

OUR COOKBOOK



BEGINNINGS AND BEYOND

BEEF AND VEGETABLE CASSEROLE

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1/2 c Veg.			
	Servings:	10	20	40	50
Lean ground beef		1 lb.	2 lb.	4 lb.	5 lb.
Chopped onions		1 cup	2 cups	4 cups	5 cups
Carrots, thinly sliced		1 cup	2 cups	4 cups	5 cups
Potatoes, cubed		1 cup	2 cups	4 cups	5 cups
Water		1 cup	2 cups	4 cups	5 cups
Baked beans (14 oz. can)		2 cups	4 cups	8 cups	10 cups
Shredded cheddar cheese		1 cup	2 cups	4 cups	5 cups

Brown meat in a small amount of olive oil in a large nonstick skillet on med-hi heat. Add vegetables; cook 5 min. stirring occasionally. Stir in water. Reduce heat to med-low. Simmer 10 min. or until vegetables are tender. Add beans and BBQ sauce; stir. Cook 5 min. or until heated through. Sprinkle with cheese.

MEATBALLS IN BROWN SAUCE

Yield: 1-1/2 ounces = 1 serving

Meatballs (favorite recipe or prepared frozen)

1/2 stick butter

1 tsp. tomato paste

2 Tbs. flour or more

1 cup beef broth or 1 cup water into which 1 beef cube has been dissolved.

Brown meatballs in butter in a dutch oven. When meatballs are cooked thoroughly, remove from pan. Retain drippings in the pan. Add 1 tsp. of tomato paste to pan with the drippings. Stir. Add 2 Tbs. flour and stir to mix thoroughly. Add 1 cup beef broth. Heat until sauce thickens.

To make additional gravy: Mix 1 cup COLD water or COLD beef broth, 1 tsp. tomato paste and 2 Tbs. flour to make a paste, then add some of the hot gravy to the paste. Slowly add this to the pan and stir constantly to avoid lumps. If using water, add 1 additional beef cube per cup of water to pan. Add meatballs and simmer slowly to heat through.

BEEF 'N BARLEY DINNER

	Per Serving:	1-1/2 oz. Meat/Meat Alt., 1/2 c Veg 1/4 c. Grain			
	Servings:	10	20	40	50
Lean ground beef		1 lb.	2 lb.	4 lb.	5 lb.
Mushrooms, Chopped (8 oz can)		1 can	2 cans	4 cans	5 cans
Chopped onions **		½ cup	1 cup	2 cups	2 ½ cups
Garlic Powder		1/3 tsp	2/3 tsp	1 tsp	1 1/3 tsp
Beef Bouillon Cubes		2	4	8	10
Water, Hot		2 cups	4 cups	8 cups	10 cups
W.G. Quick Cooking Barley		¾ cup	1 ½ cups	3 cups	3 ¾ cups
Salt		¼ tsp	½ tsp	1 tsp	1 ¼ tsp
Pepper		¼ tsp	½ tsp	1 tsp	1 ¼ tsp
Frozen Peas and Carrots (10 oz. pkg) – defrosted		1 pkg	2 pkg	4 pkg	5 pkg

Note: ** Can use minced dried onions – use ½ the amount.

1. Dissolve bouillon cubes in hot water.
2. In a large nonstick skillet, cook and stir ground beef, mushrooms, onion and garlic over medium heat until beef is no longer pink breaking it up as it cooks. Pour off drippings.
3. Stir in beef broth, barley, salt and pepper. Bring to a boil. Reduce heat to medium-low. Cover lightly. Simmer about 10 minutes.
4. Add defrosted peas and carrots. Continue cooking about 5 minutes or until barley is tender.

BEEF BURGER GOULASH

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1/2 c Veg.			
	Servings:	10	20	40	50
Lean ground beef		1 lb.	2 lb.	4 lb.	5 lb.
Chopped onions		1 cup	2 cups	4 cups	5 cups
Corn (frozen or canned)		1 cup	2 cups	4 cups	5 cups
Tomato sauce		1 cup	2 cups	4 cups	5 cups
Dried Oregano		1/2tsp	1tsp	2tsp	2- 1/2ts
Garlic powder		1/4tsp	1/2tsp	1tsp	1- 1/4ts
Shredded cheddar cheese		1 cup	2 cups	4 cups	5 cups
Salt and Pepper to taste					
Egg noodles, cooked		2-1/2c	5cups	10cups	12-1/2c
Vegetable of Choice as a side		2 cups	4 cups	8 cups	10 cups

Cook noodles according to package directions . Brown ground beef and onions, drain. Add corn and tomato sauce, along with salt, pepper and seasonings. When hot, add cheese and stir until melted.

Serve over noodles.

PIZZA DOUGH

Per Serving: 1.5 oz. Meat/Meat Alt & 1 Grain
Servings: 24 Servings (Makes two 12" Pies)

4 cups flour (approximately) 1 pkg yeast
1 Tbs oil 1-1/2 cups hot (110-120 degrees)
1 tsp salt water

Mix dry ingredients. Add oil and water. Stir to form a dough. Knead 8 to 10 minutes. Place in a greased bowl. Let rise about 45 minutes. Shape into pizza. Top with favorite sauce, topping and mozzarella cheese. (See Cook's Note below).

Bake in a 425 degree oven for 15 minutes.

Cook's Note: For Mozzarella Cheese: Use 18 oz. cheese per 12" pie for 12 servings of Meat/Meat Alternate.

WHOLE WHEAT PIZZA DOUGH

Per Serving: 1.5 oz. Meat/Meat Alt & 1 Grain
Servings: 24 (Makes two 12" Pies)

4 cups whole wheat flour 1-1/3 cups warm water (about 85
(approximately) degrees)
1 Tbs dry yeast 2 Tbs Olive Oil
1 tsp honey

Mix yeast and honey in warm water. Let soak about 10 minutes. Add salt and 2 Tbs oil, then add the flour gradually and mix well. Let sit 10 minutes. Knead 10 minutes adding flour as needed. Cover with a damp cloth and let rise for 1 – 2 hours until doubled. Grease lightly with oil two 12" pizza pans. Pat and stretch dough to fit. Add sauce, toppings and cheese (See cook's note below).

Bake at 400 degrees approx.. 25 minutes or until light brown.

Cook's Note: For Mozzarella Cheese: Use 18 oz. cheese per 12" pie for 12 servings of Meat/Meat Alternate.

EASTER BREAD

Per Serving:

1 Grain (1/2 Slice)

Servings:

24 Servings (Makes 1 loaf)

1/2 cup milk
1/4 cup water
2 Tbs butter
3-1/2 cups bread flour, divided
1/4 cup sugar
1 tsp salt
1 pkg active dry yeast
1 egg
1 Tbs lemon rind
8 oz. Maraschino cherries, drained and chopped (if desired)

Heat the milk, water and butter briefly in a saucepan just until blended.

In a large bowl stir together 2 cups flour, sugar, salt and yeast. With a wooden spoon, blend in milk mixture, beating well. Beat in egg, lemon rind and the optional chopped cherries. Beat in enough additional flour to create a dough that can be handled easily. Bowl will tend to clean itself as you stir when sufficient flour has been added.

Turn dough out onto a floured board. Flour hands and knead dough, adding flour as necessary until dough is smooth and elastic. Place dough in a greased bowl, turning over once to grease the top surface. Cover bowl with a clean cloth and place in a warm spot. Allow dough to rise until doubled in bulk.

Punch dough down and turn out onto a board and shape into three round loaves. Place on a lightly greased baking sheet about a half inch apart to form a three-leaf clover. (Can also make one braided loaf instead.) Cover with a towel and let rise until doubled.

Bake in a 350 degree oven for 25 minutes or until well browned. Remove from oven and slide onto a rack to cool. If desired, frost with a thin glaze of confectioner's sugar and lemon juice and decorate with halved cherries and citron or candy sprinkles.

BANANA BREAD

**Per Serving:
Servings:**

**1 Grain (1/2 Slice)
24 Servings (Makes 1 loaf)**

2 cups flour
1 tsp baking soda
1/2 tsp salt
1/2 cup butter
1 cup sugar
2 unbeaten eggs

1/3 cup milk
1 tsp lemon juice or vinegar

1 cup mashed banana (2 medium)

Preheat oven to 350 degrees

Sift together the flour, baking soda and salt and set aside. Combine the milk and lemon juice and set aside.

Cream the butter and slowly add the sugar. Cream well. Add the eggs and bananas. Add the dry ingredients alternately with the milk, beginning and ending with dry ingredients. Blend well after each addition.

