

APPETIZERS AND SNACKS

Hummus (50 servings)

Provided by NDSU Extension Service

Recipe source: The University of Mississippi, National Food Service Management Institute (NFSMI)

Ingredients:

5 qt. plus 1 c. (2 - No. 10 cans) canned garbanzo beans or chickpeas, drained
3 ¼ c. frozen lemon juice concentrate, reconstituted
2 ½ c. peanut butter OR tahini OR sunflower seed butter
17 cloves garlic, peeled
3 ¼ c. water
Ground black or white pepper, to taste

Directions:

Combine all ingredients in a food processor and puree to a smooth consistency. Spread evenly into two 12"x20"x2 ½ " shallow pans. Cover and refrigerate for 4 hours. Keep refrigerated until ready to serve. Portion with No. 8 scoop. Makes 50 servings.

Per serving (½ cup): 182 calories, 8 grams (g) of fat, 22 g carbohydrate, 7 g protein, 4 g fiber, 301 mg sodium, and 1 mg iron.

Hummus “Sandy Snack” (40 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Improving Nutrition & Physical Activity Quality in Delaware Child Care, Delaware Team Nutrition

Ingredients:

4 - 12.5 oz. cans chickpeas, drained and rinsed well
4 c. low-fat or fat-free yogurt
½ c. lemon juice
12 drops hot pepper sauce (optional)
6 T. olive oil

Directions:

Blend chickpeas, yogurt, lemon juice, optional hot pepper sauce and olive oil in blender or food processor until smooth. Serve as a sandwich spread or use as a dip with whole grain crackers or fresh vegetables, such as carrot or cucumber slices. Makes 40 servings.

Per serving (¼ cup): 76 calories, 3 grams (g) of fat, 10 g carbohydrate, 3 g protein, 2 g fiber, and 123 mg sodium.

Bean Dip (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Recipes for Child Care

Ingredients:

2 lb. 12 oz. canned garbanzo beans, drained
1 Tbsp. lemon juice
2 tsp. granulated garlic
¼ c. vegetable oil
1 tsp. low-sodium soy sauce
¼ tsp. ground black or white pepper
¼ c. dried parsley
½ c. water

Directions:

Mash or blend all ingredients, either by hand or by using a food processor. Refrigerate until ready to serve. Portion with No. 30 scoop. Serve with whole wheat pita wedges. Makes 50 servings.

Per serving (2 tablespoons): 55 calories, 2 grams (g) of fat, 9 g carbohydrate, 2 g protein, 2 g fiber, 115 mg sodium, and <1 mg iron.

Chickpea Hushpuppies (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Frank Porter Graham (Recipes for Health Kids Challenge)

Ingredients:

3 $\frac{2}{3}$ c. onions, diced
3/4 c. carrots, diced
3/4 c. celery, diced
7.5 oz. oil
4 Tbsp. lemon juice
11 c. cooked
3 $\frac{2}{3}$ c. cooked brown rice
1 $\frac{3}{4}$ c. eggs (about 7 large eggs)
3 Tbsp. garlic powder
1 $\frac{1}{4}$ tsp. paprika
1 $\frac{1}{4}$ tsp. dried oregano
1 Tbsp. curry powder
1 Tbsp. salt
2-1/3 c. wheat flour, whole grain
3-2/3 c. instant granulated potatoes

Directions:

In a food processor, add diced onions, carrots, celery, oil and lemon juice and blend well. Add chickpeas, brown rice, eggs, spices and salt to food processor and blend until a smooth, thick dough begins to form. Turn mixture into a large bowl and fold in flour. Pour instant potatoes into a hotel pan. Using a No. 40 scoop, scoop out puppies and coat each one with instant potato. Spray a baking sheet with cooking oil and place puppies on sheet tray. Lightly spray puppies with oil and bake in a convection oven at 350 F for 15 to 20 minutes until the inside of the puppies reach an internal temperature of 141 F and begin to turn brown. Serve puppies with your favorite dipping sauce. Makes 50 servings.

(No nutrition information provided.)

Sweet Potato Hummus (58 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System: Vermont FEED; Vermont Agency of Education; School Nutrition Association of Vermont; "New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks" recipe book p. 93

Ingredients:

9 lb. sweet potatoes
1 - No. 10 can chickpeas, drained and rinsed
 $\frac{3}{4}$ c. tahini or sunbutter
1 $\frac{1}{2}$ c. orange juice
 $\frac{1}{2}$ c. soy sauce
3 Tbsp. ground cumin
3 Tbsp. ground coriander
3 Tbsp. ground ginger
3 Tbsp. ground mustard seed
3 Tbsp. garlic powder
1 Tbsp. salt
1 c. fresh parsley, chopped (optional)

Directions:

Preheat convection oven to 400 F or conventional oven to 425 F. Line a full sheet pan with parchment paper. Cut sweet potatoes in half and place cut side down on the prepared sheet pan. Bake until tender, about 45 minutes. Let cool slightly and peel. Place in a large stand mixer bowl. Purée chickpeas in batches in a food processor fitted with a steel blade until they are the consistency of a thick paste. Add to the sweet potatoes. Add tahini (or sunbutter), orange juice, soy sauce, cumin, coriander, ginger, mustard, garlic powder and salt. Mix with a paddle attachment on medium speed until well blended, scraping down the sides of the bowl occasionally. Stir in parsley (if using). Makes 58 servings.

Per serving ($\frac{1}{2}$ cup): 158 calories, 3 grams (g) of fat, 29 g carbohydrate, 5 g protein, 5 g fiber, 419 mg sodium, and 2 mg iron.

Falafel Nuggets (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System: Vermont FEED; Vermont Agency of Education; School Nutrition Association of Vermont; "New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks" recipe book p. 157

Ingredients:

¾ c. plus 3 Tbsp. vegetable oil, divided
1 lb. Spanish onion
2 c. celery, chopped ¼" pieces
1 c. fresh parsley
2 - No. 10 cans chickpeas, drained and rinsed
5 large eggs
¼ c. lemon juice
¼ c. low-sodium soy sauce
4 ½ c. all-purpose enriched flour
¼ c. baking powder
¼ c. ground coriander
¼ c. ground cumin
2 Tbsp. garlic powder
2 Tbsp. onion powder
1 Tbsp. kosher salt
1 Tbsp. ground black pepper

Directions:

Preheat convection oven to 350 F. Grease 3 full sheet pans with ¼ cup oil each. Trim and peel onion. Cut into 1-inch pieces. Heat the remaining 3 tablespoons oil in a large skillet over low heat. Add the onions and cook, stirring occasionally, until beginning to melt into the oil, about 30 minutes. Add celery and increase heat to medium. Cook, stirring occasionally, until the celery is softened, 8 to 10 minutes. Transfer to a large bowl. Pulse parsley in a food processor fitted with a steel blade until finely chopped. Add to the vegetable mixture. Working in batches of 4 to 6 cups, pulse chickpeas in the food processor until coarsely chopped (6 to 8 pulses per batch). Add to the vegetables. Whisk eggs, lemon juice and soy sauce in a small bowl. Add flour, baking powder, coriander, cumin, garlic powder, onion powder, salt and pepper to the chickpea mixture. Stir to thoroughly combine. Add the egg mixture and stir to combine. (Mixture will be the consistency of a thick dough.) Using a No. 30 scoop, place balls of falafel onto the prepared sheet pans. Bake until the bottoms are browned and crisp, 18 to 20 minutes. Flip the falafel and flatten with the back of a 2-ounce spoodle. Bake until browned and crisp on the other side, 10 to 12 minutes more. Hold in a warming box for up to 2 hours before serving. Options: serve with applesauce, ranch dressing, or ketchup. Makes 50 servings.

Per serving (3 pieces): 204 calories, 7 grams (g) of fat, 28 g carbohydrate, 8 g protein, 6 g fiber, 671 mg sodium, and 3 mg iron.

Split Pea Salsa (50 servings)

Provided by NDSU Extension Service

Recipe source: Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients:

5 c. dry split peas, rinsed
12 ½ c. water
1 - No. 10 can black beans, drained and rinsed
10 c. frozen corn
5 red bell peppers, chopped
1 ¼ c. fresh cilantro, chopped
1 ¼ c. lime juice
10 medium tomatoes, diced
2 ½ c. onion, diced
4-5 tsp. ground cumin

Directions:

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are tender (about 20 minutes). Drain and transfer to a large bowl. Wash and prepare all produce. Combine all ingredients in a large bowl. Serve with tortilla chips. Makes 50 servings.

Per serving (approx. ¾ cup): 100 calories, <1 gram (g) of fat, 20 g carbohydrate, 5 g protein, 6 g fiber, and 250 mg sodium.

Veggie Dip (48 servings)

Provided by NDSU Extension Service

Recipe source: Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients:

2 - No. 10 cans chickpeas, drained and rinsed (reserve some of the liquid)
2 Tbsp. jarred garlic, or 12 cloves
4 Tbsp. cumin
1 ½ c. lemon juice
¾ c. extra virgin olive oil

Directions:

If using whole cloves of garlic, mince garlic in a food processor or by hand. In a large bowl combine all of the ingredients, including the minced garlic, and mix well. Puree the mixture in batches in the food processor. If the mixture is too thick you may need to add a few tablespoons of the reserved liquid. Stir well and serve chilled or at room temperature with crisp fresh vegetables. Makes 48 servings.

Per serving (½ cup): 120 calories, 5 grams (g) of fat, 15 g carbohydrate, 4 g protein, 4 g fiber, and 230 mg sodium.

MAIN DISHES

Spanish Chickpea Stew (50 servings)

Provided by NDSU Extension Service

Recipe source: The University of Mississippi, National Food Service Management Institute (NFSMI)

Ingredients:

1 ½ c. extra virgin olive oil
¼ c. plus 4 tsp. fresh garlic, minced
5 lb. fresh onions, diced
¼ c. plus 4 tsp. sweet paprika
1 Tbsp. ground cumin
4 lb. 8 oz. frozen spinach, chopped
1 gal. plus 1 qt. (2 - No. 10 cans) canned low-sodium chickpeas drained and rinsed, OR 8 lbs. 2 oz. dry chickpeas
2 lb. 6 oz. golden raisins
1 qt. plus 1 c. canned low-sodium diced tomatoes
3 qt. plus ½ c. low-sodium chicken stock
½ c. red wine vinegar
2 tsp. salt
2 tsp. ground black pepper

Directions:

Heat oil in large roasting pan or square head pan (approx. 21"x18"x7") on top of the stove. Add garlic and sauté for 2 to 3 minutes. Add onions. Continue to sauté for 5 to 7 minutes until the onions are translucent. Mix in paprika and cumin. Add spinach and sauté for 15 minutes. Mix in chickpeas (if using dry chickpeas see preparation below), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump. Add vinegar, salt, and pepper. Mix well. Serve hot and portion with 8 fluid ounce ladle (1 cup). Makes 50 servings.

Per serving (1 cup): 241 calories, 8 grams (g) of fat, 38 g carbohydrate, 8 g protein, 6 g fiber, 156 mg sodium, and 2 mg iron.

Thick Vegetable Soup (60 servings)

Provided by NDSU Extension Service

Recipe source: The University of Mississippi, National Food Service Management Institute (NFSMI)

Ingredients:

2 gal. vegetable stock, non-MSG
14 oz. dry lentils
1 lb. 7 oz. dry barley
1 lb. onions, finely diced
2 lb. carrots, diced ½"
8 oz. celery, diced ½"
8 oz. white potatoes, peeled and cubed
2 c. tomato paste
1 tsp. ground black or white pepper
1 qt. water
3 qt. plus ½ c. (1 ½ - No. 10 cans) canned pinto beans, drained
1 lb. frozen whole-kernel corn
1 lb. frozen cut green beans
1 lb. fresh cabbage, shredded (optional)
1 qt. water

Directions:

Heat vegetable stock to a boil. Add lentils and barley. Reduce heat and simmer for 20 minutes. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered, for 25 minutes over low heat. Add pinto beans, corn, green beans, cabbage (optional) and additional water. Simmer covered, for 15 minutes over medium heat. Serve hot. Garnish with freshly grated parmesan cheese, if desired. Makes 60 servings.

Per serving (1 cup): 146 calories, <1 gram (g) of fat, 30 g carbohydrate, 7 g protein, 7 g fiber, 283 mg sodium, and 2 mg iron.

