

# VIBRANT VEGETABLES USING MAINE PRODUCE

## *MAKING PLANT-FORWARD CENTER OF THE PLATE*

### DESCRIPTION

Vegetables are nature's nutrient powerhouse and most children do not consume the recommended amount. This training will share tips, techniques and recipes that will help deliver craveable vegetables to your students. Keep vegetable preparation simple with back to basic techniques while creating delicious flavors.

### USDA PROFESSIONAL STANDARDS

Culinary Skills (2130)

### OBJECTIVES

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

- Properly cook (roast and steam) vegetables.
- Use techniques and seasoning to increase the flavor and appeal of vegetables.
- Apply behavioral economic concepts to increase the consumption of vegetables.

### RECIPES DEMONSTRATED

- Ranch roasted broccoli
- Lemon zest broccoli
- Zucchini parmesan
- Butternut squash parfait

### SPONSOR

Maine Health Let's Go

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

# Encourage Healthy Food Choices in Schools

## NUDGING NUTRITION



### PRODUCT PLACEMENT

- Display fruit in at least two locations.
- Offer vegetables on all service lines.
- Make grab-and-go (pre-packaged) healthy options easy to find.
- Display white milk in the front of the cooler.

### Improve Taste and Quality

- Offer sliced or cut fruit daily.
- Display whole fruit in attractive bowls.
- Season vegetables.
- Serve cut, raw veggies with a dip like hummus.

## **Increase Variety**

- Offer at least two fruit choices each day.
- Offer at least four vegetable choices each day.
  - Two hot vegetables
  - Two cold vegetables
- Offer pre-packaged main salads each day.

## **Write an Appealing Menu**

- Menu Board
- Menu Item Descriptions
- Menu Promotions

## **Use Positive Communication**

- Greeting
- Serving
- Cash Register
- Special Requests
- Manage Conflicts

## **Maintain a Pleasant Environment**

- Attractive dining room.
- Branded dining room.
- Easy to read menu board.
- Cleaning supplies not visible during service.
- Recycling/trash bins are away from dining students.
- Clear traffic pattern.

## CATCHY NAMES

K-5 grade students like imaginative, playful names.

For example: X-ray Carrots, Big Bad Bean Burrito

### **Match the adjective to the menu item:**

Green beans	Sweet Talking
Baked sweet potatoes	Fiesta
Baked apples	Snappy
Black bean soup	Green lantern
Peas	Power
Veggie pizza	Rainbow

6-12 grade students like descriptive sensory words.

For example: Spiced Butternut Squash, Fluffy Mashed Potatoes, Warm Baked Apples

### **Match the adjective to the menu item:**

Green beans	Harvest
Baked sweet potatoes	Homestyle
Baked apples	Spiced
Black bean soup	Fresh
Peas	Garden
Veggie pizza	Texas

### **Add your own adjectives to these common menu items:**

Baked chicken:	_____
Turkey Sub:	_____
Chef Salad:	_____
Grilled Cheese Sandwich:	_____
Hamburger:	_____
Sides:	_____
Corn:	_____
Kale:	_____
Kiwi:	_____
Salad Bar:	_____
Rice:	_____
Squash:	_____
Mixed/Steamed Veggies:	_____

