

Senior Nutrition Program

RECIPE BOOK

Ventura County Area
Agency on Aging



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*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*

Table of Contents

Chapter 1: Salads

Pasta-Salsa Salad	1
Whole Wheat Pasta with White Beans and Spinach.....	2
Chickpea Tomato and Basil Salad	3
Marinated Three-Bean Salad.....	4
Tuna Salad Sandwich	5
Apple Turkey Salad Sandwich	6
Egg Salad Sandwich.....	7
Black Bean Fiesta Salad.....	8
Quinoa Vegetable Pilaf with Walnut Salad.....	9
Grain-Free Tabouli Salad.....	10
Chicken Fruit Salad.....	11
Nopales Salad (Opuntia Cactus)	12
Five Spice Chicken Noodle Salad.....	13
Grilled Steak Salad with Walnut Dressing.....	14
Spinach Salad.....	15
Pea Salad	16
Broccoli Salad.....	17
Sweet and Savory Kale Salad	18
Fresh Coconut Jicama Slaw	19
Spring Beans Salad	20
Dressed Salad	21

Chapter 2: Soups

Vegetable Soup	22
Taco Soup	23
Chicken Noodle Soup	24
Minestrone Soup.....	25
Tomato Basil Soup.....	26
Simple Turkey Chili Soup.....	27

Lentil Soup 28

Italian Chicken Noodle Soup 29

Turkey Soup Provencal 30

Chicken Vegetable and Marconi Soup 31

Garbanzo Soup 32

Cauliflower Chowder 33

Meatball Soup 34

Chapter 3: Sides

Lite Fruit Side Salad 35

Egg Fried Rice 36

Roasted Sweet Potato 37

Bean Side Salad 38

American Macaroni Salad 39

Mexican Brown Rice 40

Sweet Potato/Kale Frittata 41

Cornbread 42

Pasta Salad with Vegetables 43

Rice with Peas and Carrots 44

Calabacitas (Means “Little Squash” in Spanish) 45

Chapter 4: Entrées

Turkey Stroganoff 46

Chicken Parmesan Recipe 47

Chicken Wrap 48

Greg’s Sloppy Sliders 49

Corn and Beef Pilaf 50

Tuna Casserole Penne 51

Tuna Casserole Eggless Noodles 52

Meatballs 53

Turkey Bolognese 54

Swedish Turkey Meatballs 55

Low-Sodium Chicken Enchiladas 56

Chicken Fajitas 57

Lemon Rosemary Garlic Chicken 58

Caramelized Onion, Spinach, & Feta Frittata..... 59

Homemade Enchilada Sauce 60

Turkey Tacos 61

Fish Tacos 62

Spicy Turkey Tostadas 63

Linguine Al Limone with Grilled Chia-Chicken Meatballs 64

Chicken Gravy 66

Veggie Burrito with Chicken 67

Baked Turkey and Penne Pasta 68

Meat Loaf..... 69

Turkey Quarter Pounder Burgers..... 70

Salmon Patties..... 71

Turkey Meatloaf with Mushrooms and Herbs..... 72

Italian Turkey Pasta Bake 73

Maple-Mustard Glazed Chicken..... 74

Sweet Potato Shepherd’s Pie 75

Grilled Rosemary Chicken 76

Low-Sodium, Low-Fat Turkey Sloppy Joes..... 77

Chili Relleno Casserole..... 78

Chicken Enchilada Rice Bake..... 79

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:

SITE NAME	Congregate	HDM Hot Daily	HDM Frozen Weekly	CONTACT INFORMATION
Camarillo Health Care District Congregate 3rd Thursday/month	✓		✓	3639 Las Posas Rd, Suite 117, Camarillo (805) 388-1952 X 133
Fillmore Active Adult Center	✓	✓	✓	533 Santa Clara Ave, Fillmore (805) 524-3030
Goebel Adult Community Center Conejo Recreation & Park District	✓			1385 E. Janss Rd., Thousand Oaks (805) 381-2742
HELP of Ojai	✓	✓		370 W. Baldwin Rd. (old Honor Farm site) (805) 646-5122
Moorpark Active Adult Center	✓	✓		799 Moorpark Ave., Moorpark (805) 517-6260
Oxnard Senior Centers	✓		✓	<i>Wilson Senior Center:</i> 350 N C St., Oxnard <i>Palm Vista:</i> 801 S. C St. (805) 385-8028
Brenda's Casamia Restaurant & Catering (Piru)	✓	✓		3944 Center Street, Piru (805) 521-0694
Port Hueneme Orvene S. Carpenter Community Center			✓	550 Park Ave., Port Hueneme (805) 986-6677
Santa Paula Senior Center	✓	✓		530 W. Main St., Santa Paula (805) 933-4226, Ext. 356
Simi Valley Senior Center	✓	✓	✓	3900 Avenida Simi, Simi Valley (805) 583-6364
Ventura Avenue Adult Center On the Avenue	✓		✓	<i>Westside Café:</i> 550 N. Ventura Ave., Ventura (805) 654-7554