Turn batter into a 9 x 5 x 3 inch pan, well greased on the bottom. Bake in a 350 degree oven for 60 – 70 minutes.

ZUCCHINI BREAD

Per Serving:
Servings:

1 Grain (1/2 slice)
48 servings (Makes 2 loaves)

3 eggs	3 tsp ground cinnamon
1 cup vegetable oil	1 tsp baking soda
2 cups sugar	1/4 tsp baking powder
2 cups grated zucchini	1 tsp salt
2 tsp vanilla	1/2 cup chopped walnuts, optional
3 cups flour	

Preheat oven to 325 degrees. Grease and flour two 8 x 4 inch loaf pans.

In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla. Combine flour, cinnamon, soda, baking powder, salt and nuts, if desired. Stir into the egg mixture. Divide batter into prepared pans.

Bake for 60 to 70 minutes, or until done.

CRANBERRY BREAD

Per Serving: 1 Grain (1/2 slice)
Servings: 24 Servings (makes 1 loaf)

1/3 cup margarine	3/4 cup water
1 1/4 cups sugar	1/3 cup orange juice
2 eggs	1 1/2 cups cranberries, coarsely chopped
3 cups flour	1/2 cup chopped nuts (if desired)
1 Tbs. baking powder	1 Tbs. grated orange rind
1 tsp salt	
1/2 tsp soda	

Combine flour, baking powder, salt and soda. Set aside. Cream margarine and sugar until light and fluffy. Add eggs, one at a time, mixing well after each addition. Add combined dry ingredients alternately with water and orange juice, mixing well after each addition. Fold in cranberries, nuts and orange rind. Pour into greased and floured 9 x 5 inch loaf pan. Bake at 350 degrees, 1 hour and 15 minutes. Cool 5 minutes; remove from pan.

IRISH SODA BREAD

Per Serving: 1 Grain (1/2 Slice)
Servings: 24 Servings (makes 1 loaf)

3 1/4 cups flour	3/4 tsp. salt
1/4 cup sugar	1/2 cup margarine
1 tsp baking powder	1 1/3 cups buttermilk**
1 tsp. baking soda	2/3 cup currants or raisins

Combine dry ingredients; cut in margarine until mixture resembles coarse crumbs. Add buttermilk and currants or raisins, mixing just until moistened. Shape into ball. On floured surface, knead dough times. Shape into round loaf; place on greased cookie sheet. Cut deep cross in top. Bake at 350 degrees, 1 hour. Serve warm.

** To substitute for buttermilk: use 1 tsp lemon juice or vinegar to 1 cup milk.

GOLDEN PORRIDGE (Oatmeal)

	Per Serving:	1 Grain			
	Servings:	6	12	24	48
Old-fashioned rolled oats		1 cup	2 cups	4 cups	8 cups
1% Milk		2 cups	4 cups	8 cups	16 cups
Ground Cinnamon		½ TBS	1 TBS	2 TBS	¼ cup
Vanilla extract		1 tsp.	2 tsp	4 tsp	8 tsp
Brown sugar		2 tsp.	4 tsp	8 tsp	16 tsp

In a large saucepan, bring milk to a boil. Combine oats and cinnamon. Mix into milk. Return to a boil.

Reduce heat and simmer for 5 to 10 minutes or until mixture has thickened.

Remove from heat and mix in brown sugar and vanilla.

Note: Brown Sugar: for 30 servings = 1/4 cup

Vanilla for 30 servings = 1/8 cup

NOT FRIED FRIED RICE

	Per Serving: 1 Grain			
Servings:	10	20	40	50
White rice *	1 C	2 C	4 C	5 C
Water	2 C	4 C	8 C	10 C
Chicken bouillon cubes	1	2	4	5
Oil	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Onion flakes	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Peas and carrots	¼ C	½ C	1 C	1 ¼ C
Eggs, beaten	2	5	10	12
Soy sauce	1 ½ Tb	3 Tbs	6 Tbs	7 ½ Tbs

Boil water. Add bouillon cubes. Add rice. When water boils again, lower heat and cook approximately 20 minutes or until done. Rinse rice in cold water to cool it completely.

Meanwhile, heat oil in a large pot. (do not overheat oil) Add vegetables along with onion flakes. Cover and cook 3 – 5 minutes, stirring frequently.

Beat eggs and soy sauce in a large bowl and add to vegetables. Cook on low. Stir frequently until eggs are firm – approximately 2 minutes.

Add cooked rice and heat through.

*To make Chinese Style Rice: Rinse rice several times until water runs clear. This removes much of the starch. Then cook rice the night before, drain and refrigerate so rice is cold when assembling the dish.

WHOLE WHEAT FRENCH TOAST CASSEROLE

Per Serving: 1 Grain

Yield: 50 (1/2 slice) servings

25 Slices Whole Wheat Bread/
1/2 cup packed brown sugar
1 tsp. cinnamon
8 large eggs
1 ¾ cups milk
2 tsp. vanilla extract
Pure Maple Syrup for serving

Grease a 13 x 9 inch baking pan. Slice or tear the bread into 1 inch pieces. Set aside.

In a small bowl, combine the brown sugar and cinnamon. Arrange half the bread in a single layer in the prepared pan, then sprinkle half the sugar mixture evenly over the top. Add a second layer of bread and top with sugar mixture.

In a large bowl, whisk together until well blended the eggs, milk and vanilla extract.

Starting from the sides of the pan and working toward the center, pour the egg mixture evenly over the bread. With a spatula, gently press down on the bread to coat it with the egg mixture. Cover the dish with aluminum foil and refrigerate overnight or at least 4 hours.

Heat the oven to 350 degrees. Bake covered for 20 minutes, then remove the foil and continue baking until the casserole turns a light golden brown and looks slightly puffed, about 30 minutes more. Serve the casserole warm with maple syrup.

In a bowl, mix milk, egg, sugar, flour, baking soda, salt and oil together. Bake on a hot, greased griddle, using ¼ cup of batter for each pancake. Turn when bubbles form on top of the pancakes. Brown other side. Serve with pure maple syrup.

CHICKEN AND DUMPLINGS

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	10	20	40	50
Boneless skinless chicken breasts		1 lb	2 lb	4 lb	5 lb
Water (Bring to a boil)		1-1/2 c	3 c	6 c	7-1/2c
Chicken Bouillon Cubes		2	3	6	7
Cream of Chicken Soup (10.75oz cans)		1	2	4	5
Poultry Seasoning		1/8tsp	1/4tsp	1/2tsp	5/8tsp
Frozen Peas and Carrots		1c	2c	4c	5c
Refrigerated Biscuits (7.5oz.cans)		1	2	4	5

Bring water to a boil. Meanwhile cube chicken breasts. Dissolve the bouillon cubes in the boiling water. Add chicken, cream of chicken soup and poultry seasoning. Bring to boiling again over medium-high heat. Reduce heat to low. Cover and simmer 5 minutes.

On a lightly floured surface, flatten biscuits to approximately an 8 inch thickness. Cut each biscuit into bite size pieces. Drop into boiling chicken mixture.

Add peas and carrots. Reduce heat to simmer. Cover and cook 15 to 20 minutes until vegetables are done, stirring occasionally to prevent dumplings from sticking.

CHICKEN AND POTATO BAKE

	1-1/2 oz. Meat/Meat Alt. & Veg.			
Per Serving:	10	20	40	50
Servings:	10	20	40	50
Boneless skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Large potatoes, cut into wedges	4	8	16	20
Italian Dressing	1/4 c	1/2 c	1 c	1-1/4 c
Grated Parmesan cheese	1/4 c	1/2 c	1 c	1-1/4 c
Chopped parsley if desired				
Vegetable of Choice (As a side veg)	2-1/2 c	5 c	10 c	12-1/2 c

Preheat oven to 400 degrees. Place chicken and potatoes in a 13 x 9 inch baking dish. Pour dressing over chicken and potatoes; sprinkle with cheese.

Bake 1 hour or until chicken is cooked through (180 degrees). Sprinkle with chopped parsley if desired. **Serve with additional vegetable as a side.**

KID'S FAVORITE CHILI

	1-1/2 oz. Meat/Meat Alt. & 1/2 c Veg.			
Per Serving:	10	20	40	50
Servings:	10	20	40	50
Ground turkey	1 lb.	2 lb.	4 lb.	5 lb.
Chopped onions	½ cup	1 cups	2 cups	2 ½ cups
Pork & beans (15 ¾ oz. can)	1 can	2 cans	4 cans	5 cans
Diced Tomatoes (14 ½ oz can)	1 can	2 cans	4 cans	5 cans
Condensed Tomato Soup (10 ¾ oz. can)	1 can	2 cans	4 cans	5 cans
Brown Sugar	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Chili Powder	1 Tbs	2 Tbs	4 Tbs	5 Tbs

Brown turkey and onion in a small amount of olive oil in a large nonstick skillet on med-hi heat until no longer pink. Drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat. Cover and simmer for 15 to 20 minutes or until heated through.

