegar
- 1 tbsp. Stone-Ground Mustard

**Directions:**

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with pepper and salt. Add chicken to pan; sauté 2 minutes on each side or until browned. Remove chicken from pan. Add broth, syrup, thyme, and garlic to pan; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes, stirring frequently. Add vinegar and mustard; cook for 1 minute, stirring constantly.
3. Return chicken to pan and spoon mustard mixture over chicken. Bake at 400° for 10 minutes or until the chicken is done.
4. Remove chicken from pan; let stand 5 minutes. Place pan over medium heat; cook mustard mixture 2 minutes or until liquid is syrupy, stirring frequently. Serve with chicken.

**Ingredients: (20 Servings)**

- 3 tbsp. Olive Oil
- 20 (6-ounce) Skinless, Boneless Chicken Breast Halves
- 2½ tsp. Freshly Ground Black Pepper
- 1¼ cup Fat-Free, Low-Sodium Chicken Broth
- 1¼ cup Maple Syrup
- 3 tbsp. Fresh Thyme, chopped
- 10 cloves Garlic, thinly sliced
- 5 tbsp. Cider Vinegar
- 5 tbsp. Stone-Ground Mustard
Sweet Potato Shepherd’s Pie

**Ingredients: (6 Servings)**

- 1½ lb. Sweet Potatoes, peeled and diced
- 3 cloves of Garlic
- ½ cup 1% Milk
- ¼ cup Low-Sodium Chicken Broth
- 2 tbsp. Reduced-Fat Sour Cream
- Pepper to taste
- 90% Lean Ground Turkey
- 1 tsp. Olive Oil
- 1 medium Onion, diced

1. Boil potatoes and garlic in water until cooked and soft. Drain, mash, and mix with broth, sour cream, salt, and pepper. Preheat oven to 350°.

2. Brown turkey in pan, season with salt and pepper. Set aside. Add olive oil in a pan, add onions, celery, salt, and pepper, and cook until celery is soft. Add garlic and mushroom, mix 2-4 minutes. Add flour, salt, and pepper, mix well. Add frozen vegetables, broth, tomato paste, Worcestershire sauce, rosemary, cooked turkey, mix well and let simmer for 10 mins.

3. Place meat mixture on bottom of oven dish, and place mashed potatoes on top. Sprinkle paprika and bake for 20 mins or until potatoes are golden. Let cool for 10 mins before serving.

**Ingredients: (20 Servings)**

- 4½ lb. Sweet Potatoes, peeled and diced
- 9 cloves of Garlic
- 1½ cup 1% Milk
- ¾ cup Low-Sodium Chicken Broth
- 6 tbsp. Reduced-Fat Sour Cream
- Pepper to taste
- 90% Lean Ground Turkey
- 3 tsp. Olive Oil
- 3 medium Onions, diced

- 1 stalk of Celery, chopped
- 2 cloves of Garlic
- 8 oz. Mushrooms, diced
- 10 oz. Frozen Mixed Vegetables
- 2 tbsp. Flour
- 1 cup Low-Sodium Chicken Broth.
- 2 tsp. Low-Sodium Tomato Paste
- 1 tsp. Worcestershire Sauce
- 1 tsp. Rosemary
- Pinch of Paprika to taste
Grilled Rosemary Chicken

**Ingredients:** (4 Servings)
- 1 clove of Garlic, pressed
- 1 tbsp. Olive Oil
- 2 tbsp. Dijon Mustard
- 2 tbsp. Honey
- 1 tsp. Salt
- 1 tsp. Fresh Rosemary, chopped
- ½ tsp. Pepper
- 1½ lbs. Chicken Thighs, skinned and boned
- ½ of a Lemon

**Directions:**
1. Combine garlic and next 6 ingredients in a large heavy-duty zip-top plastic bag, squeezing bag to combine ingredients. Add chicken, turning to coat, and seal bag. Chill 1-24 hours.
2. Preheat grill to 350° to 400° (medium-high). Remove chicken from marinade, discarding marinade.
3. Grill chicken, covered with grill lid, over 350° to 400° (medium-high) heat 5 to 7 minutes on each side. Transfer chicken to a large piece of aluminum foil. Squeeze juice from lemon over chicken; fold foil around chicken, covering chicken completely. Let stand 10 minutes before serving.