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 cups Grape Tomatoes, cut into halves
- 1 Cucumber, chopped
- 5 Basil Leaves, chopped
- 2 cloves of Garlic, minced
- 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)

- 10 (15 oz.) cans of Chickpeas
- 20 cups Grape Tomatoes, cut into halves
- 10 Cucumber, chopped
- 50 Basil Leaves, chopped
- 20 cloves of Garlic, minced
- 1¼ 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
- 2½ 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
2½ 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	1 cup Walnuts, coarsely chopped
Romaine Lettuce	1 clove of Garlic, sliced
2 oz. Crumbled Blue Cheese	1/3 cup Red Wine Vinegar
Dressing:	1 tbsp. Brown Sugar
1 Red Onion, thinly sliced	1 tbsp. Whole Grain Dijon Mustard
1/2 cup Olive Oil	1/4 tsp. Pepper

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	10 cup Walnuts, coarsely chopped
Romaine Lettuce	10 cloves of Garlic, sliced
20 oz. Crumbled Blue Cheese	3 1/3 cup Red Wine Vinegar
Dressing:	1/2 cup Brown Sugar
10 Red Onions, thinly sliced	1/2 cup Whole Grain Dijon Mustard
5 cups Olive Oil	2 1/2 tsp. Pepper

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
1/4 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
1/2 cup Dijon Mustard
1 cup White Sugar
1/2 cup Cider Vinegar
40 cups Kale, stemmed, torn, and rinsed
2 1/2 cups Cranberries, dried
Salt and Pepper to taste
2 1/2 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

¼ 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
¼ 10-lb can of Marinara Sauce
¼ 10-lb can Rinsed Kidney Beans
1 bag Frozen Green Beans
1 bag of Frozen Carrots
1 cups of Diced Celery
½ 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 1½ 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 tbsp. Garlic, minced
1 lb. Ground Turkey	2 tbsp. Chili Powder
1 Onion, chopped	½ tsp. Paprika
2 cups Water	½ tsp. Dried Oregano
1 (28 oz.) can Crushed Tomatoes	½ tsp. ground Cayenne Pepper
1 (16 oz.) can of Kidney Beans, drained, rinsed, and mashed	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	½ cup Garlic, minced
10 lbs. Ground Turkey	1 cup Chili Powder
10 Onions, chopped	1½ tbsp. Paprika
20 cups Water	1½ tbsp. Dried Oregano
10 (28 oz.) can Crushed Tomatoes	1½ tbsp. ground Cayenne Pepper
10 (16 oz.) can of Kidney Beans, drained, rinsed, and mashed	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. Sauté 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	1 cup 2% Milk
2 cloves of Garlic, minced	1 head Cauliflower, roughly chopped
1 Onion, diced	1 Bay Leaf
2 Carrots, peeled and diced	2 tbsp. Fresh Parsley Leaves, chopped
2 stalks of Celery, diced	
¼ cup All-Purpose Flour	
4 cups Low-Sodium Chicken Broth	

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	3 cups 2% Milk
6 cloves of Garlic, minced	3 heads of Cauliflower, roughly chopped
3 Onions, diced	3 Bay Leaves
6 Carrots, peeled and diced	6 tbsp. Fresh Parsley Leaves, chopped
6 stalks of Celery, diced	
¾ cup All-Purpose Flour	
12 cups Low-Sodium Chicken Broth	

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 $\frac{3}{4}$ of an inch of water in the oven at 250° for 1½ hours.
5. Drain water from diced eggs, add cooked rice ($\frac{1}{4}$ 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
1 1/2 tbsp. Cider Vinegar
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
1¼ cup Baking Powder
5 tbsp. Pepper
3 tsp. Baking Soda
3 tsp. Ground Cumin
15 cups Yogurt
20 Eggs, beaten to blend
1¼ 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.
2. Heat marinara sauce in a pan. Add No Salt Garlic-N-Herb Seasoning, if desired.
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 tsp. Lemon Pepper
½ normal can of Marinara Sauce	Vegetable Seasoning
1¼ cups Celery, diced	Small Hamburger Buns
1½ tbsp. Onions, diced	Shredded Cheddar Cheese
½ tsp. Smoked Paprika	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, 1½ cups celery, 1 cup onions, no salt vegetable seasoning, and ground cumin, then place on large baking sheet, ~ ½ inch thick. Cover with foil and bake at 300° for 1½ 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). Place 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 1½ 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:
2. 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.
3. To prepare quinoa pilaf:
4. 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.
5. 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)