CHICKEN PARMESAN

	Per Serving:	1-1/2 oz. Meat/Meat Alternate			
	Servings:	10	20	40	50
Boneless, skinless chicken breasts		1 lb	2 lb	4 lb	5 lb
Beaten egg		1	2	4	5
Breadcrumbs		1/2 c	1 c	2 c	2-1/2 c
Tomato sauce		1 c +	2 c +	4c +	5 c +
Mozzarella cheese, shredded		1/2 c	1 c	2 c	2-1/2 c
Grated Parmesan cheese if desired					

Preheat oven to 350 degrees. Spray a cookie sheet with cooking spray. Cut chicken into strips about 1" thick. Dip each strip into beaten egg then breadcrumbs. Place on cookie sheet and bake until brown, turning once.

Cut the baked chicken into cubes. Mix cubed chicken with tomato sauce and mozzarella. Spray a baking pan with cooking spray. Put mixture into pan, sprinkle with Parmesan if desired and bake until cheese melts.

TURKEY TETRAZZINI

	Per Serving:	1-1/2 oz. Meat/Meat Alternate			
	Servings:	10	20	40	50
Cooked Turkey, Cubed		1 lb	2 lb	4 lb	5 lb
Egg Noodles		2-1/2c	5	10	12-1/2c
Cream of Mushroom Soup		1	2	4	5
Sour Cream		1 c	2 c	4c	5 c
Grated Parmesan cheese		1/2 c	1 c	2 c	2-1/2 c
Salt and Pepper to Taste					

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 375 degrees.

Combine Turkey, condensed soup, and sour cream. Place cooked noodles in a 9x13 inch baking dish. Pour turkey/sauce mixture evenly over the top. Sprinkle with Parmesan cheese.

Bake in preheated oven for 20 to 25 minutes, or until sauce is bubbling.

TURKEY NOODLE DINNER

	Per Serving:	1-1/2 oz. Meat/Meat Alt./1 Grain			
	Servings:	10	20	40	50
Ground turkey		1 lb	2 lb	4 lb	5 lb
Dried onion flakes		2 Tbs	1/4 c	1/2 c	1/2c+2Tbs
10 oz. cans cream of chicken soup		1	2	4	5
Milk		1/2cup	1 cup	2 cups	2-1/2 c
Egg noodles		2-1/2c	5cups	10cups	12-1/2c

Brown turkey in a heavy skillet until cooked through. Add onion, soup, milk, and uncooked pasta. Cover and cook over low heat for 30 minutes or until pasta is tender.

CRISPY CHICKEN DINNER

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1/2 Cup Veg.			
	Servings:	10	20	40	50
Ritz Crackers		10	20	40	50
Grated Parmesan Cheese		3 Tbs	6 Tbs	12 Tbs	1 cup
Boneless skinless chicken breast		1 lb	2 lb	4 lb	5 lb
Oil		2 Tbs	4 Tbs	1/2 c	10 Tbs
Vegetables (fresh or frozen) as a side		5 cups	10 cups	20 cups	25 cups

Finely crush crackers. Mix crumbs and Parmesan on a plate. Rinse chicken with cold water; pat dry with a paper towel. Dip chicken in crumb mixture, turning over to evenly coat both sides of each chicken piece; set aside. Heat oil in a large nonstick skillet on medium heat. Add chicken; cook 6 to 7 minutes on each side or until golden brown and cooked through. Drain well. Serve with the vegetables and stuffing or rice. *Cook's Note: For homemade stuffing, see BREAD section*

CREAMY CHICKEN WITH BROCCOLI

	Per Serving:	1-1/2 oz. Meat/Meat Alt., 1 Grain, 1/2 C. Veg.			
	Servings:	10	20	40	50
Italian Dressing		1/2 c	1 c	2 c	2-1/2 c
Boneless skinless chicken breasts		1 lb	2 lb	4 lb	5 lb
Cooked regular brown rice		2-1/2c	5 c	10 c	12-1/2 c
Chicken bouillon cubes		1	2	4	5
Broccoli florettes		2 cups	4 cups	8 cups	10 cups
Diced tomatoes, canned, undrained		3 cups	6 cups	12 cups	15 cups
Shredded mild cheddar cheese		1 cup	2 cups	4 cups	5 cups

Cut chicken into strips. Heat dressing in a large nonstick skillet on med-hi heat. Add chicken; cook and stir until no longer pink. Stir in broccoli and tomatoes. Bring to a boil; cover. Reduce heat to low; simmer 5 minutes or until chicken is cooked through. Add rice and heat through. Let stand, covered 5 minutes or until liquid is absorbed. Stir in cheese and mix until blended

GOLDEN CRISPED CHICKEN

	Per Serving:			
	1-1/2 oz. Meat/Meat Alternate			
Servings:	10	20	40	50
Cornflake crumbs	10 Tbs	1-1/4 c	2-1/2 c	3 cups
Salt	3/4 tsp	1-1/2 tsp	1 Tbs	3-3/4 tsp
Pepper	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Boneless skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Evaporated milk	1/4 c	1/2 c	1 c	1-1/4 c

Preheat oven to 350 degrees. Cut chicken into strips. Mix cornflake crumbs with salt and pepper in a bowl. Line two 9 x 13 inch baking pans with aluminum foil. Dip chicken in milk then cornflake crumbs. Place chicken in pans. Do not crowd. Bake approx. 35 to 45 min or until tender and no longer pink. Remove from pans and serve.

FETTUCCINE CACCIATORE

	Per Serving: 1-1/2 oz. Meat/Meat Alt., Grain, 1/2c Veg.			
Servings	10	20	40	50
Fettuccine, uncooked	8 oz	1 lb	2 lb	2-1/2 lb
Vegetable oil	2 tsp	4 tsp	8 tsp	10 tsp
Boneless skinless chicken breasts cubed	3/4 lb	1-1/2 lb	3 lb	3-3/4 lb
Frozen mixed vegetables	3-1/4 c	6-1/2 c	13 c	16-1/4c
Diced tomatoes (14.5 oz can) undrained	1 can	2 cans	4 cans	5 cans
Italian Dressing	1/4 c	1/2 c	1 c	1-1/4 c
Shredded Mozzarella cheese	1/4c	1/2 c	1 c	1-1/4 c
Grated Parmesan cheese	1/8 c	1/4 c	1/2c	2/3c

Cook pasta as directed on package. Meanwhile, heat oil in a large skillet on med-hi heat. Add chicken; cook and stir until no longer pink. Add mixed vegetables; cook stirring occasionally until vegetables are tender.

Stir in the tomatoes with their liquid and the dressing. Reduce heat to med-lo; simmer 5 minutes or until chicken is cooked through. Toss with pasta. Sprinkle with cheese.

MINI TURKEY QUICHES

	Per Serving: 1-1/2 oz. Meat/Meat Alternate			
Servings:	10	20	40	50
Ground turkey	1 lb	2 lb	4 lb	5 lb
Chopped onion	1 c	2 c	4 c	5 c
Milk	1-1/2 c	3 c	6 c	7-1/2 c
Bisquick baking mix	3/4 c	1-1/2c	3 c	3-3/4 c
Eggs	3	6	12	15
Salt	1/2 tsp	1 tsp	2 tsp	2-1/2 tsp
Pepper	1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Tomatoes, sliced thin	1	2	4	5
Shredded Cheddar cheese	1 c	2 c	4 c	5 c

Heat oven to 400 degrees. Grease 12 muffin cups. Cook and stir turkey and onion over med. heat until turkey is brown; drain. Divide equally among the muffin cups. Beat milk, baking mix, eggs, salt and pepper until smooth, 15 seconds in blender on hi or 1 minute with hand beater. Pour into muffin cups.

Bake 25 minutes. Top with tomatoes, sprinkle with cheese. Bake until knife inserted in center comes out clean. Cool 5 minutes then remove from pans.

TASTY TENDERS

	Per Serving: 1-1/2 oz. Meat/Meat Alternate			
Servings:	10	20	40	50
Boneless, skinless chicken breasts	1 lb.	2 lb.	4 lb.	5 lb.
Seasoned breadcrumbs	1 cup	2 cup	4 cup	5 cups
1% milk	1/2 cup	1 cup	2 cups	2-1/2 c
Olive oil	2 Tbs.	4 Tbs.	8 Tbs.	10 Tbs.

