



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE CENTER RECIPE

Baked Potato with Homemade Veggie Chili

Featured Item: Potatoes

Serving Size: 1 bowl • Yield 60

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.5 Cups of Starchy
1.5 oz of Meat/Meat Alternate
0.25 Cups of Red/Orange
0.125 Cups of Other

INGREDIENTS

60	Potatoes, LOCAL
1/3 cup	Canola Oil
1 1/3 cup	Green Bell Pepper, chopped
1 pint	Onion, chopped
1 quart	Pinto Beans
1 quart	Kidney Beans
2 quarts	Black Beans
1 cup	Chili Powder
2 quarts	Tomatoes, diced
1 pint	Tomato Paste
2 quarts	Water
2 quarts	Cheddar Cheese, shredded



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare potatoes: Remove any bruises or discolored spots with a tip of a knife. Pierce potato several times with fork. Bake until fork tender.
3. Prepare chili: Dice onion and green pepper. In a large pot, heat oil and saute onion, green peppers, and garlic for 2 to 4 minutes. Add drained beans, chili powder. Stir for 1 to 2 minutes. Add diced tomatoes and water to pot. Bring to a boil over medium high heat. Then reduce heat and simmer uncovered for 10 minutes. Add tomato paste and mix well. Cook for an additional 10 minutes.
4. To serve: Split open baked potato. Top with 1 cup chili and 1 ounce shredded cheese.

NUTRITION FACTS

Calories: 294
Total Fat: 7g
Saturated Fat: 3.4g
Trans Fat: 0 g
Cholesterol: 17mg
Sodium: 548mg
Total Carbohydrate: 43g
Dietary Fiber: 10g
Total Sugars: 5g
Protein: 13g



Scan the code to learn more about Harvest of the Month.

Child nutrition crediting and nutrition facts may vary based on specific products used.

ENJOY!

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE CENTER RECIPE

Homemade Potato Salad

Featured Item: Potatoes

Serving Size: 2/3 cup • Yield 50

HACCP Process #3:

Complex food Preparation

Child Nutrition Credit:

0.25 Cups of Starchy
0.25 oz of Meat/Meat Alternate
0.25 Cups of Fruit

INGREDIENTS

9 pounds 5 7/8 ounces	Red Potatoes, LOCAL
1 quart	Celery, chopped
16	Apples
14	Eggs, hard boiled
1/2 cup	Chives, fresh, chopped
1/4 cup	Thyme, fresh
1/4 cup	Dijon Mustard
1/2 cups	Mayonnaise
2 teaspoon	Salt
1 teaspoon	Black Pepper



DIRECTIONS - PRE PREP

1. Wash potatoes and cut into 1/4 inch cubes.
2. Peel and chop apples into 1/4 inch cubes.
3. Chop the hard boiled eggs and celery.
4. Dice the chives and thyme. Use locally grown herbs when available.

DIRECTIONS - SALAD

1. Place red potatoes in a large pot and completely cover them with water. Place on medium-high heat and bring to a boil.
2. Let potatoes cook for 10-15 minutes, until fork tender.
3. Drain potatoes and let sit.
4. Add potatoes and apples to a large bowl, along with sliced hard boiled eggs, chopped celery, chopped chives, chopped thyme, mustard, mayonnaise, salt and pepper.
5. Gently toss until everything is coated.

NUTRITION FACTS

Calories:	130
Total Fat:	2 g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	61mg
Sodium:	207mg
Total Carbohydrate:	25g
Dietary Fiber:	3g
Total Sugars:	8g
Protein:	4g

Child nutrition crediting and nutrition facts may vary based on specific products used.



Scan the code to learn more about Harvest of the Month.

ENJOY!

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE CENTER RECIPE

Parsley Roasted Potatoes

Featured Item: Potatoes

Serving Size: 0.25 • Yield 50

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.25 Cups of Starchy

INGREDIENTS

5 pounds Potato, Red, LOCAL

2 ounces Butter, unsalted

½ cup Parsley Flakes

1 tablespoon Seasoning blend (Salt free)



DIRECTIONS

1. Wash red potatoes under cool running water to remove any excess dirt and debris. Cut potatoes into quarter sections. Lay on sprayed sheet pan.
2. Melt margarine and drizzle over potatoes. Sprinkle with seasoning and parsley. **May use dried parsley in place of the fresh- 1/2 to 3/4 cup.
3. Place in 350F oven for 25 minutes. Check for tenderness. Cook longer if necessary for tenderness. Potatoes must reach an internal temperature of 135F. Once cooking is completed, place in hot holding cabinet. Portion 1/4 cup serving.

NUTRITION FACTS

Calories: 38

Total Fat: 1g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 17mg

Total Carbohydrate: 7g

Dietary Fiber: 1g

Total Sugars: 1g

Protein: 1g



Scan the code to learn more about Harvest of the Month.

Child nutrition crediting and nutrition facts may vary based on specific products used.

ENJOY!