### **Your Favorite Menu Items:**

_____	_____
_____	_____
_____	_____

## Food Naming Word Bank

<b>Food Properties</b>	<b>Sensory – Taste/Smell</b>	<b>Appeal</b>	<b>Silly</b>
Bubbly	Aromatic	Bright	Cool
Cheesy	Bitter	Colorful	Crazy
Chewy	Delectable	Delightful	Dazzling
Chunky	Delicious	Fresh	Dynamite
Creamy	Fiery	Gorgeous	Extraordinary
Crisp(y)	Flavorful	Green/Red	Fabulous
Crunchy	Fruity	Intense	Famous
Flaky	Gingery	Luscious	Fantastic
Fluffy	Lemony	Mouth-Watering	Heavenly
Frosty	Mild	Pure	Hip
Glazed	Nutty	Refreshing	Jazzy
Goosey	Peppery (ed)	Robust	Jolly
Hearty	Savory	Sunny	Lively
Hot	Scrumptious	Vivid	Snappy
Juicy	Spicy	Appetizing	Snazzy
Moist	Sugary	Delicious	Spectacular
Plump	Sweet	Local	Splashy
Rich	Tangy	Smothered	Superb
Ripe	Tart	Marvelous	Tantalizing
Saucy	Yummy	Wonderful	Wild
Seasoned	Zesty	Delectable	Wow
Silky	Zingy	Bubbling	Zippy
Sizzling	Chilled	Infused	Zesty
Sparkling	Cold		Zingy
Sticky	Mellow		
Toasty (ed)	Icy		
Velvety	Refreshing		
Whipped			

### Food Naming Examples

<b>Fruits</b>	<b>Veggies</b>	<b>Main Dishes</b>
Berrilicious Fruit Smoothie	Crazy Carrot Sticks	Fiery Chicken Fajitas
Savory Cinnamon Apples	Wild Potato Wedges	Tasty Turkey Burger
Jazzy Juice	Zesty Zucchini Pasta	Dynamite Turkey Dog
Outstanding Oranges	Tangy Vegetable Stir-Fry	Intense Chicken Chili
Super Power Strawberries	Snazzy Sugar Snap Peas	Dynamite Deli Sandwich
Sun-Ripened Kiwi	Luscious Leafy Greens	Chillin' Chicken
Peppy Pears	Cool Corn on the Cob	Surfs Up Fish Sandwich
Pump Me Up Pineapple	Spectacular Spinach	Touchdown Turkey Wrap
	Energy Boosting Edamame	Super Salad
	Be Strong Beans	Sporty Spaghetti w/ Meatballs
		Home Plate BBQ
		Fiesta Nachos
		Big Muscle Burger
		Tasty Taco Salad
		Strong Body Stir Fry
		Big Brain Burrito
		Top Score Tacos

Adapted from Ohio Smarter Lunchroom Movement,  
<https://ohiosmarterlunchrooms.files.wordpress.com/2015/11/food-naming-word-bank.pdf>