Hearty Lentil Chili (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Cedar Shoals High School (Recipes for Healthy Kids Competition)

Ingredients:

2 ½ lb. dry lentils
1 lb. onions
2 ½ lb. carrots
¼ c. vegetable oil
3 qt. hot water
¾ c. chili powder
½ c. paprika
¼ c. dried oregano
3 Tbsp. ground allspice
3 Tbsp. ground cumin
1 tsp. garlic powder
¾ tsp. black pepper
12 c. canned crushed tomatoes
6 c. canned red kidney beans
1 ½ Tbsp. salt

Directions:

Bring large pot of water to a boil. Remove water from heat and soak lentils for 20 minutes, stirring occasionally. Drain lentils after 20 minutes. Peel and dice onions. Scrub carrots and grate coarsely. Pour vegetable oil in a separate pot and pan fry onions and carrots, stirring frequently until vegetables are softened and turn slightly golden. Add drained lentils. Add water and seasonings, except salt. Stir. Bring to a boil, simmer 20 minutes, stirring frequently until lentils become tender. Add tomatoes. Bring to a boil. Clean the tops of cans of beans before opening. Open, drain, and rinse kidney beans. Add to mix. Add salt. Mix well. Bring to a boil, stirring frequently. Reduce heat. Simmer 10 minutes. Serve in 1 cup portions. Makes 50 servings.

(No nutrition information provided.)

Homestyle Pot Pie (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Faye Wright Elementary (Recipes for Healthy Kids Challenge)

Ingredients:

25 c. canned garbanzo beans, drained
12 ½ c. frozen diced peas and carrots
8 ⅓ tsp. onion powder
4 Tbsp. ground black pepper
2 Tbsp. plus 2 tsp. garlic powder
2 Tbsp. dried thyme
1 c. plus 2 tsp. sodium-free margarine
1 c. plus 2 tsp. white all-purpose flour
3 qt. plus 4 oz. water
2 lb. 12 oz. cobbler crust

Directions:

In a mixing bowl combine drained garbanzo beans, peas and carrots, onion powder, black pepper, garlic powder and thyme. With margarine, flour and water, make a roux. Combine vegetable and spice mix with roux and pour mixture into baking dish or full size steam pans. Cover with cobbler crust and bake at 350 F for 30 to 35 minutes. Makes 50 servings.

(No nutrition information provided.)

Lean, Mean Burger (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Joe Serna Jr. Charter School (Recipes for Healthy Kids Challenge)

Ingredients:

33 oz. dry lentils, cooked without salt
3.5 lb. potatoes, peeled
1 gal. water
1 c. onions, chopped
1 c. celery, chopped
2 c. dry bread crumbs
2 tsp. fresh parsley, minced
½ Tbsp. fresh rosemary, minced
¼ Tbsp. ground black pepper
50 hamburger buns, natural grain
1.75 lb. light mozzarella cheese, sliced
2 c. tomatoes, diced
1.10 lb. iceberg lettuce, shredded

Directions:

Preheat oven to 350 F. Thoroughly wash all produce. Cut potatoes in medium pieces. Place in a pot and cover with water. Bring to boil and then reduce heat to simmer. Cook until potatoes are softened, about 10 to 15 minutes. Drain potatoes well in colander and mash with potato masher or place in mixer to whip. Sauté the chopped onions and celery in water for about 10 minutes or until al dente. Combine sautéed onions and celery in a bowl with the lentils, mashed potatoes, bread crumbs, parsley, rosemary and pepper. Form 3 ounce (using No. 10 scoop) patties and place on a non-stick or lined baking sheet. Bake 20 minutes at 350 F. Turn and bake an additional 20 minutes. Toss diced tomatoes and shredded lettuce together. Set aside. Open and lay whole grain hamburger buns onto cookies sheets. Toast in oven for approximately 5 minutes or until lightly brown. Place patty on bottom of toasted bun and top with ½ ounce sliced cheese and ⅛ cup tomato and shredded lettuce mix. Top with top portion of bun. Makes 50 servings.

(No nutrition information provided.)

Luscious Vegetarian Tacos (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Quaker Valley Middle Scholl (Recipes for Healthy Kids Challenge)

Ingredients:

½ gal. plus ¼ c. dry lentils
1 ¼ gal. plus ¾ c. water
1 Tbsp. plus 1 ⅛ tsp. chili powder
1 Tbsp. plus 1 ⅛ tsp. dried oregano
1 Tbsp. plus 1 ⅛ tsp. ground cumin
½ c. plus 1 tsp. olive oil
½ gal. plus ¼ c. onions, chopped
8 ⅓ cloves fresh garlic, minced
1 Tbsp. plus ⅛ tsp. salt
1 lb. 9 oz. shredded cheddar cheese
50 crispy corn taco shells
3 ⅛ c. tomatoes, chopped
3 ⅛ c. iceberg lettuce, shredded or chopped

Directions:

Combine lentils, seasonings and water in a stockpot. Bring to a boil and simmer, stirring occasionally until liquid is absorbed and lentils are soft, but not mushy—approximately 15 minutes. Sauté onions and garlic in olive oil until tender. Add the onions and garlic to the lentil mixture and mix well, heating to 165 F. Assemble tacos with 2.5 ounces of lentil filling followed by ½ ounce of shredded cheese. Top with lettuce and tomato and serve. Makes 50 servings.

(No nutrition information provided.)

Mediterranean Pocket (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Physicians Committee for Responsible Medicine

Ingredients:

8 ½ qt. cooked or canned chickpeas
5 cloves garlic, pressed
2 ⅓ Tbsp. bread crumbs
1 qt. celery, minced
3 c. onions, chopped
5 tsp. ground cumin
5 tsp. turmeric
5 tsp. cayenne pepper
4 c. plus 3 Tbsp. tahini
2 c. lemon juice
2 c. water
¾ Tbsp. black pepper
¾ Tbsp. basil
25 pitas, whole-wheat, halved
1 ½ gal. lettuce, shredded or chopped
100 slices tomato

Directions:

Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, turmeric, and cayenne pepper. Roll into golf-ball size falafel balls and fry in 350 F oil until golden. Blend tahini, lemon juice, water, black pepper, and basil until creamy paste is formed. Fill each half pita with two falafel balls, ¼ cup sauce, ½ cup lettuce, and 2 tomato slices. Makes 50 servings.

Per serving (½ pita): 412 calories, 18 grams (g) of fat, 52 g carbohydrate, 16 g protein, 13 g fiber, 169 mg sodium, and 6 mg iron.