Preheat oven to 400 degrees. Cut chicken into strips. Soak in milk. Roll chicken in breadcrumbs to cover all sides. Place in greased pan. Spritz with oil. Bake at 400 degrees until golden, approx.. 30 min. Watch closely.

TERIYAKI CHICKEN

30 Servings

5 Chicken Breast halves, cut into strips

1/2 cup lemon juice

1/3 cup oil

1/3 cup soy sauce

3 Tbs. ketchup

3/4 tsp pepper

3/4 tsp garlic powder

Marinade: Mix together the lemon juice, soy sauce, oil, ketchup, pepper and garlic powder. Stir until smooth.

Place chicken in a greased pan. Pour marinade over all. Refrigerate overnight.

Drain Marinade. Bake at 350 degrees for approximately 20 – 25 minutes or until done. Do not overcook.

Bake at 350 degrees for approximately 20 to 25 minutes or until done.

MULTI-GRAIN CHEESY CHICKEN QUESADILLAS

Per Serving: 1/2 Quesadilla=1-1/2 oz. Meat & 1 Grain
Servings: 12 24 48

Multi-grain medium tortillas	12	24	48
Shredded chicken or turkey	9 oz	18 oz	36 oz
Mayonnaise	2 Tbs	4 Tbs	8 Tbs
Cheddar cheese, shredded	9 oz	18 oz	36 oz

Spread one side of one tortilla with mayonnaise. Spread shredded chicken (fresh or canned) over mayonnaise. Top with shredded cheddar cheese. Cover with the second tortilla. Can stack many completed quesadillas on each sheet before baking. Bake at 350 degrees until cheese is melted. Cover with foil and keep warm in the oven until ready to serve. Cut each tortilla into 8 wedges.

TURKEY MEATLOAF

Per Serving: 1-1/2 oz. Meat/Meat Alternate
Servings 10 20 40 50

Ground turkey	1 lb	2 lb	4 lb	5 lb
Eggs	1	2	4	5
Seasoned Breadcrumbs	1/4 c	1/2 c	1 c	1-1/4 c
Ketchup	1/4 c	1/2 c	1 c	1-1/4 c

Preheat oven to 350 degrees

Mix turkey with eggs. Add breadcrumbs. Add ketchup and mix well. Add more breadcrumbs to desired consistency.

Shape into two loaves. Put on a greased sheet and bake at 350 degrees for 40 minutes or until done. To test doneness, cut loaf down the middle. No pink should be visible.

CHICKEN WITH BROCCOLI AND LO MEIN NOODLES

Per Serving: 1-1/2 oz. Meat/Meat Alt., & 1/2 c Veg & Grain

Servings:	10	20	40	50
Uncooked spaghetti	8 oz	1 lb	2 lb	2-1/2 lb
Light sesame or vegetable oil	2 tsp	4 tsp	8 tsp	10 tsp
Boneless skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Frozen broccoli, thawed & drained	5 c	10 c	20 c	25 c
Water, boiling	1/2 c	1 c	2 c	2-1/2 c
Chicken bouillon cube	1	2	4	5
Soy sauce	2 Tbs	1/4 c	1/2c	1/2c+2Tbs
Flour	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Sugar	1 tsp	2 tsp	4 tsp	5 tsp

Cut chicken into thin, bite-sized strips. Cook noodles to desired doneness. Drain. Cover to keep warm.

Meanwhile, heat oil in a large skillet over med-hi heat until hot. Add chicken; cook 3 to 6 minutes or until chicken is no longer pink. Add broccoli; cook and stir about 5 minutes or until broccoli is tender.

Dissolve bouillon cube in the boiling water. In a small bowl, combine water mixture, soy sauce, flour and sugar; blend well. Stir into chicken mixture; cook and stir until thick and bubbly. Serve chicken over hot cooked noodles.

NOT FRIED "FRIED" CHICKEN

	Per Serving:			
	Servings:			
	1-1/2 oz. Meat/Meat Alternate			
	10	20	40	50
Boneless skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Flour	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Salt	1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Eggs	1	2	4	5
Cornflake crumbs	3/4 c	1-1/2 c	3 c	3-3/4 c
Nonstick cooking spray				

Preheat oven to 375 degrees. Grease a cookie sheet with cooking spray. Cut chicken into strips

In a shallow dish, combine flour, salt and pepper. In a medium bowl, lightly beat the eggs. In a large bowl, combine the cornflake crumbs.

Dip the chicken pieces in the flour mixture, then in the eggs, then in the cornflake crumbs, coating completely with each. Place on the baking sheet. Lightly coat the top of the chicken with cooking spray and bake for approx.. 30 min or until golden and no pink remains.

CHICKEN MELTIES

	Per Serving: 1-1/2 oz. Meat/Meat Alt., Grain			
	Servings			
	10	20	40	50
Chicken, Fresh or canned, shredded	9 oz	18 oz.	2-1/4 lb	3 lb
Mayonnaise, enough to moisten				
Whole Grain English Muffins	5	10	20	25
Cheddar Cheese, shredded	6 oz	12 oz	24 oz	30 oz

Halve English muffins and toast lightly. Mix mayonnaise with chicken, enough to moisten. Spread mixture evenly on toasted muffin halves. Sprinkle with Cheddar. Bake at 350 degrees until cheese is melted.

MINI CHICKEN POT PIES

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1/2 c Veg.			
	Servings:	10	20	40	50
Frozen Buttermilk Biscuits		10	20	40	50
Milk		1/2 c	1 c	2 c	2-1/2 c
Cream of Chicken Soup (Sm. Can)		1/2	1	2	2-1/2
Cooked Chicken, cubes small		1 lb	2 lb	4 lb	5 lb
Frozen mixed vegetables, thawed		2-1/2 c	5 c	10 c	12-1/2 c
Shredded Cheddar cheese		1 c	2 c	4 c	5 c
French's French Fried Onions		2 c	4 c	8 c	10 c
Vegetable of Choice (As a side veg)		2-1/2 c	5 c	10 c	12-1/2 c

Preheat oven to 400 degrees. Separate biscuits, press into (8 oz.) custard cups, pressing up sides to form crust.

Whisk milk and cream of chicken soup in a medium saucepan. Bring to boiling over med-hi heat. Reduce heat to med-lo; simmer 1 minute, whisking constantly, until thickened. Stir in chicken and vegetables.

Spoon about 1/3 cup chicken mixture into each crust. Place cups on baking sheet. Bake 15 minutes or until golden brown. Top each with cheese, and Onions. Bake 3 minutes or until golden.

CHICKEN-SPINACH PIE WITH MASHED POTATO CRUST

Per Serving: 1-1/2 oz. Meat/Meat Alt., & 1/2 c Veg

Servings: 10 20 40 50

Large potatoes, mashed and seasoned	3	6	12	15
Carrots, sliced (can use frozen)	1 c	2 c	4 c	5 c
Onion, chopped	1/2 c	1 c	2 c	2-1/2c
Dried thyme	1/2 tsp	1 tsp	2 tsp	2-1/2 tsp
Boneless, skinless chicken breast	1 lb	2 lb	4 lb	5 lb
Frozen, chopped spinach	1 c	2 c	4 c	5 c
Ricotta cheese	1/2 c	1 c	2 c	2-1/2 c
Salt	1/2 tsp	1 tsp	2 tsp	2-1/2 tsp

Preheat oven to 375 degrees. Cut chicken into 1-inch pieces or thin strips. Lightly grease a heavy bottom skillet with cooking spray; place over medium heat.

Add carrots, onion and thyme. Cook until slightly browned, stirring often. Add chicken and cook until golden brown. Turn off heat; stir in spinach, ricotta and salt.

Place chicken mixture in a 9x13-inch pan and top with mashed potatoes. Bake for 15 minutes. To brown the potatoes, broil for 5 more minutes.

IRISH CHICKEN STEW

**Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,
Servings: 10 20 40 50**

Cream of chicken soup (10.75oz.cans)	1	1	2	3
Water	1-1/2 c	1-1/2 c	3 c	4-1/2c
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Large Potatoes, cubed	1	2	4	5
Celery, chopped	1/4 c	1/2 cup	1 cup	1-1/4c
Onions, chopped	1/2 c	1 c	2 c	2-1/2 c
Salt	1/4 tsp	1/2 tsp	1 tsp	1-1/4
tsp				
Poultry seasoning	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Ground black pepper	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Frozen Peas and Carrots	3-1/2 c	6-1/2 c	13 c	16-1/2

Cut chicken into bite-size pieces. In a very large, heavy skillet, combine soup, water, chicken, potatoes, celery, onion, salt, poultry seasoning and pepper. Cover and cook over low heat about 1 hour. Add peas and carrots and cook until vegetables are done.

OMG CHICKEN

Per Serving: 1-1/2 oz. Meat/Meat Alt. & 1/2 c Veg

Servings:	10	20	40	50
Boneless skinless chicken breasts	1lb	2 lbs	4 lbs	5 lbs
Mayonnaise	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Parmesan Cheese, shredded	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Italian seasoned dry bread crumbs	2 tsp	4 tsp	8 tsp	10 tsp

Preheat oven to 375 degrees F.

Place mayo and cheese in a small bowl and mix.

Spray cooking sheet with cooking spray. Cut chicken breasts into strips and place on baking sheet and spread mayo mixture evenly atop each.

Next evenly sprinkle bread crumbs atop each.

Place in oven and bake for 20 minutes or until chicken is cooked thoroughly and juices run clear and tops are browned. You can also finish them off under the broiler for a minute or two to get them extra browned on top.

Season with a dash of fresh cracked pepper and sea salt, if desired.

ANGRY BIRD BAKED CHICKEN

Per Serving: 1-1/2 oz. Meat/Meat Alt., 1 Grain, 1/2 C. Veg.

Servings:	10	20	40	50
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Butter, melted	1/2Tb	1 Tbs	2 Tbs	2 1/2Tbs
Plain potato chips, crushed	2 oz	4 oz	8 oz	10 oz
4 ounces Cheddar cheese, grated	1/8 c	1/4 c	1/2 c	3/4 c
garlic powder (optional)	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Freshly ground black pepper, to taste				
Fresh parsley, chopped (for garnish - optional)				

Preheat oven to 350 degrees F.

Melt butter and brush over chicken.

Mix chips, cheese, garlic powder together and season with black pepper. Press mixture over chicken and place in an ovenproof casserole dish.

Bake in oven for 50 mins, or until chicken is tender.

INSIDE OUT CHICKEN POT PIE

Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,

Servings:	10	20	40	50
Cream of chicken soup (10.75oz.cans)	1	1	2	3
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Olive Oil	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Frozen vegetable combination	5 cups	10 cups	20 cups	25 cups
Buttermilk biscuits, split	5	10	20	25

Cut chicken into 1 inch pieces. Cook the chicken in a 10-inch nonstick skillet over medium-high heat until well browned, stirring often. Drain if necessary.

Stir the soup and vegetables into the skillet along with the chicken, adding water to thin slightly if desired. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through and vegetables are done.

Serve the chicken and sauce over the biscuits.

OVEN FRIED CHICKEN

Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,

Servings: 10 20 40 50

Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Homemade breading (see below)	2Tbs	4Tbs	8 Tbs	10Tbs

Preheat oven to 400 degrees. Cut chicken breasts into strips.

Place breading in a plastic bag. Add a few chicken pieces and shake to coat.

Repeat until all chicken is coated.

Spray a baking pan with non-stick cooking spray

Arrange chicken pieces in the baking dish so that they are not touching.

Bake for 20 to 30 minutes until done.

HOMEMADE BREADING

Yield: 4 Cups

4 Cups	Cornflake crumbs
4 tsp	Instant chicken bouillon
4 tsp.	Paprika
2 tsp	Poultry seasoning
1 Tbs	Italian herb seasoning
1/2 tsp	Garlic powder
1 tsp	Onion powder

Combine all ingredients and mix well

Store in an air tight container

Mix well before using

Plan on 1/2 – 1 Tbs of breading for each chicken part or fish fillet

CHICKEN STROGANOFF

	Per Serving: 1-1/2 oz. Meat/Meat Alt., & 1/2 c Veg			
Servings:	10	20	40	50
Egg Noodles	8 oz	1 lb	2 lb	2 1/2 lb
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Olive oil	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Onion, thinly sliced	1	2	4	5
Frozen Peas	1 c	2 c	4 c	5 c
1/4 cups sour cream	1/4 c	1/2 c	1 c	1-1/4 c
Salt and ground black pepper, to taste				
Fresh parsley, chopped, to garnish				

Cut chicken into thin strips diagonally across the breasts.

Heat small amount of oil in a large frying pan and cook the sliced onion slowly until soft but not colored. Add the peas and cook until done. Remove and keep warm.

Increase the heat, add the remaining oil and cook the chicken very quickly, in small batches, for 3 to 4 minutes until lightly colored. Remove and keep warm while cooking the rest of the chicken.

Return all the chicken, onions, and peas to the pan and season with salt and pepper.

Stir in the sour cream and bring to a boil.

Sprinkle with fresh parsley and serve over egg noodles.

OVEN ROASTED CHICKEN WITH POTATOES

Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,
Servings: 10 20 40 50

Boneless, skinless chicken breasts	1 lb.	2 lb.	4 lb.	5 lb.
Olive Oil	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Potatoes, cut into bite-sized pieces	5 cups	10 cups	20 cups	25 cups
Paprika (if desired)				

Preheat oven to 350 degrees. Grease a baking pan with cooking spray. Cut chicken into thin strips. Brush with olive oil. Season with salt and pepper on both sides. Put chicken in the pan and roast for about 15 minutes. Remove from oven.

Meanwhile, coat potatoes with olive oil and sprinkle with salt and pepper and small amount of paprika. Bake in a pan sprayed with cooking spray. Bake 30 minutes.

Add chicken to the potatoes, mix together and bake an additional 30 minutes or until potatoes are tender.

CRISPY BAKED FISH

	Per Serving:	1-1/2 oz. Meat/Meat Alternate			
	Servings:	10	20	40	50
Tilapia or other fish filets		1 lb	2 lb	4 lb	5 lb
1% milk		1/8 c	1/4 c	1/2 c	1/2c+2Tbs
Parmesan cheese		1/8 c	1/4 c	1/2 c	1/2c+2Tbs
Breadcrumbs		3 Tbs	6 Tbs	3/4c	1 cup
Paprika		1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Eggs		1	2	3	4

Preheat oven to 450 degrees. Rinse and pat dry fish. Set aside. Spray a baking sheet with cooking spray.

Combine eggs and skim milk in a medium bowl. In a separate bowl, combine Parmesan, breadcrumbs and paprika. Dip fish into egg mixture, then into breadcrumb mixture. Coat fish evenly. Arrange fish on prepared baking sheet. Discard excess egg and breadcrumb mixture. Bake about 5 minutes or until fish is golden and flakes easily with a fork.

BAKED TILAPIA FILETS

	Per Serving:	1-1/2 oz. Meat/Meat Alternate			
	Servings:	10	20	40	50
Tilapia or other fish filets		1 lb	2 lb	4 lb	5 lb
Butter,melted		1-1/2 Tbs	3 Tbs	6 Tbs	8 Tbs
Parmesan Cheese		2 tsp	4 tsp	3 Tbs	4 Tbs
Seasoned Breadcrumbs					

Preheat oven to 350 degrees. Dry fish with a paper towel. Place in a greased baking pan. Bake for 6 or 7 minutes. Remove from oven and brush with melted butter. Sprinkle with Parmesan cheese, then with breadcrumbs.

Bake uncovered until fish flakes with a fork, an additional 6 or 7 minutes or until done. Do not overcook.

BOW TIE TUNA

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	8	16	32	40
Bow tie pasta, uncooked		8 oz	1 lb	2 lb	2-1/2 lb
Light Tuna packed in water (5 oz can)		1 Can	2 Cans	4 Cans	5 Cans
Evaporated Milk		4 oz.	8 oz.	16 oz.	20 oz.
Cream of Mushroom Soup (10.5 oz can)		1 Can	2 Cans	4 Cans	5 Cans
Frozen Peas, thawed		1 cup	2 cups	4 cups	5 cups
Shredded Cheddar cheese, divided		1 cups	2 cups	4 cups	5 cups

Preheat oven to 350 degrees. Grease a casserole dish or pan. Cook pasta until tender but firm. Drain.

Combine tuna, milk, soup, peas and one half of the cheddar cheese. Add hot pasta and mix together thoroughly. Pour into a lightly greased baking pan. Cover tightly with aluminum foil. Bake 30 minutes. Remove foil and sprinkle with remaining cheddar cheese. Bake an additional 10 minutes or until cheese is melted.

MACARONI AND CHEESE

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	8	16	32	40
1 cup dry elbow macaroni		8 oz	1 lb	2 lb	2-1/2 lb
Evaporated Milk (12 oz. can)		1 Can	2 Cans	4 Cans	5 Cans
Shredded Cheddar cheese		2 cups	4 cups	8 cups	10 cups
Parmesan Cheese		1/8 cup	1/4 cup	1/2 cup	5/8 Cup
Breadcrumbs		2 Tbs	4 Tbs	8 Tbs	10 Tbs
Black Pepper		1/2 tsp	1 tsp	2 tsp	2 1/2 tsp

Preheat oven to 350 degrees. Grease a casserole dish or pan. Cook macaroni until tender but firm. Drain.

Combine cheeses, milk and pepper in a large bowl. Add hot pasta and mix together thoroughly. Pour into a lightly greased baking pan. Cover tightly with aluminum foil. Bake 20 minutes. Remove foil and sprinkle breadcrumbs on top. Bake an additional 10 minutes until lightly browned.

BAKED ZITI

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	8	16	32	40
Ziti Pasta, uncooked		8 oz	1 lb	2 lb	2-1/2lb
Spaghetti sauce, divided		1-3/4c	3-1/2 c	7 cups	8-3/4c
Ricotta cheese		1 cup	2 cups	4 cups	5 cups
Mozzarella cheese, shredded		1 cup	2 cups	4 cups	5 cups
Fresh Parsley, chopped		1/8 cup	1/4 cup	1/2 cup	5/8 cup
Egg, slightly beaten		1	1	2	3
Oregano		1/2tsp	1tsp	2tsp	2-1/2tsp
Garlic powder		1/4tsp	1/2tsp	1tsp	1-1/4tsp
Black pepper		1/8tsp	1/4tsp	1/2tsp	5/8tsp
Parmesan cheese, grated		1-1/2tsp	1Tbs	4-1/2tsp	2Tbs

Cook Ziti according to package directions for 10 minutes; drain.

Combine cooked Ziti, half the sauce, ricotta, mozzarella, parsley, egg, and spices. In casserole dish pour some sauce over bottom and spread. Spread Ziti mixture evenly over sauce. Top with remaining sauce. Sprinkle with Parmesan. Bake, covered at 375 degrees 30 to 35 minutes or until hot and bubbly.

PASTITSEO

	Per Serving: Servings:	Meat/Meat Alt & Grain			
		10	20	40	50
1 lb. ground turkey or ground beef		1 lb	2 lb	4 lb	5 lb
1 lb. elbow macaroni		1 lb	2 lb	4 lb	5 lb
1 stick butter		1/4 lb	1/2 lb	1 lb	1-1/4 lb
8 oz. cream cheese		8 oz	1 lb	2 lb	2-1/2 lb
7 eggs, beaten		7	14	28	35
1 quart milk		4 cups	8 cups	16 cups	20 cups
3 oz. grated Parmesan cheese, divided		3 oz.	6 oz.	12 oz.	15 oz.
Salt to taste					

Crumble and brown turkey or beef in a large skillet. Drain. Boil macaroni until tender but firm. Drain.

Add butter and cream cheese to macaroni in the same pot until they melt. Add browned meat. Add beaten eggs, milk and 2 ounces of the Parmesan cheese. Blend together.

Pour into a greased and floured 9 x 13" baking pan. Sprinkle with the rest of the cheese.

Let set in the refrigerator for a few hours. Bake at 375 degrees for about 45 minutes or until golden brown on top. Cool before cutting.

WILD WEST PASTA BAKE

Per Serving: 1-1/2 oz. Meat/Meat Alt, 1/2c Veg., 1 Grain

Servings:	10	20	40	50
Ground beef or turkey	1 lb	2 lb	4 lb	5 lb
Elbow pasta, uncooked	2-1/2c	5 c	10 c	12-1/2 c
Stewed tomatoes (14-1/2 oz can)	1 can	2 cans	4 cans	5 c
Water	1-1/2c	3 cups	6 cups	7-1/2 c
Frozen sweet corn	1-1/4c	2-1/2 c	5 cups	6-1/4c
BBQ sauce	1/2 cup	1 cup	2 cups	2-1/2 c
Salt and pepper to taste				
Vegetable of choice (as a side veg)	2 cups	4 cups	8 cups	10 cups

In a large skillet, cook beef or turkey over medium heat 5 minutes or until well browned. Stir in pasta, tomatoes, water, corn and BBQ sauce; bring to a boil. Reduce heat to low; cover and simmer 15 to 20 minutes or until pasta is tender, stirring occasionally. Season with salt and pepper.

SPAGHETTI A LA PHILLY

Per Serving: 1-1/2 oz. Meat/Meat Alt & 1 Grain

Servings:	10	20	40	50
Spaghetti, uncooked	8 oz	1 lb	2 lb	2-1/2 lb
Lean ground beef	1 lb	2 lb	4 lb	5 lb
24 oz. jar spaghetti sauce	1	2	4	5
Cream Cheese, cubed	4 oz	8 oz	16 oz	20 oz
Grated Parmesan cheese	2 Tbs	4 Tbs	8 Tbs	10 Tbs

Cook spaghetti as directed on package. Meanwhile brown meat in a large skillet; drain. Return meat to skillet. Stir in sauce and cream cheese. Cook on low heat 3 to 5 minutes or until sauce is well blended and heated through, stirring frequently.

Drain spaghetti. Add to sauce. Mix lightly. Top with Parmesan cheese.

PIZZA CASSEROLE

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	10	20	40	50
Spiral pasta, uncooked		8 oz	1 lb	2 lb	2 1/2 lb
Ground beef		1 lb	2 lb	4 lb	5 lb
Spaghetti sauce		4 c	8 c	16 c	20 c
Parmesan cheese grated		1 c	2 c	4 c	5 c
Mozzarella cheese, shredded		8 oz	16 oz	32 oz	40 oz

Preheat the oven to 350 degrees F.

Cook the pasta according to package directions and drain.

Return the pasta to the pot. Meanwhile, in a skillet over medium heat, cook the ground beef; drain.

Add the beef and spaghetti sauce to the pasta and stir to combine. Stir in the Parmesan cheese.

Spread pasta mixture into a lightly greased 9-by-13-inch pan. Top with the mozzarella cheese.

Bake for 20 minutes, until cheese is bubbly.

RAISIN O'S

Yield: 12 Servings Grains/Breads
Serving Size: 2/3 Cup

7 Cups Cheerios
1 Cup Raisins
1/4 Cup Margarine
1/4 Cup Light Corn Syrup
1/2 Brown Sugar
1/2 tsp. Baking Soda

Put cereal and raisins into a large greased bowl. Set aside. Combine margarine, syrup and sugar in a small saucepan. Bring to a boil and cook 2 minutes. Remove from heat. Add baking soda. Stir well. Pour over cereal mixture. Mix well. When cereal mix is coated, pour onto a greased baking sheet. Bake at 350 degrees for 10 minutes. Watch carefully so it does not burn. Remove from oven. Let stand 10 minutes. Separate with a fork. Store in an air tight container.

Snack Suggestion: 2/3 cup Raisin O's, 1/2 cup apple juice

HOMEMADE GRANOLA BARS AKA DOUBLE CRUNCH BARS

	Per Serving:	1 Grain (Approx. 1/2 cup each)		
	Servings:	18	36	54
Old fashioned oats, uncooked		4-1/2 c	9 c	13-1/2 c
Chopped nuts (if desired)		1-1/2 c	3 c	4-1/2 c
Firmly packed brown sugar		1 cup	2 cups	3 cups
Butter, melted		3/4 c	1-1/2 c	2-1/4 c
Honey		1/2 c	1 cup	1-1/2 c
Vanilla		1 tsp	2 tsp	3 tsp
Salt		1 tsp	2 tsp	3 tsp
Raisins		1/2 c	1 cup	1-1/2 c

Preheat oven to 450 degrees

Combine all ingredients; mix well. Press firmly into a well greased 15-1/2" x 10-1/2" jelly roll pan. Bake in preheated 450 degree oven 10 to 12 minutes or until golden brown. Cool thoroughly. Cut into bars.

APPLE-CHEDDAR BAGEL SNACK

	Per Serving:	1 Grain (Approx. 1/2 mini bagel)		
	Servings:	18	36	54
Mini Bagel Halves		18	36	54
Butter, softened,divided		6 Tbs	3/4c	1-1/8c
Cinnamon/Sugar Mixture		2-1/4tsp	4-1/2tsp	6-3/4tsp
Cooking apples				
Cheddar cheese		1-1/8 cups	2-1/4c	3-3/8c

1. Remove core from apples with apple corer and thinly slice crosswise. Peel if desired.
2. Preheat broiler. Toast bagels and spread cut sides with 1/2 amt. butter.
3. In a med skillet, melt remaining butter over med heat. Sprinkle apple slices with cinnamon and sugar mixture. Cook slices 1 min each side or until browned.
3. Top each bagel half with cheese and an apple slice. Place bagels on a baking sheet. Bake at 350 degrees until cheese begins to melt.