## Cues for Positive Communication with Students and Staff

Occasion	Goal	Examples
Greeting	<ul style="list-style-type: none"> <li>• Create a welcoming atmosphere</li> <li>• Take the first step to building rapport</li> <li>• Promote a reimbursable meal and/or targeted food item</li> </ul>	<ul style="list-style-type: none"> <li>• “Good morning! What would you like to try today?”</li> <li>• “Hello! Would you like to try the [entrée]?”</li> <li>• “Welcome to lunch! The [entrée] is popular today. Would you like to try it?”</li> <li>• “Today is [entrée] day. Would you like some?”</li> <li>• “Welcome to the lunchroom! What can I get for you today? The [targeted item] is a great choice.”</li> </ul>
Serving	<ul style="list-style-type: none"> <li>• Create a reimbursable meal</li> <li>• Promote healthy sides</li> </ul>	<ul style="list-style-type: none"> <li>• “The [vegetable] goes well with the [entrée].”</li> <li>• “Which vegetable/side would you like with that?”</li> <li>• “The [fruit] is perfectly ripe.”</li> <li>• “If you don’t like [first side offered], how about trying the [other side]?”</li> <li>• “You can make [the entree] a meal with some [fruit/vegetable sides].”</li> <li>• “Today we’re serving [list items]. Can I get you come [target item]?”</li> <li>• “We have a great new recipe: [list targeted item(s)]. Would you like to try it? Tell us what you think!”</li> </ul>
Cash Register	<ul style="list-style-type: none"> <li>• Create a reimbursable meal</li> <li>• Prompt students to “fill out” an incomplete meal</li> </ul>	<ul style="list-style-type: none"> <li>• “I see you don’t have all of your items. Why not grab a [handheld fruit in nearby basket]?”</li> <li>• “You get 3 sides with your meal. You can still take one – go ahead and pick.”</li> <li>• “Your meal is not complete! Don’t forget to take a [fruit, vegetable, or juice] as a side.”</li> <li>• “You forgot milk! It’s included with your lunch. How about getting some now?”</li> <li>• “It’s not too late, go back and get [missing item].”</li> <li>• “You can make that a meal with [missing item(s)].”</li> </ul>
Special Requests	<ul style="list-style-type: none"> <li>• Ensure all students are able to eat a complete meal</li> <li>• Assist new readers (elementary, special needs, and ELL students)</li> </ul>	<ul style="list-style-type: none"> <li>• To staff (discretely): “I see that [student] has a special diet. I will try to set aside a [preferred item]; however, to ensure he/she gets the correct meal, please bring him/her to the front of the line.”</li> <li>• To students still mastering reading: “Today’s specials are [read menu].”</li> <li>• To students still mastering reading: “Here is a menu (show picture menu). What would you like today? What looks the best to you?”</li> <li>• To students still mastering reading: “Today’s specials are [list items]. Would you like to try [target item(s)]?”</li> </ul>
Managing Conflict	<ul style="list-style-type: none"> <li>• De-escalate situation</li> <li>• Avoid creating or allowing lasting negative feelings on either side</li> <li>• Keep serving line moving smoothly and quickly</li> </ul>	<ul style="list-style-type: none"> <li>• “I’m sorry you don’t like [first item offered]; how about [other entrée option] instead?”</li> <li>• “I’d be happy to explain what makes a reimbursable meal.”</li> <li>• “The USDA defines what counts as a reimbursable meal, we aren’t allowed to make substitutions [ex. soda for milk, snack for fruit].”</li> </ul>

Adapted from Iowa Department of Education

# Vegetable Cookery

Proper selection, purchasing, handling and preparation of vegetables will enhance the taste, presentation and nutritional value of vegetables.

- Purchase quality raw product
- Cut only when ready to use
- Cuts should enhance natural shape
- Cook as quickly as possible
- Cook as close to service as possible
- Cook small batches at a time
- Cook until tender

## Effects of Overcooking

- Color loss
- Texture (mushy)
- Vitamin loss

## Vegetables are packed with nutrients for children

1. Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
2. Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.
3. Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
4. Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

## Keeping the Nutrients

The way a vegetable is prepared can affect the nutrient content. Some nutrients can be destroyed by heat and some dissolve in water. The culinary techniques described in this lesson are based on culinary principles designed to keep the nutrients in vegetables.

Remember, to keep the nutrients in vegetables:

- Keep the vegetables in big pieces.
- Cook in just a little water (if any).
- Cook only a short time.

## Additional Information

### Green vegetables:

- Use plenty of water, vegetable should be covered by water. Exception to the rule: tender spinach can be cooked using very little water in a covered pot.
- Do not cover during cooking.
- Acid (such as vinegar or citrus juice) destroys color.

### White vegetables:

- Acid intensifies the color of white vegetables.
- Alkaline (baking soda) makes white vegetables turn yellow.

### Red / orange vegetables:

- Do not peel beets before cooking.
- Acid intensifies the red color.
- Beets can also be baked in their skins, then peeled.
- Acid will brighten the color of carrots slightly.
- Most orange vegetables are good for glazing.

