

Low Sodium Resources

Check out the lessons and videos on the NFSMI website under Culinary Techniques for Schools:

<http://nfsmi.org/Templates/TemplateDefault.aspx?q=cEIEPTIxNg>

Cooking From Scratch Tips

Meat/Meat Alternates

- Many schools/childcares use canned cheese sauce when it is very easy to prepare from scratch. The HCK meat unit includes proper cooking of eggs and legumes as well as a home-made cheese sauce. http://www.nfsmi.org/USDA_recipes/school_recipes/G-08A.pdf
- The new meal pattern requires that schools serve beans once a week. Canned beans are much easier to work with than dry beans. Draining, rinsing and draining again can reduce the sodium of canned beans by 40%. Eggs are an inexpensive way to menu protein. Pre-cooked hard boiled eggs can be purchased whole, diced or sliced. Shelled raw eggs are available in easy-pour milk cartons. Egg bakes or burritos are a great breakfast item when you don't have to crack all the eggs. Pre-cooked scrambled eggs can be made available for students to make their own burritos.
- Students love processed Garlic French Bread Pizza. The same item can be made from scratch by placing open face hoagie buns on parchment lined sheets. Sprinkle with shredded mozzarella and garlic powder, bake until cheese bubbles, serve with warmed-up spaghetti sauce for dipping, call it marinara sauce.

Vegetables/Fruits

- Fresh produce can be purchased pre-chopped into many forms or sizes. USDA has a Quick Baked Potato Recipe at: <http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cEIEPTEwMiZpc01ncj10cnVI> Make this even easier by running the potatoes through the dishwasher instead of hand scrubbing. Run in the rinse-only cycle and do not use detergent. Offer chili or taco meat as a topping.
- The link also includes a Fried Rice recipe that is quick and easy.
- Canned apple slices can be drained, placed in pans, sprinkled with cinnamon and sugar and baked for an easy dessert.
- Easy fruit sundae: Slice left over bananas into cups, drizzle with frozen sliced strawberries.

Other

- People tell us students do not like casseroles, however, we see spaghetti or turkey and gravy day as some of the biggest sellers. If traditional spaghetti is too messy to serve, use rotini noodles or mafalda (mini lasagna noodles).
 - Some schools make a pizza hotdish or cavatini with rotini or other pasta shapes, ground beef, spaghetti sauce, a few pepperoni slices and top with shredded mozzarella cheese.
- Dipping sauces make food much more appealing. Try putting canned pineapple, onions, celery, garlic and a pinch of crushed red pepper in a blender for an easy low sodium chicken dipping sauce.
- From scratch cheese sauce can be modified by adding green chilies and used as a burrito sauce.