**Ingredients:** (20 Servings)
- 5 cloves of Garlic, pressed
- 5 tbsp. Olive Oil
- ½ cup Dijon Mustard
- ½ cup Honey
- ½ tbsp. Salt
- ½ tbsp. Fresh Rosemary, chopped
- 2½ tsp. Pepper
- 7½ lbs. Chicken Thighs, skinned and boned
- 2½ Lemons
Low-Sodium, Low-Fat Turkey Sloppy Joes

**Ingredients:** (6 Servings)

- 1 lb. Lean Ground Turkey
- 2/3 cup Onion
- ½ cup Green Pepper
- 2 Jalapeno Peppers
- 1 cup No-Salt-Added Ketchup
- 2 tbsp. Brown Sugar
- 2 tbsp. Worcestershire Sauce
- 1 tbsp. Garlic Powder
- 2 tbsp. Chili Powder
- 1 tbsp. Mustard Powder
- ¼ tsp. Salt Substitute
- 2 tbsp. Extra-Virgin Olive Oil
- Whole Wheat Buns

**Directions:**

1. Remove seeds from jalapeno peppers and dice.
2. Dice onion and green pepper.
3. Sauté onion, jalapenos and green pepper in oven and set aside.
4. Cook ground turkey until browned, crumbling into little pieces.
5. Drain and return to pan.
6. Over med-high heat add all ingredients into the pan.
7. Spoon onto buns.

**Ingredients:** (18 Servings)

- 3 lbs. Lean Ground Turkey
- 2 cups Onion
- 1½ cup Green Pepper
- 6 Jalapeno Peppers
- 3 cups No-Salt-Added Ketchup
- 6 tbsp. Brown Sugar
- 6 tbsp. Worcestershire Sauce
- 3 tbsp. Garlic Powder
- 6 tbsp. Chili Powder
- 3 tbsp. Mustard Powder
- ¾ tsp. Salt Substitute
- 6 tbsp. Extra-Virgin Olive Oil
- Whole Wheat Buns
Chili Relleno Casserole

**Ingredients:** (2 Servings)

2 Fresh Pasillas
2 Egg Whites
1 Egg Yolk
1½ oz. Mozzarella Cheese, shredded
¼ small can of Tomato Sauce

**Directions:**

1. Beat egg whites until eggs make a peak, then fold in ½ of the yolks
2. Roast chili pasillas peel skin and remove seeds - dice
3. Put in a cloth with a plastic bag to steam helps peel the skin off and add a little bite of olive oil to the bottom of 2 large tin so egg does not stick
4. Put ¼ of egg into tin, sprinkle ¼ of the cut up pasilla chili, sprinkle ½ cheese, and cover with ¼ egg on top.
5. Repeat again for other pan; should serve at least 40 people.
6. Bake 350 degrees for 1½ hour checking after an hour make sure egg is cooked completely
7. For the Sauce:
8. Brown onions with olive oil, ½ gallon diced tomato, 1 tbsp. chicken base, 3 tbsp. dried oregano, add around 1 gallon water.
9. Let it come to a boil add to the top of chili relleno.

**Ingredients:** (40 Servings)

40 Fresh Pasillas
36 Egg Whites
15 Egg Yolks
2 lbs. of Mozzarella Cheese, shredded
1 small can of Tomato Sauce
Chicken Enchilada Rice Bake

**Ingredients:** (2 Servings)

- ½ cup Grilled Chicken Breast, diced
- 5 tbsp. Brown Rice, uncooked
- 1 small can Low-Sodium Black Beans
- Garlic Herb Seasoning
- 1 tsp. Blended Oil
- Cumin Seasoning
- 1½ cup Onions, diced
- 1 tbsp. Tomatoes, diced

**Directions:**

1. One day prior to serving cook rice in rice cooker. 9 cups (uncooked) for each batch of 65 servings.
2. One day prior to serving dice up the grilled chicken breast per batch (1 bag of grilled chicken breast)
3. On serving day mix all ingredients in shallow large pans and place in convection oven at 225° for 90 min.
4. For congregate, serve with 6-inch corn tortilla instead of a bread slice.

**Ingredients:** (60 Servings)

- 1 bag Grilled Chicken Breast, diced
- 9 cups Brown Rice, uncooked
- 1 10-lb can Low-Sodium Black Beans
- Garlic Herb Seasoning
- ½ cup Blended Oil
- Cumin Seasoning
- 1 cup Onions, diced
- 2 cups Tomatoes, diced