½ 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
¾ tsp. Onions, minced
0.8 oz. Bread Crumbs
1 cup Low-Sodium Chicken Broth
¼ tsp. Mrs. Dash Seasoning
¾ tsp. Flour
½ tsp. 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.
2. Pull meat off bones and shred. Heat enchilada sauce and tomato sauce. Cook tortillas on the stove top to soften and dip tortillas in sauce.
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	3 tbsp. fresh Rosemary Leaves
1/4 cup Fresh Lemon Juice	1 tsp. Freshly Ground Black Pepper
1 (3½ oz.) jar Capers, drained and rinsed	3 tbsp. Olive Oil
2 Lemons, sliced	6 Skinless Chicken Breasts
10 cloves of Garlic, smashed	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	½ cup fresh Rosemary Leaves
¾ cup Fresh Lemon Juice	1 tbsp. Freshly Ground Black Pepper
3 (3½ oz.) jars of Capers, drained and rinsed	½ cup Olive Oil
6 Lemons, sliced	18 Skinless Chicken Breasts
30 cloves of Garlic, smashed	6 lbs. Small Red Potatoes

Caramelized Onion, Spinach, & Feta Frittata

Ingredients: (2 Servings)

1 tsp. Olive Oil	1 1/3 cup frozen Southern-Style Hash Brown Potatoes, thawed
1 1/3 cups Onion, chopped	1/2 cups Fat Free Milk
1/2 tsp. Sugar	2 large Egg Whites
4 3/4 oz. package frozen Chopped Spinach, thawed, drained, and squeezed dry	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	8 3/4 cups frozen Southern-Style Hash Brown Potatoes, thawed
13 cups Onion, chopped	4 1/2 cups Fat Free Milk
1 1/2 tbsp. Sugar	13 large Egg Whites
43 3/4 oz. package frozen Chopped Spinach, thawed, drained, and squeezed dry	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	2 cloves of Garlic, peeled and minced
½ cup Water	1 tsp. Freshly Ground Black Pepper
1 lb. Ground Chicken	½ tsp. Red Pepper Flakes
¾ cup Rolled (Old Fashioned) Oats	12 oz. Whole Grain Linguine
¼ cup cheese	1/3 cup Half-and-Half
1/3 cup Red Onion, coarsely grated or minced	Juice and Zest of 1 large Lemon
3 tbsp. Extra-Virgin Olive Oil	2 tbsp. Fresh Basil, thinly sliced or chopped (optional)
¼ cup Fresh Flat-Leaf Parsley, finely chopped	
1 tsp. Fresh Oregano, finely chopped (or ½ tsp Dried Oregano)	

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)

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

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

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	¼ cup Parsley, chopped
10 cups, 1/3 inch. Bread, cubed	3 tbsp. Salt
10 cups Low-Sodium Chicken Broth	5 lb. Ground Turkey Breast
40 oz. Button Mushrooms, sliced	5 lb. Ground Turkey (15% fat)
10 large Whole Eggs, lightly beaten	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°.
3. In a pot, heat up olive oil. Add turkey, garlic, and Italian seasoning. Brown and drain turkey.
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.
7. Bake for 10-15 mins.

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	¼ cup Maple Syrup
4 (6-ounce) Skinless, Boneless Chicken Breast Halves	2 tsp. Fresh Thyme, chopped
½ tsp. Freshly Ground Black Pepper	2 cloves Garlic, thinly sliced
¼ cup Fat-Free, Low-Sodium Chicken Broth	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	1¼ cup Maple Syrup
20(6-ounce) Skinless, Boneless Chicken Breast Halves	3 tbsp. Fresh Thyme, chopped
2½ tsp. Freshly Ground Black Pepper	10 cloves Garlic, thinly sliced
1¼ cup Fat-Free, Low-Sodium Chicken Broth	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 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

Directions:

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

3 stalks of Celery, chopped
 6 cloves of Garlic
 48 oz. Mushrooms, diced
 30 oz. Frozen Mixed Vegetables
 6 tbsp. Flour
 3 cups Low-Sodium Chicken Broth.
 6 tsp. Low-Sodium Tomato Paste
 3 tsp. Worcestershire Sauce
 3 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 tsp. Salt
½ tsp. 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	1 tbsp. Garlic Powder
2/3 cup Onion	2 tbsp. Chili Powder
1/2 cup Green Pepper	1 tbsp. Mustard Powder
2 Jalapeno Peppers	1/4 tsp. Salt Substitute
1 cup No-Salt-Added Ketchup	2 tbsp. Extra-Virgin Olive Oil
2 tbsp. Brown Sugar	Whole Wheat Buns
2 tbsp. Worcestershire Sauce	

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	3 tbsp. Garlic Powder
2 cups Onion	6 tbsp. Chili Powder
1 1/2 cup Green Pepper	3 tbsp. Mustard Powder
6 Jalapeno Peppers	3/4 tsp. Salt Substitute
3 cups No-Salt-Added Ketchup	6 tbsp. Extra-Virgin Olive Oil
6 tbsp. Brown Sugar	Whole Wheat Buns
6 tbsp. Worcestershire Sauce	

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 1 ½ 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 Oi
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