



# FEED OUR FUTURE®

*Local Foods for Growing Minds*



ECE CENTER RECIPE

## Hydroponic Lettuce

**Featured Item: Hydroponic Lettuce**  
Serving Size: 1/2 cup • Yield 50

**HACCP Process #1:**  
No Cook

**Child Nutrition Credit:**  
0.5 cups Vegetables

### INGREDIENTS

**3 pounds, 3 1/8 oz.** Hydroponic Lettuce, LOCAL, cos, or romaine, raw



### DIRECTIONS

1. Chop hydroponic lettuce.
2. Top with your favorite local veggies and serve.

### NUTRITION FACTS

**Calories:** 5  
**Total Fat:** 0g  
Saturated Fat: 0g  
Trans Fat: 0g  
**Cholesterol:** 0mg  
**Sodium:** 2mg  
**Total Carbohydrate:** 1g  
Dietary Fiber: 1g  
Total Sugars: 0g  
**Protein:** 0g

*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](mailto:ohiofeedourfuture@gmail.com) for full nutrition facts.



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ECE CENTER RECIPE

## Roasted Root Vegetable Salad

**Featured Item: Hydroponic Lettuce**  
Serving Size: 1 Salad • Yield 50

**HACCP Process #2:**  
Same day service

**Child Nutrition Credit:**  
1 cup of Dark Green  
0.125 Cups Red/Orange  
0.125 Cups Starchy

### INGREDIENTS

<b>3 gallon, 1 pint</b>	Lettuce, local, hydroponic
<b>1 quart, 1/3 cup</b>	Sweet potatoes, cubed
<b>1 quart, 1 pint, 1 cup</b>	Red potatoes, diced
<b>1 quart, 1/3 cup</b>	Butternut squash, cubed
<b>1/3 cup</b>	Olive oil
<b>1 teaspoon</b>	Salt
<b>1 7/8 teaspoon</b>	Black pepper



### DIRECTIONS

1. Prep vegetables: Sweet potatoes should scrubbed, peeled and cubed. Peel and cube butternut squash. Scrub red potatoes and cut into small pieces. Make sure all vegetables are diced into a similar size.
2. Pre-heat oven to 350°F. Toss all the vegetables with olive oil, salt and pepper. Place on a rimmed baking sheet. Spread vegetables out so they do not steam. Roast in the oven, 20-30 minutes, or until tender and vegetables are lightly browned.

#### To prepare salad:

1. Clean and chop lettuce.
2. To prepare salad: Top 1 cup of lettuce with 1/4 C roasted root vegetables.

### NUTRITION FACTS

**Calories:** 52  
**Total Fat:** 2g  
 Saturated Fat: 0.3g  
 Trans Fat: 0 g  
**Cholesterol:** 0mg  
**Sodium:** 55mg  
**Total Carbohydrate:** 8g  
 Dietary Fiber: 1.5g  
 Total Sugars: 1g  
**Protein:** 1g

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ECE CENTER RECIPE

## Tangerine Chicken Lettuce Wrap

**Featured Item: Hydroponic Lettuce**  
Serving Size: 1 wrap • Yield 50

**HACCP Process #2:**  
Same day service

**Child Nutrition Credit:**

1.5 ounces Meat/Meat Alternate  
1.25 ounces Whole Grain Equivalent  
0.25 Cups of Red/Orange  
0.125 Cups of Dark Green

### INGREDIENTS

<b>9 pounds, 6 ounces</b>	Tyson Tangerine Chicken
<b>1 pint, 1 cup, 2 tablespoons</b>	Carrots, shredded
<b>1 gallon, 2 quarts, 1 cup</b>	Brown rice, cooked
<b>50</b>	Hydroponic Lettuce leaves, local



### DIRECTIONS

Prepare Chicken: CONVECTION/CONVENTIONAL OVEN (BEST)- 1. Pre-heat oven to 350 F Convection / 400 F Conventional. 2. Spread frozen chicken pieces evenly on a sheet pan with parchment paper. 3. Bake frozen chicken pieces in oven for 40-45 minutes until golden brown and crispy.