## Purchasing Forms of Vegetables

Form	Advantages	Disadvantages	Examples
<i>Fresh vegetables</i>	<ul style="list-style-type: none"> <li>• Taste good</li> <li>• Good texture</li> <li>• Product acceptability</li> </ul>	<ul style="list-style-type: none"> <li>• Limited shelf life</li> <li>• Quality varies</li> <li>• Requires preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Carrots</li> <li>• Green beans</li> </ul>
<i>Frozen vegetables</i> can be cooked by most of the methods used for fresh vegetables.	<ul style="list-style-type: none"> <li>• Year-round availability</li> <li>• Less waste</li> <li>• Less labor</li> <li>• Practical for some types of vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of texture due to freezing</li> <li>• Quality variance between producers</li> <li>• Flavor loss</li> </ul>	<ul style="list-style-type: none"> <li>• Peas</li> <li>• Corn</li> <li>• Lima beans</li> </ul>
<i>Canned vegetables</i> When using canned vegetables, reheat them in the liquid from the can, adjust seasonings.	<ul style="list-style-type: none"> <li>• Shelf life</li> <li>• Practical for some vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Poor color (green vegetables)</li> <li>• Mushy</li> <li>• Poor flavor (taste canned)</li> </ul>	<ul style="list-style-type: none"> <li>• Beet</li> <li>• Beans (kidney, pinto, black)</li> </ul>
<i>Dry vegetables</i> have to be reconstituted in a liquid.	<ul style="list-style-type: none"> <li>• Shelf life</li> <li>• Convenient</li> </ul>	<ul style="list-style-type: none"> <li>• Takes time to reconstitute</li> </ul>	<ul style="list-style-type: none"> <li>• Dry beans</li> <li>• Freeze-dried peppers</li> </ul>



## Steaming

Nearly all vegetables can be cooked by steaming and this method is frequently used because it is easy and economical. This basic cooking method often requires additional steps to make the product ready to serve. This may include adding sauces, seasonings and flavorings. Steaming is especially good for vegetables that easily become broken or mushy when simmered.

### Examples

Broccoli, carrots, peas, cauliflower, beans, snow peas

### Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Liquid: usually water
- Equipment: steam-jacketed kettle or large stock pot
- Optional components: aromatics: spices, herbs, citrus zest, sauces

### Quick steps for steaming

#### *Steaming Vegetables in a Steamer*

1. Place approximately 25, ½ - cup serving of the fresh or frozen vegetable in a 12 X 20 X 2-inch pan. Do not place a larger amount of vegetables in the pan in order to allow room for the steam to circulate around the vegetables. Do not add any liquid.
2. Steam uncovered at 5 pounds pressure for a compartment steamer. Follow manufacturer's directions for steamers operating at other pressures or when using convection steamers or combination ovens.
3. Drain the excess liquid from the cooked vegetable.
4. Season with herbs and spices. Limit salt to 1 teaspoon for 50, ½ - cup servings.
5. Serve the hot vegetable at once.

#### *Steaming Vegetables in an Oven*

1. Place approximately 50, ½ cup servings of the fresh or frozen vegetable in a perforated 12 X 20 X 2-inch counter pan. Then place the perforated pan in a 4-inch deep counter pan that contains 2 cups of water. To allow room for the steam to circulate around the vegetables, do not place a larger amount of vegetables in the pan.
2. Cover both pans tightly with foil. This arrangement of pans creates a steamer effect in a perforated pan.
3. Place the covered pans in an oven at 350° F for approximately 20 minutes. Cook the vegetable until it is fork tender. Times will vary with the vegetables.
4. Drain the excess liquid from the cooked vegetable.
5. Season with herbs and spices. Do not add butter or margarine. Limit salt to 1 teaspoon for 50 servings.
6. Serve the hot vegetable at once.