Pueblo Pie (48 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Physicians Committee for Responsible Medicine

Ingredients:

½ c. water
1 ½ qt. onions, chopped
2 Tbsp. garlic, minced
1 - No. 10 can crushed tomatoes
1 ½ c. TVP (textured vegetable protein)
3 c. water
½ c. chili powder
2 Tbsp. ground cumin
1 ½ tsp. salt
1 qt. plus 2 c. canned chickpeas, drained
1 ½ c. roasted red peppers, chopped
½ c. tahini
½ c. lemon juice
48 corn tortillas, torn in half
1 - No. 10 can vegetarian chili beans
1 qt. green onion, chopped
1 qt. plus 2 c. corn, fresh or frozen
2 c. olives, chopped

Directions:

Heat ½ cup of water in a large pot or skillet and cook the onions and garlic about 5 minutes, until soft. Add the tomatoes, TVP, remainder of water, chili powder, cumin, and salt. Simmer over medium heat 10 to 15 minutes. Process the chickpeas, roasted peppers, tahini, and lemon juice in a food processor or blender until very smooth. Preheat oven to 350 F. Spread a thin layer of the tomato sauce in the bottom of a No. 200 half pan. Cover with a layer of tortillas. Then spread with a thin layer of the garbanzo bean mixture. Sprinkle with some of the chili beans, green onions, corn, and olives. Spread a layer of tomato sauce over the top. Repeat the layers twice, ending with the tomato sauce. Make sure all of the tortillas are covered. Cover with foil and bake for 30 minutes. Makes 48 servings.

Per serving (2 ½ x 3 inch): 202 calories, 4 grams (g) of fat, 35 g carbohydrate, 9 g protein, 7 g fiber, 585 mg sodium, and 4 mg iron.

Sweet and Spicy Vegetarian Chili (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Wayzata High School (Recipes for Healthy Kids Competition)

Ingredients:

2 gal. plus $\frac{1}{3}$ c. water
4 $\frac{3}{4}$ c. carrots, diced
4 $\frac{3}{4}$ c. celery, diced
 $\frac{1}{2}$ c. onions, diced
6 $\frac{1}{4}$ c. canned garbanzo beans, drained and rinsed
6 $\frac{1}{4}$ c. canned kidney beans, drained and rinsed
4 $\frac{3}{4}$ c. canned low-sodium tomato paste
 $\frac{3}{4}$ c. honey
3 Tbsp. paprika
3 Tbsp. ground cumin
3 Tbsp. salt
1 $\frac{1}{2}$ Tbsp. black pepper
1 $\frac{1}{2}$ Tbsp. cayenne pepper
1 tsp. ground cinnamon
 $\frac{3}{4}$ Tbsp. unsweetened cocoa powder

Directions:

In a large, steam-jacketed kettle, bring water to a boil and add 4 $\frac{3}{4}$ cups of the garbanzo and kidney beans. Add vegetables and tomato paste and simmer for 30 minutes. In a separate bowl, mash the remainder of the beans with a potato masher or back of spoon. Add to kettle and mix. Add honey, spices, and cocoa powder. Mix well. Simmer on low until internal temperature reaches 165 F. Hold at 140 F in a 4 inch full size steam table pan; chili will thicken slightly as it sits. Serve 1 cup portions. Makes 50 servings.

(No nutrition information provided.)

Tomatoes with Garbanzo and Rosemary over Rotini Pasta (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, NH Obesity Prevention Program, DHHS, DPHS

Ingredients:

9 lb. enriched rotini pasta or whole-wheat pasta
½ c. olive oil
½ c. garlic, minced
1 Tbsp. plus 1 tsp. dried rosemary
1 tsp. crushed red pepper flakes
2 - No. 10 cans diced tomatoes, undrained
7 ½ lbs. canned garbanzo beans, drained and rinsed
¼ c. dried parsley
12 ½ c. frozen green beans, thawed and drained
1 ¾ c. parmesan cheese, grated

Directions:

Heat water to cook pasta. The amount of water should be a 4:1 ratio (water to pasta). Add pasta and cook to al dente. Place cooked pasta in sprayed hotel pans, cover tightly with wrap and hold until service in 200 F oven. In a large skillet, heat olive oil over low/medium low heat. Add minced garlic and dried rosemary to oil to infuse the flavor into the oil. Cook approximately 2 minutes; do not brown garlic. Add crushed red pepper flakes and chopped tomatoes with juice. Increase heat to medium/medium high and simmer sauce until it begins to thicken, approximately 8 to 10 minutes. Add garbanzo beans and dried parsley to sauce and heat thoroughly. Add green beans to sauce. Heat thoroughly. The green beans should be firm. Place sauce in hotel pans and hold in 200 F oven until ready to serve. Serve 1 cup cooked pasta topped with 1 cup sauce and ½ teaspoon parmesan cheese. Makes 50 servings.

Per serving: 440 calories, 5 grams (g) of fat, 79 g carbohydrate, 17 g protein, 7 g fiber, and 360 mg sodium.

Veggie and Hummus Pita Sandwich (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Valley City Junior/Senior High School (Recipes for Healthy Kids Challenge)

Ingredients:

3 ½ c. olive oil
1 ½ c. red wine vinegar
1 Tbsp. salt
1 tsp. ground black pepper
1.5 lb. cucumber, thinly sliced
3 lb. green bell pepper, seeded and thinly sliced
3 lb. romaine lettuce, washed, dried, cut into bite-sized pieces
3 lb. cooked chicken, cut into bite-sized pieces
25 pieces pita pocket bread, sliced in half
6 ¼ c. hummus

Directions:

Combine oil, vinegar, salt, and pepper in a large bowl and whisk until salt is dissolved. Add cucumber, bell pepper, lettuce, and chicken and toss until vegetables are coated and everything is combined. Lightly toast pita pocket bread halves on both sides. Open pockets gently to fill. Spread 2 tablespoons of hummus in each pita pocket, then fill with about 1 cup of vegetable mixture. Repeat with remaining pitas and vegetables. Makes 50 servings.

(No nutrition information provided.)

Chickpeas and Pasta (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System: Vermont FEED; Vermont Agency of Education; School Nutrition Association of Vermont; "New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks" recipe book, p. 151

Ingredients:

1 gal. plus 1 qt. water
1 Tbsp. kosher salt
5 lb. whole-wheat spaghetti
1 lb. unsalted butter
1 c. olive oil
5 Tbsp. garlic cloves, crushed
1 tsp. ground black pepper
2 - No. 10 cans chickpeas, drained and rinsed
2 lb. tomatoes, diced
1 c. fresh basil, finely chopped

Directions:

Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and set aside. Heat butter and oil in a large stockpot over medium heat. Add garlic and pepper and cook, stirring, for 1 minute. Add chickpeas and cook, stirring occasionally, until heated through, 10 to 15 minutes. Add the drained pasta, tomatoes and basil; toss to combine. Serve hot or cold. Optional: add freshly grated parmesan cheese right before serving. Makes 50 servings.

Per serving (1 cup): 274 calories, 14 grams (g) of fat, 30 g carbohydrate, 9 g protein, 8 g fiber, 452 mg sodium, and 2 mg iron.

Sloppy Lentil Joes (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System: Vermont FEED; Vermont Agency of Education; School Nutrition Association of Vermont; "New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks" recipe book, p. 175

Ingredients:

2 lb. onions
1 lb. sweet bell peppers, any color
11 ½ oz. celery
4 oz. garlic cloves
1 gal. plus 3 c. water
3 lb. 12 oz. dry brown lentils
1 lb. white button mushrooms
2 c. tomato paste
1 c. brown sugar, packed
½ c. Worcestershire sauce
½ c. cider vinegar
4 tsp. smoked paprika
1 Tbsp. plus ½ tsp. ground mustard seed
1 Tbsp. plus ½ tsp. ground black pepper
1 Tbsp. kosher salt
50 whole-grain buns, about 2 oz. each

Directions:

Trim and peel onions. Cut into 1 inch pieces. Stem, core and seed peppers. Cut into 1 inch pieces. Trim celery and cut into 1 inch pieces. Trim and peel garlic. Bring water to a boil in a large 3-gallon stockpot over high heat. Add lentils and cook until just tender, 25 to 30 minutes. Meanwhile, in batches, pulse the onions, peppers, celery and mushrooms in a food processor fitted with a metal blade until chopped into ¼ inch pieces, 6 to 8 pulses. Finely chop the garlic in the food processor. When lentils are done, reduce heat to low and stir in the chopped vegetables, garlic, tomato paste, brown sugar, Worcestershire sauce, vinegar, paprika, mustard, pepper and salt. Bring to a simmer, covered, over medium-low heat. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Serve ½ cup portions on each bun. Makes 50 servings.

Per sandwich: 313 calories, 4 grams (g) of fat, 56 g carbohydrate, 16 g protein, 14 g fiber, 779 mg sodium, and 5 mg of iron.

Spaghetti el Lentil (48 servings)

Provided by NDSU Extension Service

Recipe source: Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients:

2 - No. 10 cans low-sodium tomato sauce
2 Tbsp. garlic powder
2 Tbsp. onion powder
½ c. dried oregano
½ c. dried basil
½ c. dried parsley
3 lb. ground beef, browned
6 c. dry lentils, cooked to package directions

Directions:

Stir all ingredients in a saucepan and simmer for 30 minutes. Serve over spaghetti or your choice of pasta. Sprinkle with parmesan cheese, optional. Makes 48 servings.

Per serving (½ cup sauce): 140 calories, 3 grams (g) of fat, 15 g carbohydrate, 13 g protein, 4 g fiber, and 45 mg sodium.

Souped Up Sloppy Joes (48 servings)

Provided by NDSU Extension Service

Recipe source: Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients:

4 lb. lean ground beef
1 c. dried onion flakes
8 c. dry lentils, cooked to package directions
5 - 18.5 oz. cans low-sodium chicken gumbo soup
7 c. water
1 ½ c. ketchup
½ c. yellow mustard
2 tsp. pepper
48 whole wheat hamburger buns
48 slices cheddar cheese (optional)*

Directions:

In a skillet or on a grill, brown ground meat over medium-high heat, with dried onion flakes, pepper lightly. In a large pot, stir in the soup, water, ketchup, mustard, pepper, ground meat and cooked lentils. Turn heat to medium; simmer uncovered until all of the liquid is absorbed and the mixture is thick and rich, approx. 45 to 60 minutes. Stir frequently. Serve with veggies, chips and pickles. Makes 48 servings.

Per serving (1 sloppy Joe): 280 calories, 6 grams (g) of fat, 36 g carbohydrate, 20 g protein, 7 g fiber, and 430 mg sodium. *Nutritional analysis does not include cheese.

Zesty Pizza Subs (50 servings)

Provided by NDSU Extension Service

Recipe source: Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients:

5 lb. lean ground beef
1 $\frac{3}{4}$ c. dry lentils, cooked to package directions (approx. 5 c. cooked)
3 Tbsp. Italian seasoning
3 tsp. pepper
8 - 15 oz. cans low-sodium pizza sauce
6 $\frac{1}{4}$ c. shredded low-sodium mozzarella cheese
50 - 6" whole-wheat subs

Directions:

Brown the ground beef, set aside. Boil lentils until tender, approximately 25 to 30 minutes, drain. In a large cooking pot, combine ground beef, cooked lentils, Italian seasoning, pepper and pizza sauce, heat through on medium heat or warm in 350 F oven. Serve on a whole wheat sub, top with 1 $\frac{1}{2}$ tablespoons of cheese. Makes 50 servings.

Per serving (1 sandwich): 350 calories, 9 grams (g) of fat, 43 g carbohydrate, 23 g protein, 7 g fiber, and 460 mg sodium.

South of the Border Tacos (48 servings)

Provided by NDSU Extension Service

Recipe source: Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients:

Spice mixture – combine and set aside:

- 6 Tbsp. chili powder
- 4 Tbsp. corn starch
- 4 Tbsp. cumin
- 4 Tbsp. dried oregano
- 2 Tbsp. garlic powder
- 2 Tbsp. onion powder
- 1 Tbsp. salt

- 3 lb. lean ground beef
- ⅓ c. dried onion flakes
- 6 c. dry lentils, cooked to package directions
- 6 c. water
- 4 ½ c. shredded low-sodium cheddar cheese
- 48 crispy corn taco shells

Directions:

In a skillet or on a grill, brown ground beef over medium-high heat with the dried onion flakes, salt and pepper lightly. In a large pot, add the cooked lentils and browned meat. Stir in the spice mixture and water. Bring to a boil. Reduce heat and simmer until mixture thickens to desired consistency, approx. 5 to 10 minutes. Serve in taco shells and top with 1 ½ tablespoons of cheese. Add lettuce and tomato, if desired. Makes 48 servings.

Per serving (1 taco): 170 calories, 6 grams (g) of fat, 15 g carbohydrate, 15 g protein, 3 g fiber, and 240 mg sodium.

SIDE DISHES

Lentils of the Southwest (50 servings)

Provided by NDSU Extension Service

Recipe source: The University of Mississippi, National Food Service Management Institute (NFSMI)

Ingredients:

1 lb. 14 oz. dry lentils, brown or green
2 qt. plus ½ c. water
1 ¾ c. onions, diced
2 Tbsp. fresh garlic, minced
2 Tbsp. extra virgin olive oil
2 Tbsp. plus 2 tsp. ground cumin
2 Tbsp. ground red chili pepper
1 Tbsp. chili powder
3 c. canned low-sodium diced tomatoes OR fresh tomatoes, diced
1 Tbsp. salt
3 c. fresh cilantro, finely chopped

Directions:

Rinse lentils and sort out any unwanted materials. Drain well. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30 to 40 minutes. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2 to 3 minutes over low heat. Combine onions and garlic with cooked lentils. Add 3 cups additional water. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Stir in cilantro just before serving. Makes 50 servings.

Per serving (¼ cup): 69 calories, <1 gram (g) of fat, 11 g carbohydrate, 5 g protein, 4 g fiber, 142 mg sodium, and 2 mg iron.

Missouri River Medley (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, St. Mary's Grade School (Recipes for Healthy Kids Competition)

Ingredients:

8 ½ c. cooked orzo
8 ½ c. canned garbanzo beans
8 ½ c. canned black beans
4 ¼ c. canned corn
4 ¼ c. canned tomatoes with green chilies
2 c. red bell pepper, chopped
16 green onions, chopped
1 c. fresh cilantro, chopped
41 ½ oz. reduced-fat Italian dressing
1 Tbsp. plus ¼ tsp. black pepper

Directions:

Cook orzo based on package instructions. *Note: 1 pound dry orzo yields 3 pounds cooked orzo. Open canned beans and corn, strain and place in a large mixing bowl along with the cooked orzo. Open canned tomatoes and add directly to the bowl with orzo, beans, and corn. Chop red peppers, green onions and cilantro. Add directly to the large mixing bowl with previous ingredients. Add Italian dressing and mix all ingredients until everything is well coated. Add pepper and again mix until pepper is evenly distributed. Keep dish chilled in the refrigerator until time of serving. Garnish with a few strips of toasted pita bread, if desired. Makes 50 servings.

(No nutrition information provided.)

Panelle Fries (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Metcalfe Elementary (Recipes for Healthy Kids Challenge)

Ingredients:

3 gal. water
3 tsp. garlic powder
4 lb. 9 oz. garbanzo flour
3 tsp. salt
½ c. canola or olive oil

Directions:

Combine water and garlic powder, bring to a simmer. Add flour to simmering water, whisk until incorporated. Continue stirring for 12 minutes; caution not to scorch flour. After 12 minutes, puree until smooth with an immersion blender. Add salt. Lightly coat flat sheet pan lined with pan liner and spray with nonstick spray. Spread mixture on sheet pan and cool. Cut into batons (French fry shape) when cool. Brush top with canola or olive oil and bake at 425 F for 11 minutes until crispy and golden brown. Makes 50 servings.

(No nutrition information provided.)

Tasty Tots (50 servings)

Provided by NDSU Extension Service

Recipe source: Recipes for Healthy Kids, By Jeanne S., Lauren M., Jeanne G. and Rodney P. from Bellingham Public Schools, Bellingham, MA.

Ingredients:

12 lb. fresh yams
1 - No. 10 can garbanzo beans, undrained
1 c. vegetable oil
1 Tbsp. salt
2 tsp. white pepper
4 tsp. onion powder
4 tsp. ground cinnamon

Directions:

Steam or boil yams until barely tender, approximately 15 minutes, let cool. Peel. Shred yams using course blade. Puree garbanzo beans, including liquid, until smooth. Combine shredded yams and pureed garbanzo beans with remaining ingredients. Spray sheet pans with pan spray. Using a No. 40 scoop, scoop 1 inch apart on prepared sheet pans. Bake at 400 F for approximately 10 to 12 minutes, until starting to brown. Makes 50 servings.

Per serving (6 pieces): 203 calories, and 310 mg sodium.

Warm Lentils and Spinach (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System: Vermont FEED; Vermont Agency of Education; School Nutrition Association of Vermont; "New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks" recipe book, p. 97

Ingredients:

16 lb. fresh spinach
¾ c. olive oil
1 qt. onions, diced small
⅔ c. garlic, minced
1 ½ gal. low-sodium chicken broth
3 lb. 8 oz. dry brown lentils
¼ c. kosher salt
¼ c. ground cumin

Directions:

Wash and trim spinach stems and chop. Heat oil in 20-quart brazier or stock pot over medium heat. Add onions and cook, stirring frequently, until tender, 3 to 5 minutes. Add garlic and cook, stirring for 1 minute. Add the spinach, broth, lentils, salt and cumin; bring to slow boil. Cover and simmer, stirring frequently until the lentils are tender, 30 to 45 minutes. Pour into 4-inch full hotel pan and hold for service. Makes 50 servings.

Per serving (½ cup): 195 calories, 5 grams (g) of fat, 27 g carbohydrate, 14 g protein, 13 g fiber, 544 mg sodium, and 7 mg iron.

SALADS

Citrus Confetti Couscous (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Produce for Better Health Foundation

Ingredients:

3 qt. water
2 ½ qt. whole-wheat couscous
2 Tbsp. turmeric
2 tsp. ground black pepper
6 ½ lb. canned chickpeas, drained
48 oz. canned Mandarin oranges, drained
3 ½ c. red onion, diced small
1 qt. raisins
¼ c. orange zest, minced
1 ½ c. lemon juice
⅔ c. olive oil
2 Tbsp. dried chives

Directions:

In a large saucepan heat water to a boil. Add couscous, turmeric, and black pepper and cover. Turn off heat and let sit covered for 5 minutes. Fluff with a fork and let sit. In a large bowl combine chickpeas, oranges, onion, and raisins. In a separate bowl whisk together orange zest, lemon juice, olive oil, and chives. Pour dressing over chickpeas mixture in bowl. Once mixed, fold in the cooled couscous. Cover and refrigerate at least 1 hour before serving. Makes 50 servings.

Per serving (1 cup): 311 calories, 5 grams (g) of fat, 60 g carbohydrate, 10 g protein, 8 g fiber, 95 mg sodium, and 3 mg iron.

Garbanzo Bean Salad (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Lehman High School (Recipes for Healthy Kids Competition)

Ingredients:

10 ½ c. canned garbanzo beans, drained
4 ⅔ c. red onion, diced
4 ½ c. green bell pepper, diced
2 c. fresh cilantro leaves
1 c. olive oil
⅓ c. red wine vinegar
2 tsp. dried oregano
2 tsp. ground black pepper

Directions:

Combine garbanzo beans, red onion, green bell pepper and cilantro; mix thoroughly. In blender, combine olive oil, red wine vinegar, oregano and black pepper for dressing until emulsified. Toss dressing with bean mixture until well coated. Serve chilled. Makes 50 servings.

(No nutrition information provided.)

Going Green (48 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Improving Nutrition & Physical Activity Quality in Delaware Child Care

Ingredients:

6 c. dry lentils
8 c. green beans, fresh or frozen
12 medium carrots, sliced or shredded
4 large onions, chopped
2 tsp. dried thyme
1 c. olive oil
1 ½ c. red wine vinegar
1 tsp. black pepper
12 c. fresh spinach

Directions:

Rinse lentils with water and discard any stones or shriveled lentils. Slice green beans into 1 inch pieces. In a sauce pan, combine lentils, green beans, carrots, onions and thyme leaves. Add enough water to cover by 1 inch. Bring to a boil, reduce heat and simmer for 15 to 20 minutes until lentils are tender but not mushy. Drain lentils and vegetables. Add olive oil, vinegar and pepper. Toss to mix. Wash spinach leaves. Place ¼ cup fresh spinach leaves on a salad plate and top with ½ cup lentil mixture. Makes 48 servings.

Per serving (½ cup lentil mixture with ¼ cup spinach): 165 calories, 1 gram (g) of fat, 30 g carbohydrate, 12 g protein, 14 g fiber, and 44 mg sodium.

Rice Salad (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Recipes for Child Care

Ingredients:

1 qt. plus ¼ c. enriched long grain white rice
1 qt. plus 2 ½ c. water
2 tsp. salt
1 ½ c. tomato juice
3 Tbsp. white vinegar
2 Tbsp. vegetable oil
2 tsp. granulated garlic
1 tsp. dry mustard
2 tsp. dried oregano
2 Tbsp. dried parsley
½ tsp. ground black or white pepper
3 ½ c. carrots, shredded
1 c. tomatoes, diced ¼"
1 ¼ c. cucumbers, peeled and seeded, diced ¼"
1 qt. 1 ½ c. frozen mixed vegetables, thawed and drained
2 ¼ c. canned garbanzo beans, drained

Directions:

Combine rice, water, and salt and divide equally into two 9"x13"x2" pans. Bake at 350 F for 25 minutes. To make dressing, in a mixing bowl whisk together tomato juice, vinegar, vegetable oil, granulated garlic, dry mustard, oregano, parsley, and pepper. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour. To the rice add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine. Spread approximately 1 quart into four 9"x13"x2" pans. Cover and refrigerate. Serve ⅓ cup portions. Makes 50 servings.

Per serving (⅓ cup): 75 calories, 1 gram (g) of fat, 15 g carbohydrate, 2 g protein, 1 g fiber, 128 mg sodium, and 1 g iron.

Tri Bean Good (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, James Lick Middle School (Recipes for Healthy Kids Competition)

Ingredients:

2 lb. dry white navy beans
2 lb. dry red chili beans
2 lb. dry chickpeas
1 c. olive oil
24 oz. orange juice
8 oz. honey
16 oz. vinegar
4 shallots
4 cloves garlic
4 Tbsp. fresh parsley (extra for garnish)
Salt and pepper to taste

Directions:

Soak beans overnight. Next day, drain beans and cook until tender. Meanwhile prepare dressing. Whisk olive oil, orange juice, honey, and vinegar. Chop shallots and garlic and parsley and add to dressing. After beans have finished cooking, drain and run under cold water till completely cooled. Toss with dressing, salt and pepper to taste, and garnish with additional chopped parsley. Makes 50 servings.

(No nutrition information provided.)

Zesty Pink Lentil Salad (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Bennett-Hemenway Elementary School – Natick Public Schools (Recipes for Healthy Kids Challenge)

Ingredients:

4 ¼ c. dry pink or red lentils (brown or green may be substituted if others are not available)
½ c. olive oil
1 ⅓ c. balsamic vinegar
2 ½ Tbsp. garlic powder
1 ¼ c. yellow bell pepper, diced
2 ⅛ c. green onions, sliced
4 ¼ c. cherry tomatoes
4 ¼ c. cucumbers, skin on, diced
16 fresh mint leaves, chopped

Directions:

Rinse and drain lentils. Cook according to package directions. Drain lentils and spread on tray to cool, then refrigerate. Mix oil, vinegar, and garlic powder. When lentils have cooled transfer to mixing bowl. Pour vinegar mix over the lentils. Add chopped vegetables except for mint. Mix thoroughly. Top with chopped mint and serve cold. Makes 50 servings.

(No nutrition information provided.)

Acini de Pea Confetti Salad (48 servings)

Provided by NDSU Extension Service

Recipe source: Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients:

4 - 16 oz. packages of acini de pepe pasta, or small ring pasta
2 c. olive oil
4 yellow bell peppers, diced
4 red bell peppers, diced
2 c. cooked green split peas
2 c. cooked yellow split peas
16 cloves garlic, chopped fine
4 tsp. salt
2 tsp. pepper
4 - .75 oz. containers fresh basil, chopped

Directions:

Cook the acini de pepe according to package directions, set aside. In a large pot on medium-high heat, add the olive oil and warm for a minute, add the peppers and sauté for 1 minute, add the cooked peas and garlic and stir for 1 minute. Add the acini de pepe and warm through, stirring frequently, you may need another splash of olive oil. Remove from heat, add salt, pepper and fresh basil. Serve warm, cool, or at room temperature. Makes 48 servings.

Per serving (approx. ½ cup): 250 calories, 10 grams (g) of fat, 35 g carbohydrate, 7 g protein, 4 g fiber, and 200 mg sodium.

SOUPS

Lentil Soup (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Recipes for Child Care

Ingredients:

3 c. dry lentils
1 gal. 2 qt. beef stock, non-MSG
2 c. plus 2 Tbsp. canned tomato paste
1 c. potatoes, peeled and cubed
¾ c. plus 2 Tbsp. onions, chopped
2 c. celery, diced
2 c. carrots, chopped
2 Tbsp. dried parsley
2 tsp. granulated garlic
2 dried bay leaves
¼ tsp. ground cumin

Directions:

Rinse lentils and sort out any unwanted materials. Drain well. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. Remove bay leaves. Serve ½ cup portions. Makes 50 servings.

Per serving (½ cup): 71 calories, <1 gram (g) of fat, 13 g carbohydrate, 5 g protein, 4 g fiber, 82 mg sodium, and 2 mg iron.

Monster Mash Soup (48 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Improving Nutrition & Physical Activity Quality in Delaware Child Care

Ingredients:

4 Tbsp. soft margarine, trans-fat-free
1 c. onions, minced
24 c. water
8 c. dry split green peas
5 c. celery, diced
5 c. carrots, diced
4 bay leaves
1 tsp. black pepper
½ tsp. dried marjoram
1 tsp. dried thyme
8 c. 1% low-fat milk, hot
24 slices whole-wheat bread, toasted

Directions:

In stock pot, sauté onions in margarine until soft and slightly browned (2 to 3 minutes). Add water to onions and bring to a boil. Add peas, celery, carrots, bay leaves and pepper. Bring to a boil. Reduce heat. Simmer, uncovered, until peas are soft, about 50 minutes. Add marjoram, thyme and hot milk. Stir to blend. Serve 1 cup. Place ½ slice of toasted bread on top. Makes 48 servings.

Per serving (1 cup): 103 calories, 2 grams (g) of fat, 17 g carbohydrate, 5 g protein, 3 g fiber, and 121 mg sodium.

Red Lentil and Tomato Soup (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, Children First Academy (Recipes for Healthy Kids Challenge)

Ingredients:

1 c. olive oil
16 c. onion, diced
8 c. celery, diced
8 c. carrots, chopped
8 Tbsp. garlic
8 Tbsp. cumin
8 Tbsp. chili powder
8 lb. dry red lentils
24 qt. chicken stock
16 c. canned crushed tomatoes
4 lb. pasta noodles, broken into 1" pieces, cooked until al denté and drained
16 c. cilantro, chopped

Directions:

Heat olive oil in a large stock pot over medium heat. Add onion, celery, and carrot. Sauté for 3 to 5 minutes. Add garlic, cumin, and chili powder. Add red lentils and stir to coat. Add chicken stock and tomatoes. Cook over low heat until lentils begin to fall apart. Puree soup until creamy. Add pasta noodles and simmer until heated through but not mushy. Just before serving, add chopped cilantro and season to taste. Makes 50 servings.

(No nutrition information provided.)

Touchdown Tomato Basil Soup (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System, NH Obesity Prevention Program, DHHS, DPHS

Ingredients:

¼ c. oil, olive or canola
2 lb. onions, diced
1 lb. celery, diced
1 ¾ lb. carrots, diced
2 lb. spinach, stems removed, washed, roughly chopped
2 Tbsp. garlic, minced
4 lb. canned chickpeas, drained and rinsed
1 - No. 10 can diced tomatoes
2 - 48 oz. cans low-sodium tomato sauce
2 qt. low-sodium vegetable broth
4 tsp. dried basil
1 ½ c. parmesan cheese, grated

Directions:

Heat oil in large stockpot. Skin and dice onion. Cook for 5 minutes over medium high heat until soft. Do not brown. Add diced celery and diced carrots and cook 10 minutes or until vegetables are soft. Do not brown. Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes. Drain and rinse chickpeas. Add chickpeas and diced tomatoes and return to simmer. Add tomato sauce and vegetable broth and heat thoroughly. Adjust seasoning with salt and pepper. To serve, sprinkle dry basil and parmesan cheese over individual ¾ cup serving. Optional crushed red pepper on the side. Makes 50 servings.

Per serving (¾ cup): 120 calories, 3 grams (g) of fat, 17 g carbohydrate, 6 g protein, 4 g fiber, and 290 mg sodium.

Winter Vegetable Soup with Noodles (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System: Vermont FEED; Vermont Agency of Education; School Nutrition Association of Vermont; "New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks" recipe book, p. 57

4 lb. kale, collard greens, or Swiss chard
2 lb. carrots
2 large onions
½ c. vegetable oil
3 Tbsp. garlic, chopped
2 Tbsp. plus 1 tsp. kosher salt, divided
1 qt. butternut squash, peeled, seeded, and diced in ½" pieces
2 c. turnips, peeled and diced in ½" pieces
5 gal. plus 3 qt. water, divided
1 gal. whole-wheat egg noodles
2 c. dry green lentils
5 Tbsp. chicken base
2 tsp. ground black pepper

Directions:

Remove tough ribs from kale (or collard greens or Swiss chard). Cut into ½ inch pieces. Trim and peel carrots and onions. Cut into ½ inch dice. Heat oil in a large stockpot over medium heat. Add the onion, garlic and 1 tablespoon salt. Cook, stirring occasionally, until browned, 10 to 15 minutes. Add the carrots, squash and turnips. Reduce heat to medium-low and cook, stirring occasionally, until tender, 10 to 15 minutes. Meanwhile, bring 3 gallons water to a boil in a large pot. Cook pasta until tender, about 10 minutes. Drain and set aside. Bring 1 quart water, lentils and 1 teaspoon salt to a boil in a large saucepan. Reduce heat to a simmer and cook until tender, about 30 minutes. Drain and set aside. When the vegetables are tender, add 2 ½ gallons water, 1 tablespoon salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes. Add the greens and cook until just tender, about 5 minutes. Add the drained lentils. To serve, add the cooked noodles right to individual serving bowls and ladle soup over the top, or stir the cooked noodles into the pot of soup. Options: replace turnips with another root vegetable; replace chicken base and 2 ½ gallons water with 2 ½ gallons vegetable broth. Makes 50 servings.

Per serving (1 cup): 129 calories, 3 grams (g) of fat, 22 g carbohydrate, 5 g protein, 5 g fiber, 653 mg sodium, and 2 mg iron.

Lentil Soup (50 servings)

Provided by NDSU Extension Service

Recipe source: USDA Healthy Meals Resource System: Vermont FEED; Vermont Agency of Education; School Nutrition Association of Vermont; "New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks" recipe book, p. 165

Ingredients:

2 Tbsp. vegetable oil
2 qt. onions, diced
¼ c. garlic, finely chopped
2 gal. low-sodium chicken or vegetable broth
1 - No. 10 can crushed tomatoes
3 lbs. 3 oz. dry brown lentils
1 - 12 oz. can tomato paste
5 Tbsp. chili powder
3 Tbsp. ground cumin
2 Tbsp. fresh thyme, chopped OR 2 tsp. dried thyme
2 Tbsp. paprika
1 qt. carrots, peeled and diced small
1 qt. celery, diced small
2 Tbsp. kosher salt

Directions:

Heat oil in a large stockpot over medium heat. Add onions and garlic. Cook, stirring often, until soft, about 6 minutes. Stir in broth, crushed tomatoes, lentils and tomato paste. Add chili powder, cumin, thyme and paprika; stir to combine. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes. Mix in carrots and celery. Cook until the lentils and vegetables are tender, about 20 minutes. Stir in salt. Makes 50 servings.

Per serving (1 cup): 98 calories, 2 grams (g) of fat, 16 g carbohydrate, 9 g protein, 4 g fiber, 483 mg sodium, and 2 mg iron.