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE FCCH RECIPE

Baked Potato with Homemade Veggie Chili

Featured Item: Potatoes

Serving Size: 1 bowl • Yield 25

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.5 Cups of Starchy
2 oz of Meat/Meat Alternate
0.25 Cups of Red/Orange
0.125 Cups of Other

INGREDIENTS

6	Potatoes, LOCAL
1 $\frac{5}{8}$ teaspoon	Canola Oil
2 tablespoons	Green Bell Pepper, chopped
3 1/2 Tablespoons	Onion, chopped
1/2 cups	Pinto Beans
2/3 cups	Kidney Beans

3/4 cup	Black Beans
1 tablespoon	Chili Powder
3/4 cups	Tomatoes, diced
1/3 cups	Tomato Paste
1 cup	Water
1 cup	Cheddar Cheese, shredded



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare potatoes: Remove any bruises or discolored spots with a tip of a knife. Pierce potato several times with fork. Bake until fork tender.
3. Prepare chili: Dice onion and green pepper. In a large pot, heat oil and saute onion, green peppers, and garlic for 2 to 4 minutes. Add drained beans, chili powder, and cumin. Stir for 1 to 2 minutes. Add diced tomatoes and water to pot. Bring to a boil over medium high heat. Then reduce heat and simmer uncovered for 10 minutes. Add tomato paste and mix well. Cook for an additional 10 minutes.
4. To serve: Split open baked potato. Top with 1 cup chili and 1 ounce shredded cheese.

NUTRITION FACTS

Calories: 294
Total Fat: 7g
 Saturated Fat: 3g
 Trans Fat: 0 g
Cholesterol: 17mg
Sodium: 548mg
Total Carbohydrate: 43g
 Dietary Fiber: 10g
 Total Sugars: 5g
Protein: 13g



Scan the code to learn more about Harvest of the Month.

Child nutrition crediting and nutrition facts may vary based on specific products used.

ENJOY!

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE FCCH RECIPE

Homemade Potato Salad

Featured Item: Potatoes

Serving Size: 2/3 cup • Yield 6

HACCP Process #3:

Complex Food Preparation

Child Nutrition Credit:

0.25 Cups of Starchy
0.5 oz of Meat/Meat Alternate
0.25 Cups of Fruit

INGREDIENTS

1 pounds 2 ounces	Red Potatoes, LOCAL
1/3 cup	Celery, chopped
2	Apples
1 3/4	Eggs, hard boiled
1 tablespoon	Chives, fresh, chopped
1 1/2 teaspoon	Thyme, fresh
1 1/2 teaspoon	Dijon Mustard
1/4 cups	Mayonnaise
1/4 teaspoon	Salt
1/8 teaspoon	Black Pepper



DIRECTIONS - PRE PREP

1. Wash potatoes and cut into 1/4 inch cubes.
2. Peel and chop apples into 1/4 inch cubes.
3. Chop the hard boiled eggs and celery.
4. Dice the chives and thyme. Use locally grown herbs when available.

DIRECTIONS - SALAD

1. Place red potatoes in a large pot and completely cover them with water. Place on medium-high heat and bring to a boil.
2. Let potatoes cook for 10-15 minutes, until fork tender.
3. Drain potatoes and let sit.
4. Add potatoes and apples to a large bowl, along with sliced hard boiled eggs, chopped celery, chopped chives, chopped thyme, mustard, mayonnaise, salt and pepper.
5. Gently toss until everything is coated.

NUTRITION FACTS

Calories: 130

Total Fat: 2g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 61mg

Sodium: 207mg

Total Carbohydrate: 25g

Dietary Fiber: 3g

Total Sugars: 8g

Protein: 4g



Scan the code to learn more about Harvest of the Month.

Child nutrition crediting and nutrition facts may vary based on specific products used.

ENJOY!

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE FCCH RECIPE

Parsley Roasted Potatoes

Featured Item: Potatoes
Serving Size: 0.25 cup • Yield 6

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.25 Cups of Starchy

INGREDIENTS

9 5/8 ounces Potato, Red, LOCAL
1/4 ounces Butter, unsalted
1 tablespoon Parsley Flakes
3/8 teaspoons Seasoning Blend (salt free)



DIRECTIONS

1. Wash red potatoes under cool running water to remove any excess dirt and debris. Cut potatoes into quarter sections. Lay on sprayed sheet pan.
2. Melt margarine and drizzle over potatoes. Sprinkle with seasoning and parsley. **May use dried parsley in place of the fresh- 1/2 to 3/4 cup.
3. Place in 350F oven for 25 minutes. Check for tenderness. Cook longer if necessary for tenderness. Potatoes must reach an internal temperature of 135F. Once cooking is completed, place in hot holding cabinet. Portion 1/4 cup serving.

NUTRITION FACTS

Calories: 38
Total Fat: 1g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 17mg
Total Carbohydrate: 7g
 Dietary Fiber: 1g
 Total Sugars: 0.5g
Protein: 1g



Scan the code to learn more about Harvest of the Month.

Child nutrition crediting and nutrition facts may vary based on specific products used.

ENJOY!

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.