Sauce: SAUCE IN BAG (PRODUCT MUST BE THAWED): BOIL IN BAG/STEAMER (BEST)- Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 F.  
Add popcorn chicken to sauce.

Prepare rice: STEAMER METHOD: In a full-size steamer pan combine rice with hot water. Cover and steam for 30 min. Fluff with fork and cook until tender: typically another 10-15 min.

Serve 1 lettuce wraps. Top lettuce leaf with 3 oz chicken and 1 T shredded carrots. Serve with 1/2 C rice,

### NUTRITION FACTS

**Calories:** 282  
**Total Fat:** 6g  
 Saturated Fat: 1g  
 Trans Fat: 0g  
**Cholesterol:** 39mg  
**Sodium:** 329mg  
**Total Carbohydrate:** 45g  
 Dietary Fiber: 2g  
 Total Sugars: 10g  
**Protein:** 12g

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# FEED OUR FUTURE®

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ECE FCCH RECIPE

## Hydroponic Lettuce

**Featured Item: Hydroponic Lettuce**  
Serving Size: 1/2 cup • Yield 6

**HACCP Process #1:**  
No Cook

**Child Nutrition Credit:**  
0.5 cups Dark Green

### INGREDIENTS

**6 1/4 ounces** Hydroponic Lettuce, LOCAL, cos, or romaine, raw



### DIRECTIONS

1. Chop hydroponic lettuce.
2. Top with your favorite local veggies and serve.

### NUTRITION FACTS

**Calories:** 5  
**Total Fat:** 0g  
    Saturated Fat: 0g  
    Trans Fat: 0g  
**Cholesterol:** 0mg  
**Sodium:** 2mg  
**Total Carbohydrate:** 1g  
    Dietary Fiber: 1g  
    Total Sugars: 0g  
**Protein:** 0g

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ECE FCCH RECIPE

## Roasted Root Vegetable Salad

**Featured Item: Hydroponic Lettuce**  
Serving Size: 1 Salad- yield 6

**HACCP Process #2:**  
Same day service

**Child Nutrition Credit:**  
1 Cup of Dark Green  
0.125 Cups of Red/Orange  
0.125 Cups of Starchy

### INGREDIENTS

**1 quart, 1 pint** Lettuce, local, hydroponic  
**1/2 cup** Sweet potatoes, cubed  
**3/4 cup** Red potatoes, diced  
**1/2 cup** Butternut squash, cubed  
**2 5/8 teaspoon** Olive oil  
**1/8 teaspoon** Salt  
**1/4 teaspoon** Black pepper



### DIRECTIONS

1. Prep vegetables: Sweet potatoes should be scrubbed, peeled and cubed. Peel and cube butternut squash. Scrub red potatoes and cut into small pieces. Make sure all vegetables are diced into a similar size.
2. Pre-heat oven to 350°F. Toss all the vegetables with olive oil, salt and pepper. Place on a rimmed baking sheet. Spread vegetables out so they do not steam. Roast in the oven, 20-30 minutes, or until tender and vegetables are lightly browned.

#### To prepare salad:

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ECE FCCH RECIPE

## Tangerine Chicken Lettuce Wrap

**Featured Item: Hydroponic Lettuce**  
Serving Size: 1 wrap • Yield 6

**HACCP Process #2:**  
Same day service

**Child Nutrition Credit:**

1.5 ounces of Meat/Meat Alternate  
1.25 ounces pf Whole Grain Equivalent  
0.25 Cups of Red/Orange  
0.125 Cups of Dark Green

### INGREDIENTS

**1 pounds, 2 ounces** Tyson Tangerine Chicken  
**½ cup, 2 tablespoons** Carrots, shredded  
**1 quarts, 1 cup** Brown rice, cooked  
**6** Hydroponic Lettuce leaves, local



### DIRECTIONS

Prepare Chicken: CONVECTION/CONVENTIONAL OVEN (BEST)- 1. Pre-heat oven to 350 F Convection / 400 F Conventional. 2. Spread frozen chicken pieces evenly on a sheet pan with parchment paper. 3. Bake frozen chicken pieces in oven for 40-45 minutes until golden brown and crispy.

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