HOMEMADE SOFT PRETZELS

	Per Serving:	1 Grain (1/2 Pretzel)		
	Yield (# Pretzels)	(8)	(16)	(24)
	Servings:	16	36	54
1-1/2 cups warm water (110 – 115 deg		1-1/2 c	3 cups	4-1/2 c
1 Tbs sugar		1 Tbs	2 Tbs	3 Tbs
2 tsp kosher salt		2 tsp	4 tsp	6 tsp
1 pkg dry yeast		1 pkg	2 pkg	3 pkg
4-1/2 cups flour		4-1/2 c	9 cups	13-1/2 c
4 Tbs unsalted butter, melted		4 Tbs	8 Tbs	12 Tbs
10 cups water		10 c	10	10
2/3 cup baking soda		2/3 c	2/3 c	2/3 c
1 large egg yolk beaten with 1 Tbs water		1	1	2
Pretzel salt				
Vegetable oil or cooking spray to coat pan and bowl				

Note: Mix and bake each batch of 8 pretzels (16 servings) separately. If more water is needed, begin again. Do not add water and baking soda to the water mixture already in the pot.

Combine warm water, sugar and kosher salt in the bowl of a stand mixer and sprinkle yeast on top. Let stand 5 minutes until mixture foams.

Add flour and butter and using dough hook, mix on low speed until well combined. Change to med. speed and knead until dough is smooth and pulls away from sides of bowl (about 4 to 5 minutes)

Remove dough from bowl, clean bowl and grease well. Return dough to bowl, cover with plastic wrap and let sit in a warm place 1 hr. or until doubled.

Preheat oven to 450 degrees. Lightly grease 2 baking pans. Set aside. Bring 10 cups of water and baking soda to a rolling boil in an 8 quart saucepan. (You **MUST** add the baking soda **BEFORE** boiling the water or it will splash out of the pot!)

Homemade Soft Pretzels (Continued)

Turn dough out onto a slightly greased work surface and divide into 8 pieces. Roll each piece into a 24" rope. Make a U-shape with the rope. Holding ends of rope cross them over each other and press into the bottom of the U to form the pretzel shape. Moisten the ends where dough overlaps. Place onto greased pan.

Place pretzels one by one into boiling water for 30 seconds (Do only one at a time). Remove from water using a large flat spatula. Return to greased pan.

Brush top of pretzel with egg yolk mixture and sprinkle with pretzel salt.

Bake until golden brown in color – anywhere from 10 to 14 minutes. Watch them carefully to prevent over-browning. Cool on a rack for at least 5 minutes before serving.

BANANA POPS

Unpeeled Bananas, 1/2 per child. Cut each in half crosswise, leaving skin intact. Slide a popsicle stick into each one and then peel away the skin. Freeze the bananas until hardened (at least 1 hour). Pour granola, chopped nuts or crushed cereal onto a plate. In a bowl, combine 1/2 cup chocolate chips and 1 1/2 tsp vegetable oil and microwave the mixture in 10 second bursts until melted, stirring between bursts. Transfer the mixture to a tall heat-safe glass. Working quickly, dip a banana into the mixture, then roll it in the topping of choice. Return to the freezer until they are ready to eat.

TEXAS TRASH

**Per Serving:
Servings:**

**1 Grain (Approx 1/3 cup)
20 Servings**

1 cup Cheerios
1 cup Wheat Chex
2 cups Rice Chex
1 cup Corn Chex
2 cups pretzel sticks
1/8 cup apple juice
4 Tbs Worcestershire sauce
1/2 tsp garlic powder
1 tsp onion powder

Combine dry cereals and pretzel sticks. Combine apple juice, Worcestershire sauce and seasonings. Toss with cereals. Place on a non-stick baking pan. Bake at 275 degrees for one hour. Stir every 10 minutes. Cool completely.

TEDDY BITES

**Per Serving:
Servings:**

**1 Grain (Approx 1/3 cup)
Approx. 30**

2 cups pretzel sticks
2 cups mini Cinnamon Teddy Grahams
2 cups mini Chocolate Teddy Grahams
2 cups corn cereal squares
2 cups rice cereal squares
1 cup raisins

ST. PATRICK'S PARTY MIX

**Per Serving:
Servings:**

**1 Grain (Approx 1/3 cup)
Approx. 24**

4 cups Lucky Charms cereal
4 cups Thin pretzel sticks
2 cups Green jelly beans

JELL-O JIGGLERS

2 pkg (4 oz size) Jell-o, any flavor
1-1/4 cups boiling juice

Completely dissolve gelatin in boiling juice. Pour into an 8 or 9" square pan. Chill until firm, about 3 hours. Cut into 1-1/2 inch squares or use cookie cutter shapes.

Makes 3 dozen cubes, Number of shapes depends upon the cookie cutter used.

BANANA WHIP WITH GRAHAM CRACKERS

	Per Serving:	1 Grain, 1/2 c fruit			
	Servings:	10	20	40	50
banana		5	10	20	25
cool whip, thawed	2-1/2 Tbs		5 Tbs	10 Tbs	12-1/2Tbs
Graham crackers, separated into sticks					

Mash banana with a fork. Stir in cool whip. Serve with Graham crackers.

RICE KRISPIES TREATS

	Per Serving:	1 Grain, Approx. 1/3 cup
	Servings:	Approx. 18

3 Tbs butter
4 cups miniature marshmallows
6 cups rice krispies cereal

Melt butter in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Mix in rice krispies. Stir until well coated. Spread the mixture using a buttered spatula or waxed paper evenly into a 13x9x2 inch pan coated with cooking spray. Cut into 2-inch squares when cool.

BUSY DAY YELLOW CAKE

Yield: 1 layer Serves 12

1-1/3 cups flour
2/3 cup sugar
2 tsp baking powder
2/3 cup milk

1/4 cup butter, softened
1 egg
1 tsp vanilla

Preheat oven to 350 degrees.

In a bowl combine flour, sugar and baking powder. Add milk, butter, egg and vanilla. Beat with electric mixer on low until combined. Beat on med speed for 1 minute. Pour batter into a greased and floured 8 x 1-1/2 inch round baking pan,

Bake for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Cool in the pan on a wire rack for 5 minutes. Remove from pan.

Serve with whipped cream and fruit if desired or dust with confectioners sugar.

BUTTER FROSTING

Frosts tops and sides of two 9" cake layers

1/3 cup butter, softened
4-1/2 cups powdered sugar
1/4 cup milk
1-1/2 tsp vanilla
Additional milk, if needed

Beat butter till fluffy. Gradually add 2 cups of the sugar, beating well. Slowly beat in the 1/4 cup milk and vanilla. Slowly beat in remaining sugar. Beat in additional milk, if needed, to make of spreading consistency. Tint with food coloring, if desired.

CHOCOLATE: Prepare as above, except beat 1/2 cup unsweetened cocoa powder into butter.

CHOCOLATE CHIP COOKIES

Yield: Approx. 6 dozen cookies

1-1/2 cup butter, softened
1-1/4 cup sugar
1-1/4 cup brown sugar, packed
1 Tbs. vanilla
2 eggs
4 cups flour

2 tsp baking soda
1/2 tsp salt
4 cups semisweet chocolate chips
2 cups coarsely chopped walnuts
(optional)

Preheat oven to 350 degrees. In a large bowl, beat butter, sugars, vanilla and eggs on med. speed until light and fluffy. Stir in flour, baking soda and salt. Dough will be stiff. Stir in chocolate chips and optional nuts.

On ungreased cookie sheets, drop dough by tablespoonfuls 2 inches apart. Flatten slightly. Bake 11 – 13 minutes or until light brown (centers will be soft). Cool 1 – 2 minutes; remove from sheets to cooling rack.

OATMEAL COOKIES

Yield: Approx. 48 cookies

3/4 cup butter
1-3/4 cups flour
1 cup packed brown sugar
1/2 cup sugar
1 egg
1 tsp baking powder

1 tsp vanilla
1/4 tsp baking soda
1/2 tsp ground cinnamon
1/4 tsp ground cloves
2 cups rolled oats

Preheat oven to 375 degrees. In a mixing bowl beat butter on med to hi speed for 30 seconds. Add about half of the flour, the sugars, egg, baking powder, vanilla and baking soda. Stir in cinnamon and cloves. Beat until thoroughly combined. Beat in remaining flour. Stir in oats.

Drop by rounded teaspoons 2 inches apart onto an ungreased cookie sheet. Bake for 10 to 12 minutes or till edges are golden. Cool on a wire rack.

RAISIN OATMEAL COOKIES: Prepare as above, except after stirring in oats, stir in 1 cup raisins.

OLD-FASHIONED BUTTER COOKIES Yield: Approx. 70 - 2" cookies

3 cups flour	1 unbeaten egg
1 tsp baking powder	2 Tbs cream or milk
1/2 tsp salt	1-1/2 tsp vanilla
1 cup butter	
3/4 cup sugar	

Cream the butter and gradually add the sugar, creaming well. Stir in the egg, milk and vanilla. Mix well. Blend in the flour, baking powder and salt. Add food coloring to the dough if desired. Mix thoroughly. Chill dough for one hour if

Roll out on floured surface to 1/8" thickness. Cut into shapes with cookie cutters. Place on ungreased baking sheets. Sprinkle with colored sugars or decorations. Bake in a 400 degree oven 5 to 8 minutes until delicate golden brown.

GRANNY'S SUGAR COOKIES Yield: Approx. 5-1/2 to 6 doz. cookies

1 cup butter	1 tsp salt
2 cups sugar	4 tsp baking powder
2 eggs	4 cups flour
1 tsp vanilla	

Cream together the butter and sugar. Blend in the egg and vanilla. Add the salt, baking powder and flour and mix well. Add food coloring if desired to tint dough. Mix thoroughly. Roll out on lightly floured surface and cut into desired shapes with cookie cutters. Bake on lightly greased cookie sheet in a 400 degree oven for 5 minutes or until a light golden brown.

GIANT CHOCOLATE CHIP COOKIE

Yield: One giant cookie

6 Tbs butter, softened	1-1/2 cups flour
1/2 cup packed light brown sugar	1/2 tsp baking soda
1/4 cup granulated sugar	1/4 tsp salt
1 egg	2 cups (12 oz) semisweet chocolate chips
1 tsp vanilla	

In a large mixing bowl, beat butter and sugars until creamy. Add egg and vanilla and beat well. Stir together flour, baking soda and salt; gradually add to butter mixture; blending well. Stir in chocolate chips.

Line a 12 x 5/8 inch pizza pan with foil. Pat dough into pan within 3/4 inch of edge. Bake 15 to 18 minutes or until lightly browned. Cool completely. Cut into 8 wedges.

Mini Cookies

Yield: 18 dozen 3/4 inch cookies

Drop 1/4 tsp dough 1-1/2 inches apart onto ungreased cookie sheet. Bake 5 to 7 minutes at 350 degrees until set. Cool slightly. Remove from sheet to wire rack. Cool.

POP'S POTATOES

	Per Serving:	1/2 Cup Vegetable			
	Servings:	6	12	24	48
Russet potatoes, medium		2-1/2	5	10	20
Olive oil		1-1.2 /Tbs	3 Tbs	6 Tbs	12 Tbs
Onion powder		3/4 Tbs	1-1/2 Tbs	3 Tbs	6 Tbs
Salt, Pepper, Paprika		To Taste			

Preheat oven to 400 degrees.

Scrub potatoes *well* under cold water Pat dry. Cut into slices or small chunks. Drizzle oil onto potatoes. Add pepper, paprika, and onion powder. Toss in a bowl to coat.

Place on baking pan and bake in 400 degree oven for about 20 minutes. Potatoes will be done when they are golden brown. 1/4 cup per serving

RICE, BROCCOLI AND CHEESE CUPS

	Servings:	10	20	40	50
Uncooked white rice		1 c	2 c	4 c	5 c
Chicken broth		1 c	2 c	4 c	5 c
Frozen, chopped broccoli, thaw&drain		1-1/2 c	3 c	6 c	7-1/2 c
Shredded mozzarella cheese		2/3 c	1-1/3c	2-2/3c	3-1/3 c
Eggs, lightly beaten		2	4	8	10

Preheat oven to 350 degrees.

Prepare rice as directed on package, substituting chicken broth for the water. Place cooked rice in a large mixing bowl; cool slightly. Stir in remaining ingredients until well blended.

Spoon evenly into greased muffin cups. Bake 25 minutes or until lightly browned.

OVEN FRIED POTATOES

	Per Serving:	1/2 cup Vegetable			
	Servings:	10	20	40	50
Large unpeeled baking potatoes		4	8	16	20
Vegetable oil		1/4 c	1/2 c	1 c	1-1/4 c
Grated Parmesan cheese		1-2Tbs	2-4Tbs	4-8Tbs	6- 10Tbs
Salt		1/2 tsp	1 tsp	2 tsp	2-1/2 tsp
Garlic powder		1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Paprika		1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Pepper		1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp

Preheat oven to 375 degrees.

Cut potatoes lengthwise into four wedges. Place skin side down in a 13 x 9 x 2 " baking pan. Combine remaining ingredients; brush over potatoes. Bake at 375 degrees for 1 hour brushing with oil/cheese mixture every 15 minutes. Turn potatoes over for last 15 minutes of baking

CORN FRITTERS

	Per Serving:	1/2 cup Vegetable			
	Servings:	8	16	24	40
Flour		2cups	4cups	6cups	10 cups
Baking powder		2-1/2 tsp	5 tsp	7-1/2 tsp	12-1/2 tsp
Salt		1/4 tsp	1/2 tsp	3/4 tsp	1-1/4 tsp
Sugar		2 Tbs	4 Tbs	6 Tbs	10 Tbs
Milk		1 cup	2 cups	3 cups	5 cups
Egg, beaten		1	2	3	5
Whole kernel corn, drained(1 lb. 1 oz can)		1	2	3	5

Sift together flour, baking powder, salt and sugar. Blend milk and egg and add gradually to dry ingredients. Stir in drained corn.

Cooking method #1: Drop from tablespoon into hot oil (375 degrees) and fry until golden for 4 – 8 minutes. Drain on absorbent paper.

Cooking method #2: Drop by tablespoon onto greased cookie sheet and bake at 375 Degrees for approx. 5 minutes or until golden brown and cooked through. Turn once during baking.

STUFFING

Per Serving: 1 Grain (Approx. 1/3 cup)
Servings: 12 Servings
Stuffs a 4-5 lb. chicken

3 Tbs chopped onion
1/4 cup butter
4 cups bread cubes (about 7 slices, cut in 1/2-inch cubes)
1/4 tsp salt
1/4 tsp pepper
1/2 tsp poultry seasoning
1/2 tsp ground sage
2 to 4 Tbs or more water or chicken broth

Cook onion in butter. Combine with bread and seasonings. Toss with enough liquid to desired moistness. Stuff chicken. Double for a 10 pound turkey.

GRAVY

Yield: 2 Cups

Pour the drippings from roasting pan into a large measuring cup along with any browned bits from the pan. Skim off any fat. Reserve fat.

Measure out 1/4 cup fat in a medium saucepan,. Stir in 1/4 cup flour. Add enough chicken broth to the drippings to equal 2 cups. Slowly stir into the flour mixture. Cook until thick and bubbly. Season with salt and pepper.

HOMEMADE BREADING

Yield: 4 Cups

4 Cups Cornflake crumbs
4 tsp Instant chicken bouillon
4 tsp. Paprika
2 tsp Poultry seasoning
1 Tbs Italian herb seasoning
1/2 tsp Garlic powder
1 tsp Onion powder

Combine all ingredients and mix well. Store in an air tight container. Mix well before using. Plan on 1/2 – 1 Tbs of breading for each chicken part or fish fillet

MINI BURGER BITES

	Per Serving:	1-1/2 oz. Meat/Meat Alt.			
	Servings:	15	30	60	75
Lean ground beef		1 lb.	2 lb.	4 lb.	5 lb.
Shredded cheddar cheese		1 cup	2 cups	4 cups	5 cups
Mayonnaise		1 Tbs	2 Tbs	4 Tbs	5 Tbs
Dry Onion Soup Mix (1 oz. pkg)		1 pkg	2 pkg	4 pkg	5 pkg
Small Dinner Rolls (2 in. square)		15	30	60	75

- Preheat oven to 350 degrees.
- In a mixing bowl, thoroughly mix ground beef, cheddar cheese, mayonnaise and dry onion soup mix.
- Divide beef mixture evenly and spread onto the bottoms of the dinner rolls. Place top halves on top forming little sandwiches.
- Place in baking pan and cover tightly with aluminum foil.
- Bake 30 to 35 minutes in preheated oven or until meat is cooked through.

THANKSGIVING HARVEST MIX

Serving Size: ¼ cup

No. Servings: 36

2 Cups Bugle

2 Cups Mini Pretzels

2 Cups Honey Kix

2 Cups Corn Chex

½ Cup Candy Corn

1 Cup Raisins