

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



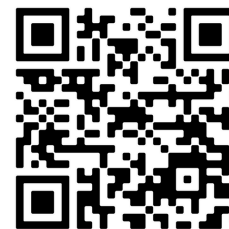
DIRECTIONS

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

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



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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

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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)



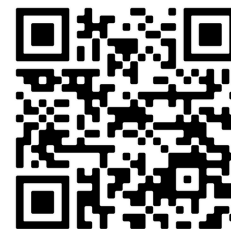
DIRECTIONS

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

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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	3/4 cup	Black Beans
1 5/8 teaspoon	Canola Oil	1 tablespoon	Chili Powder
2 tablespoons	Green Bell Pepper, chopped	3/4 cups	Tomatoes, diced
3 1/2 tablespoons	Onion, chopped	1/3 cups	Tomato Paste
1/2 cups	Pinto Beans	1 cup	Water
2/3 cups	Kidney Beans	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.

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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 ¾ Eggs, hard boiled
1 tablespoon Chives, fresh, chopped
1 ½ teaspoon Thyme, fresh
1 ½ 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.

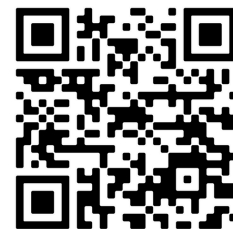
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3. Drain potatoes and let sit.
4. Add potatoes and apples to a large bowl, along with sliced hard boiled eggs, chopped celery, chopped chives, chopped thyme, mustard, mayonnaise, salt and pepper.
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Parsley 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.
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