### Additional information

- Season the vegetables with herbs and spices
- Garnish the vegetables with various nuts or seeds
- Use freshly chopped herbs for additional garnish and flavor

## LEMON ZEST BROCCOLI

ONE PORTION PROVIDES:  
½ cup dark green vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Broccoli brunches	10 ½ pounds	2 pounds 2 ounces	<ol style="list-style-type: none"> <li>1. Remove broccoli crowns from stems and chop. To use optional stems, remove bottom 1-2 inches, peel and slice thinly.</li> <li>2. Steam the broccoli, with stems, if using them, in a steamer or in a large pot with 2 inches of water, covered, over high heat, JUST until bright green, 2-7 minutes, depending on method used. CCP: Heat to 140°F or higher.</li> <li>3. Drain thoroughly.</li> <li>4. Grate the outer yellow lemon skin with a zesting tool or on the small grating side of a cheese grater.</li> <li>5. Mix together the broccoli with the lemon zest, Parmesan cheese, salt, pepper and olive oil in hotel pans. CCP: Hold for hot service at 140°F or higher</li> </ol>
Lemons, fresh	2 each	½ each	
Parmesan cheese, grated	3 ounces (¾ cup)	3 tablespoons	
Salt, kosher	1 tablespoon	½ teaspoon	
Black pepper	2 teaspoons	½ teaspoon	
Oil, olive	¾ cup	3 tablespoons	

### RECIPE NOTES:

Broccoli cooking time: Cook until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

NUTRIENTS PER SERVING							
Calories	68	Total Fat	4 g	Vitamin A	591 IU	Calcium	.8 mg
Protein	3.2 g	Saturated Fat	.7 g	Vitamin C	87 mg	Sodium	196 mg
Carbohydrate	6.8 g	Cholesterol	1 mg	Calcium	64 mg	Dietary Fiber	2.7 g

SOURCE: Fresh From the Farm: The Massachusetts Farm to School Cookbook, <http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm-to-school-cookbook.pdf>

## RANCH ROASTED BROCCOLI

ONE PORTION PROVIDES:  
½ cup vegetable

INGREDIENTS	50 SERVINGS	DIRECTIONS
Broccoli, florets, fresh <i>OR</i> Broccoli, florets, frozen	8 ¾ pounds OR 7 ¼ pounds	<ol style="list-style-type: none"> <li>1. Toss broccoli in oil and season with ranch seasoning.</li> <li>2. Place a single layer of broccoli on lined sheet pans.</li> <li>3. Roast at 400° F for 15 to 20 minutes, until tender.</li> </ol>
Oil, canola	½ cup	
Ranch seasoning blend	¼ cup	

RANCH SEASONING BLEND	6 ½ TABLESPOONS	DIRECTIONS
Garlic, granulated	2 tablespoons	<ol style="list-style-type: none"> <li>1. Mix all spices together in a bowl. Store in a sealed container at room temperature for up to 6 months for maximum flavor.</li> </ol>
Onion, granulated	2 tablespoons	
Dill weed	2 tablespoons	
Pepper, black	1 ½ teaspoon	

### NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories			<b>Total Carbohydrate</b>		(g)
<b>Total Fat</b>		(g)	Dietary Fiber		(g)
Saturated Fat		(g)	Total Sugars		(g)
Cholesterol		(g)	Vitamin D		(IU)
<b>Sodium</b>		(mg)	Calcium		(mg)
<b>Protein</b>		(g)	Iron		(mg)

### NOTES

### YIELD/VOLUME

### SOURCE

Chef Samantha Gasbarro

# BUTTERNUT PARFAIT

ONE PORTION PROVIDES:

1 oz meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup fruit, 1 oz grain equivalent

INGREDIENTS	60 SERVINGS	DIRECTIONS
Butternut squash, <i>frozen</i>	4-5 pound packages (approx. 8 fresh squash)	1. Preheat oven to 425° F. 2. Distribute squash evenly onto three baking sheets. Toss each sheet with 2 tablespoons olive oil and 2 tablespoons maple syrup.
Olive oil	3/8 cup	
Maple syrup	3/8 cup	3. Sprinkle each sheet evenly with salt and cinnamon. Evenly coat by tossing squash together. Bake for 30 minutes then set aside.
Salt	2 teaspoons	
Cinnamon, <i>ground</i>	2 tablespoons	
Cranberries, <i>dried</i>	7-1/2 cups	4. In one 8-fluid ounce cup, add 4 ounces, or ½ cup, of yogurt. 5. Add 1 ounce of granola on top of yogurt. 6. Top granola with ½ cup squash and 1/8 cup cranberry.
Yogurt, <i>vanilla, non-fat</i>	15 pounds	
Granola, <i>whole grain-rich</i>	4 pounds	

## NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	325		<b>Total Carbohydrate</b>		(g)
<b>Total Fat</b>		(g)	Dietary Fiber		(g)
Saturated Fat	.5	(g)	Total Sugars		(g)
Cholesterol		(g)	Vitamin D		(IU)
<b>Sodium</b>	442	(mg)	Calcium		(mg)
<b>Protein</b>		(g)	Iron		(mg)

## NOTES

## YIELD/VOLUME

## SOURCE

Wisconsin Department of Public Instruction

## ZUCCHINI PARMESAN

ONE PORTION PROVIDES:

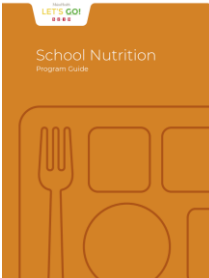
½ cup other vegetable and .25 oz. eq. m/ma

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Squash, summer, fresh, sliced	12 pounds	2 ¾ pounds	<ol style="list-style-type: none"> <li>Preheat convection oven to 350°F. For 10 servings: Coat one, 2-inch, half- hotel pans with cooking spray. For 50 servings: Coat two, 2-inch, hotel pans with cooking spray.</li> <li>Prepare vegetables.</li> <li>Dividing ingredients evenly between the two pans (for 50 servings), layer half the zucchini, all of the onion and garlic, then the remaining zucchini. Divide sauce between the pans. Cover and bake until just tender, about 20 minutes.</li> </ol>
Onions, peeled, sliced	2 pounds	6 ounces	
Garlic, peeled, sliced thin	8 cloves	2 cloves	
Tomato sauce or marinara	1 gallon	3 cups	
Mozzarella, part-skim, shredded	1 pound	3 ounces	<ol style="list-style-type: none"> <li>Uncover and sprinkle with mozzarella and Parmesan cheeses. Bake, uncovered, until the cheese is melted and bubbly, 5 to 10 minutes more.</li> </ol>
Parmesan cheese, grated	1 quart	¾ cup	

NUTRIENTS PER SERVING							
Calories	120	Total Fat	4.5 g	Vitamin A	640 IU	Iron	.9 mg
Protein	8 g	Saturated Fat	2.2 g	Vitamin C	3 mg	Sodium	530 mg
Carbohydrate	10.8 g	Cholesterol	12 mg	Calcium	193 mg	Dietary Fiber	2.9 g

SOURCE: *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

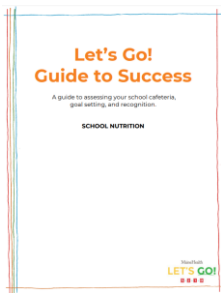
## RESOURCES:



### School Nutrition Program Guide

- Create environments where the healthy choice is the easy choice
- Improve the nutritional quality of foods and beverages available

<https://www.mainehealth.org/Lets-Go/Childrens-Program/School-Nutrition/Tools>



### Let's Go! Guide to Success

A guide to assessing your school cafeteria, goal setting, and recognition.

- Developing the School Meals Menu
- Promoting the School Meals Program
- Boosting Reimbursable Meals
- Serving a Healthy School Breakfast
- Serving a Healthy School Lunch

<https://www.mainehealth.org/Lets-Go/Childrens-Program/School-Nutrition/Tools>



[Maine.gov/doe/harvestofthemoth](https://www.maine.gov/doe/harvestofthemoth)

**PERSONAL REFLECTION**

**VIBRANT VEGETABLES USING MAINE PRODUCE**

WHAT DID I LEARN FROM THIS WEBINAR:

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

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# NOTES: