

CRAVE-ABLE VEGETABLES

MAKING PLANT-FORWARD CENTER OF THE PLATE

DESCRIPTION

Learn how to prepare delicious and crave-able vegetables that students will love. Plant-forward meals are becoming more popular with children and adults. This training will explore the plant-forward trend and why Gen Z and Gen Alpha are jumping aboard. The culinary demonstration will focus on properly preparing vegetables and how to make them center of the plate.

USDA PROFESSIONAL STANDARDS

Culinary Skills (2130)

OBJECTIVES

After completing the training, the participants will be able to:

- Develop culinary skills necessary for school meal preparation.
- Describe basic principles of cooking meat alternate dishes.
- Apply general nutrition concepts that relate to school meals, such as the importance of increasing plant-forward meals.

RECIPES DEMONSTRATED

- Lentil Sloppy Joe
 - Sloppy Joe
 - Sloppy Joe Taco
 - Taco Rice Bowl
- Crispy Tofu
 - Sweet Chili Asian Noodle Bowl
- BBQ Chickpea Sweet Potato Veggie Burger

SPONSOR

Maine Health Let's Go

<https://www.mainehealth.org/lets-go>

PRODUCT RESOURCES

GroundProtein Crumbles

Inland Empire Foods, www.inlandempirefoods.com

Deepa Deshmukh, deepa@inlandempirefoods.com

Heiwa Tofu

Jeff Wolovitz, jeff@heiwatofu.com

207-236-TOFU (236-8638)

TEXAS RANCHERO SLOPPY JOE

ONE PORTION PROVIDES:
2 oz. meat/meat alternate, 2 oz. eq. grains

INGREDIENTS	100 SERVINGS	DIRECTIONS
Lentil crumbles, GroundPro	9 ½ pounds	<ol style="list-style-type: none"> Pre heat to 325°F. In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts). Mix well and level the mixture. Place lid on pan and place in oven. Bake in 325°F. oven for 12 minutes until all water absorbed. Fluff with a fork. CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at >= 140.00 °F To make mushroom duxelle: chop mushrooms in a food processor until a fine grind. Toss with oil and spread on sheet pans. Bake at 375°F for 15 minutes. Sauté bell pepper in heated oil for 3 minutes Add cooked lentil crumbles and mushroom duxelle and sauté CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds). Add BBQ sauce to mixture and simmer for 20 minutes Place #8 scoop filling on bottom of hamburger bun. Top with crown of bun. Serve Immediately.
Water	6 quarts 2 ½ cups	
Mushrooms, white, fresh	3 pounds	
Canola/olive oil blend	¼ cup	
Peppers, red, sweet (bell), 1/4-inch diced	3 pounds	
Canola/olive oil blend	¼ cup	
Barbecue sauce, smoky, smokehouse	2 quarts	
Bun, hamburger, whole grain rich	100 rolls (3 oz each)	

SERVING NOTES:

Serving size	1 Sandwich	Yield, weight	31 Pounds, 5 5/8 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	453	Total Fat (gm)	6	Vitamin A (IU)	855	Iron (mg)	2.5
Protein (gm)	13	Saturated Fat (gm)	0	Vitamin C (mg)	30	Sodium (mg)	1063
Carbohydrate (gm)	87	Cholesterol (mg)	0	Calcium (mg)	14	Dietary Fiber (gm)	8.5

CRISPY TOFU

ONE PORTION PROVIDES:
2 oz. eq. meat/meat alternates

INGREDIENTS	50 SERVINGS	DIRECTIONS
Tofu, firm	13 pounds, 12 ounces	<ol style="list-style-type: none"> Place tofu in 2" perforated pan, over a 4" inch full pan. Place another 2" full pan on top of tofu. Place a weight (1 #10 can) in the middle of the top full pan. This will press the tofu, to help drain off excess water, while the bottom pan will catch the excess liquid. Discard excess liquid. This step can be done overnight in the cooler. Once tofu has been pressed, cut into 3/4 inch cubes Combine sesame oil (or blend) and soy sauce. Pour over pressed tofu and toss.
Sesame oil (or blended oil)	1 cup	
Soy sauce, low sodium	1 cup	
Corn starch	1 cup	
		<ol style="list-style-type: none"> Add cornstarch and toss. Line a sheet pan with parchment paper. Place cornstarch coated tofu on sheet pans. Do not overcrowd. Place in 400 degree preheated oven and bake for 25 to 30 minutes. Half way through shake tofu and rotate pan for even cooking. Hold tofu on sheet pan in warmer at 135 or higher until time of service. This will keep tofu crispy.

NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	160		Total Carbohydrate	5	(g)
Total Fat	10	(g)	Dietary Fiber		(g)
Saturated Fat	1	(g)	Total Sugars		(g)
Cholesterol	0	(g)	Vitamin D	0	(IU)
Sodium	190	(mg)	Calcium	156	(mg)
Protein	12	(g)	Iron	2	(mg)

NOTES

YIELD/VOLUME

SOURCE

Chef Rebecca Polson, Minneapolis Public Schools and John Stalker Institute

SWEET CHILI ASIAN NOODLE BOWL

ONE PORTION PROVIDES:
2 oz. m/ma, 2 oz. grain. ½ cup vegetable

INGREDIENTS	50 SERVINGS	DIRECTIONS
Spaghetti, whole grain	5 ¾ pounds	1. Cook spaghetti in boiling water until al dente. Drain immediately. 2. Toss the noodles with the sweet Thai chili sauce. 3. Lightly steam vegetables in batches until vegetables are hot and tender but not overcooked.
Sweet Thai Chili Sauce	6 ¼ cups	
Broccoli florets	1 pound	
Edamame	2 ½ pounds	
Carrots, matchstick	1 ¼ pound	
Red pepper, julienne	1 ¾ pound	4. Place 1 cup of the dressed noodles into the center of the container. Place ¼ cup each of the blanched broccoli florets, edamame, matchstick carrots, and red pepper strips. 5. Top with crispy tofu
Crispy Tofu	13 pounds 12 ounces	

NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	420		Total Carbohydrate	60	(g)
Total Fat	8	(g)	Dietary Fiber	2	(g)
Saturated Fat	1	(g)	Total Sugars	15	(g)
Cholesterol	0	(g)	Vitamin D	0	(IU)
Sodium	320	(mg)	Calcium	191	(mg)
Protein	21	(g)	Iron	4	(mg)

NOTES

YIELD/VOLUME

SOURCE

Chef Samantha Cowens Gasbarro, HealthySchoolRecipes.com

BBQ CHICKPEA SWEET POTATO VEGGIE BURGER

ONE PORTION PROVIDES:
2 oz. m/ma, 1/8 cup vegetable

INGREDIENTS	60 SERVINGS	DIRECTIONS
Chickpeas, drained, rinsed	3 #10 cans (12 pounds, 14 ounces)	<ol style="list-style-type: none"> 1. Mash chickpeas in a food processor until mashed, but still has pieces of chickpea remaining. 2. In a large bowl, combine mashed chickpeas, mashed sweet potatoes, BBQ sauce, seasonings, and cornmeal. 3. Mix well. 4. Form into 5-ounce patties. 5. Preheat oven to 400 F. Line a sheet pan with parchment. 6. Drop patties on to prepared sheet pan. Bake for 30 minutes. Flip then bake an additional 15 minutes. 7. Serve warm.
Sweet potatoes, mashed	5 pounds	
BBQ sauce	1 quart	
BBQ seasoning blend	5/8 cup	
Salt, kosher	2 tablespoons	
Cornmeal, ground	10 ounces	

NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	220		Total Carbohydrate	42	(g)
Total Fat	3	(g)	Dietary Fiber	7	(g)
Saturated Fat	0	(g)	Total Sugars	10	(g)
Cholesterol	0	(g)	Vitamin D	0	(IU)
Sodium	630	(mg)	Calcium	66	(mg)
Protein	8	(g)	Iron	2	(mg)

NOTES

YIELD/VOLUME

SOURCE

Chef Samantha Cowens Gasbarro, HealthySchoolRecipes.com

Variations

	Sauce	Seasoning
BBQ Burger	BBQ sauce	BBQ seasoning
Ranch Veggie Burger	Ranch dressing	Ranch seasoning
Buffalo Veggie Burger	Buffalo sauce	Buffalo seasoning
Mexican Veggie Burger	Salsa	Mexican seasoning

BASIC BBQ SAUCE

Yield: 1 quart

INGREDIENTS	1 QUART	DIRECTIONS
Tomato puree, low sodium	3 ½ cups	1. Combine all ingredients. Mix well.
Maple syrup	3/8 cup	
Salt, kosher	1 teaspoon	
Vinegar, apple cider	1 ½ tablespoons	
Worcestershire sauce, vegan	3 tablespoons	
Garlic, granulated	1 tablespoon	

NUTRITION INFORMATION

1 ounce serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	25		Total Carbohydrate	6	(g)
Total Fat	0	(g)	Dietary Fiber	1	(g)
Saturated Fat	0	(g)	Total Sugars	4	(g)
Cholesterol	0	(g)	Vitamin D	0	(IU)
Sodium	70	(mg)	Calcium	11	(mg)
Protein	0	(g)	Iron	1	(mg)

NOTES

YIELD/VOLUME

SOURCE

Chef Samantha Cowens Gasbarro, HealthySchoolRecipes.com

SEASONINGS BLENDS

Yield: 1 quart

Mexican <i>adapted from USDA Recipe, Mexican Seasoning Mix, G-01A</i>	Onion powder Garlic, granulated Paprika, smoked Cumin, ground Chili powder	1/3 cup 1/3 cup 1/3 cup 1 ¼ cup 1 ¾ cup
Buffalo	Onion powder Garlic, granulated Paprika Chili pepper Red pepper	1 cup 1 ¼ cup ¼ cup 1 ¼ cup ¼ cup
Italian <i>adapted from USDA recipe, Italian Seasoning Mix, G-01</i>	Basil, dried Oregano, dried Marjoram, dried Thyme, dried	1 1/3 cup 1/3 cup 1 cup 1/3 cup
Caribbean Spice	Ginger, ground Black pepper, ground Orange peel, dried, ground Mace, ground Cloves, ground Brown sugar	1 cup 1 cup 7/8 cup 1 tablespoon 1 tablespoon 1 cup
Garlic & Herb	Granulated onion Garlic, granulated Paprika Oregano leaves Thyme leaves	1/3 cup 2/3 cup 1 cup 1 cup 1 cup

BBQ	Onion powder Garlic, granulated Paprika, smoked Cumin, ground Black pepper	1 cup 1 cup 7/8 cup 7/8 cup ¼ cup
Ranch	Garlic, granulated Onion powder Dill weed Black pepper	1 ¼ cup 1 ¼ cup 1 ¼ cup ¼ cup
Parmesan-Rosemary	Garlic, granulated Rosemary, crushed Parmesan cheese	½ cup ¾ cup 2 ¾ cups
Spice Rub	Onion powder Garlic, granulated Paprika Cumin, ground Chili powder Black pepper Brown sugar	5/8 cup 5/8 cup 5/8 cup 5/8 cup 5/8 cup 2 tablespoons ¾ cup
Tandoori	Paprika Cumin, ground Coriander Cayenne Pepper Ginger, ground Turmeric	2/3 cup 2/3 cup 2/3 cup 2/3 cup 2/3 cup 2/3 cup

ADDING SALT

Salt may be added to any of these seasoning blends according to the flexibility you have.

Using 1 teaspoon of salt for 50 portions adds about 45 mg of sodium per portion.

Using 1 tablespoon of salt for 100 portions adds about 70 mg of sodium per portion.

WHAT IS VEGETARIAN?

Why Vegetarian

- Health benefits of plant-based diets
- Health concern about animal proteins
- Taste and personal preference
- Concern for animal welfare
- Concern for environment

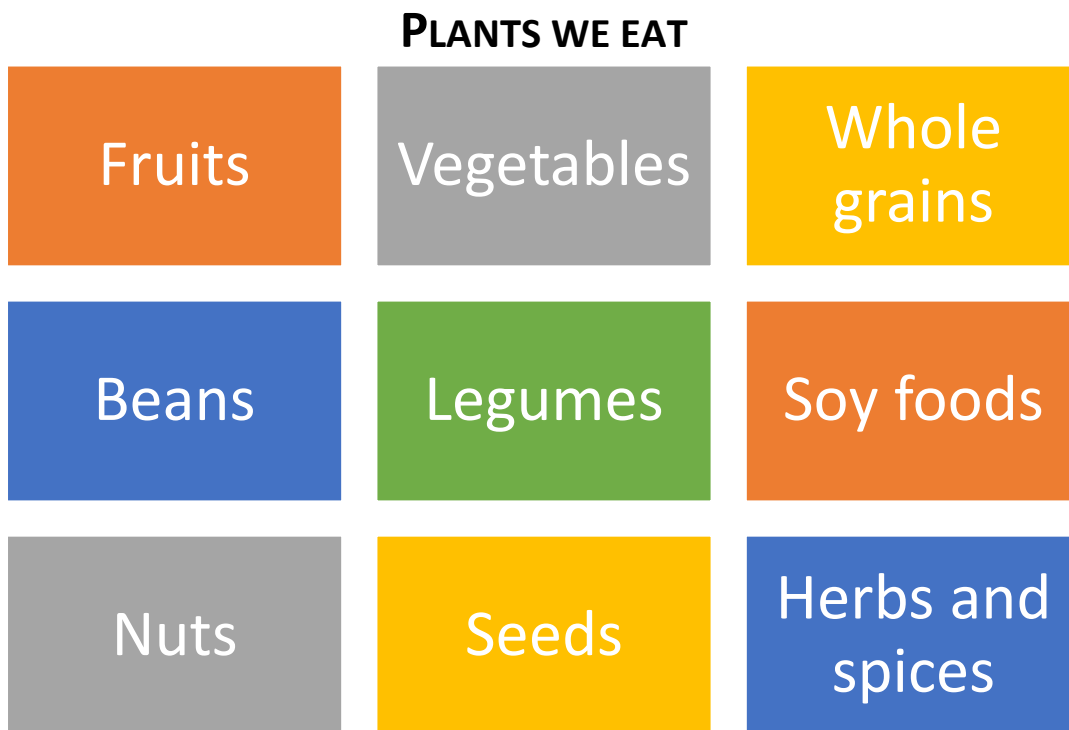
Plant-forward	<p>“Plant-Forward” is a style of cooking and eating that emphasizes and celebrates, but is not limited to, plant-based foods—including fruits and vegetables (produce); whole grains; beans, other legumes (pulses) and soy foods; nuts and seeds; plant oils; and herbs and spices—and that reflects evidence-based principles of health and sustainability.</p> <p><i>Source: Menus of Change, a joint initiative of the Culinary Institute of America and Harvard T.H. Chan School of Public Health, Department of Nutrition. For more information, visit www.menusofchange.org</i></p>
Plant-based	Diet based on fruits, vegetables, grains, legumes, nuts, and seeds with few or no animal products. Ideally, the plant-based diet is a vegan diet with a bit of flexibility in the transitional phases, with the goal of becoming 100 percent plant-based over time.
Vegetarian	General term that encompasses a variety of plant-forward eating styles
Vegan	Excludes all animal products including meat, poultry, fish, eggs, milk, cheese and other dairy products as well as ingredients from animal sources such as gelatin. May exclude honey.
Lacto	Excludes meat, poultry, fish and eggs. Includes dairy products.
Lacto-ovo	Excludes meat, poultry and fish. Includes eggs and dairy products. Most vegetarians in the United States fall into this category.
Raw vegan	Includes raw vegetables and fruits, nuts and nut pastes, grain and legume sprouts, seeds, plant oils, sea vegetables, herbs and fresh juices. Excludes all food of animal origin, and all food cooked above 118° F.
Pescatarian	A mostly vegetarian diet that includes fish and shellfish but excludes mammals and birds.
Flexitarian	A mostly vegetarian diet with an occasional meat consumption – “semi” or sometimes vegetarian.
Pollotarian	“Pollo” means chicken in Spanish. Pollo vegetarians typically incorporate multiple forms of poultry, like chicken and turkey, into their otherwise plant-based diet. May or may not incorporate seafood, eggs, and dairy diet.
Fruitarian	Includes all fruits; vegetables botanically classified as fruits, such as tomatoes, eggplant, zucchini, and avocados; and seeds and nuts.

PLANT-FORWARD

Plant-forward defined

“Plant-Forward” is a style of cooking and eating that emphasizes and celebrates, but is not limited to, plant-based foods—including fruits and vegetables (produce); whole grains; beans, other legumes (pulses) and soy foods; nuts and seeds; plant oils; and herbs and spices—and that reflects evidence-based principles of health and sustainability.

Source: *Menus of Change, a joint initiative of the Culinary Institute of America and Harvard T.H. Chan School of Public Health, Department of Nutrition. For more information, visit www.menusofchange.org*



Plant-based Meat Alternates

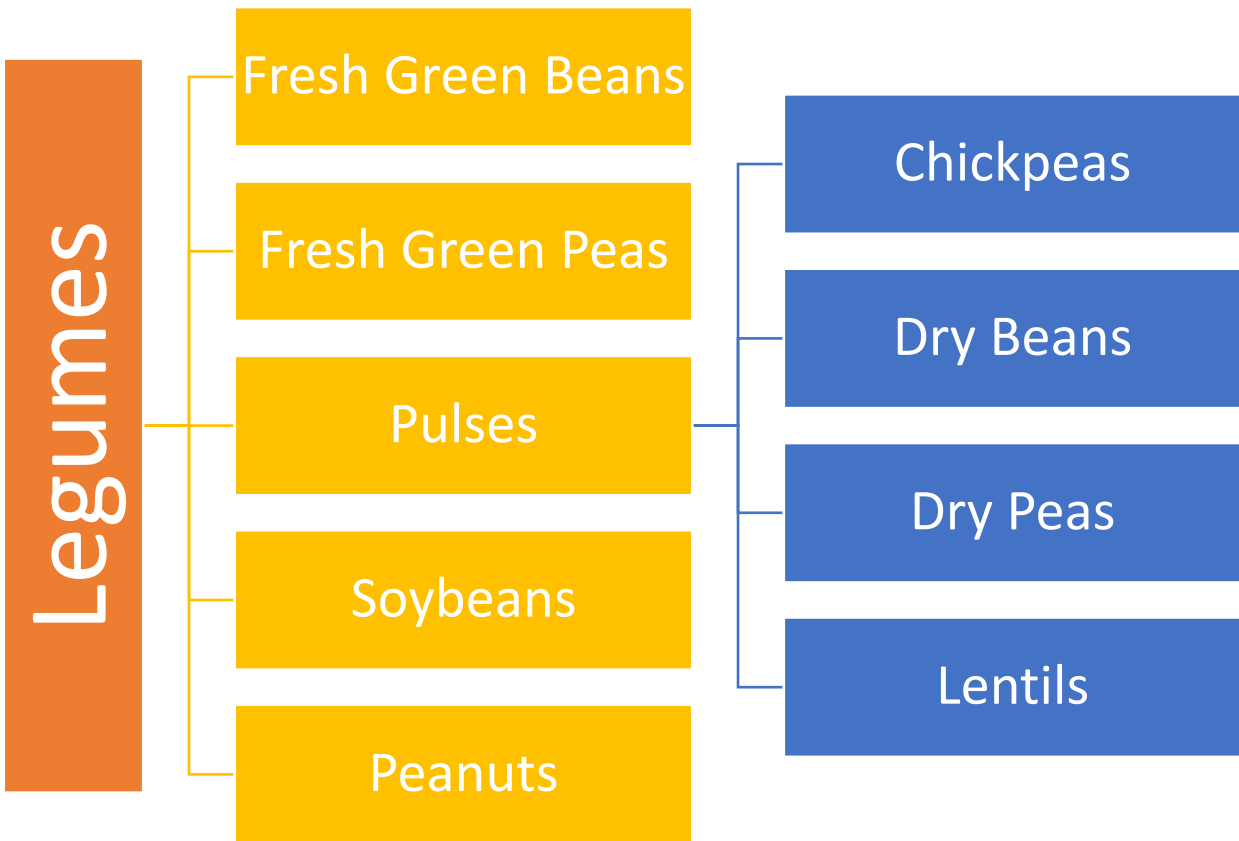
As the trend toward a more plant-forward diet continues to grow, meat alternates (or vegetable proteins) will become more popular and commonplace.

Benefits of meat alternates:

- Often less expensive than animal proteins.
- Higher in dietary fiber.
- Easy to prepare
- Trendy

Meat Alternates (Vegetable Proteins)

Meat Alternate	1-ounce equivalent	Examples
Dry beans and peas	¼ cup	Black beans Black-eyed peas Garbanzo or chickpeas Great northern Kidney beans Lima beans, dry Mung beans Navy beans Peas, dry Pink beans Pinto beans Red beans Soy beans, dry Soy beans, fresh (edamame)
Nut and seed butters	2 tablespoons	Almond butter Cashew nut butter Peanut butter Sesame seed butter Soy nut butter Sunflower seed butter
Nuts	1 ounce	Almonds Brazil nuts Cashews Hazelnuts Macadamia Peanuts Pecan Pine nuts Pistachio Walnuts
Seeds	1 ounce	Pumpkin seeds Squash seeds Sesame seeds Sunflower seeds
Tofu	2.2 ounces or ¼ cup	Extra firm Firm
Tempeh	1 ounce	
Soy yogurt	½ cup or 4 ounces	Plain, flavored Sweetened, unsweetened



<https://www.fns.usda.gov/usda-foods/bean-basics-toolkit>

Legumes	Plants that grow in pods
Pulses	The dried, edible seeds of plants in the legume family. Harvested when they are dried instead fresh.
Dry beans	Edible seeds that are part of the legume family
Dry peas	Fresh peas are not pulses, but dry peas are considered pulses. Some varieties of dry peas are black-eyed peas, split yellow or green peas, and whole yellow or green peas.
Lentils	Edible pulses that look like tiny lenses. Varieties include red, yellow, green (French), black (beluga), brown.
Chickpeas	Also known as garbanzo beans. Part of the legume family.

NUTRIENTS IN PLANT-BASED MEAT ALTERNATES

Per 1 meat alternate

Item Name	Amount	Calories	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)
Dry Beans						
Black beans	¼ cup	60	4	10	4	0
Garbanzo/chickpeas	¼ cup	70	4	11	3	1
Kidney beans	¼ cup	60	4	10	3	0
Lima beans, dry	¼ cup	60	4	11	4	0
Navy/pea beans	¼ cup	60	4	12	5	0
Pinto beans	¼ cup	60	4	11	4	0
Edamame	¼ cup	50	4	5	2	1.5
Lentils						
Lentils	¼ cup	60	4	10	4	0
Dry peas						
Split peas	¼ cup	60	4	10	4	0
Black-eyed peas	¼ cup	40	1	8	2	0
Nut Butters						
Peanut butter	2 tablespoons	190	7	7	2	16
Sunflower seed butter	2 tablespoons	200	6	7	2	18
Soy nut butter	2 tablespoons	170	7	10	3	11
Cashew butter	2 tablespoons	190	4	10	1	17
Sesame seed butter	2 tablespoons	180	5	6	1	16
Nuts						
Peanuts	1 ounce	170	7	5	2	14
Pecans	1 ounce	200	3	4	3	20
Walnuts	1 ounce	190	4	4	2	18
Pistachios	1 ounce	160	6	8	3	13
Almonds	1 ounce	170	6	5	3	15
Seeds						
Pumpkin seeds	1 ounce	160	9	3	2	14
Squash seeds	1 ounce	160	9	3	2	14
Sunflower seeds	1 ounce	170	6	6	2	15
Soy products						
Tofu	2.2 ounces	60	6	2	-	3
Tempeh	1 ounce	50	6	2	-	3
Soy yogurt	4 ounces	70	3	11	-	2

PERSONAL REFLECTION

SUNNY SIDE UP: CREATIVE BREAKFAST CONCEPTS

WHAT DID I LEARN FROM THIS WEBINAR:

WHAT CHANGES WOULD I LIKE TO MAKE IN MY SCHOOL OR SCHOOL DISTRICT:

NOTES: