



CU

CHEFS

C L E M S O N U N I V E R S I T Y



Presents

# Recipes for a Crowd

Adapted for FAN  
programs



### Menu 1

*Salad: Broccoli Salad, ¾ cup*

*Entrée: Oven Fried Chicken, 3 ounces cooked*

*Side: Hoppin' John, ¾ cup*

*Dessert: Winter Fruit Salad, ¾ cup*

### **Broccoli Salad** (Yield: 50 servings, serving size ¾ cup)

Ingredients	
Fresh green beans, trimmed & cut	12 cups
Fresh broccoli florets	12 cups
Carrots, diced	6 cups
Celery, diced	6 cups
Chick peas, drained and rinsed	6 (15-oz) cans
Fat free Italian Dressing	3 cups



1. Wash the fresh green beans in cold water, removing the stems and cutting each into 1 inch pieces.
2. Place the finished green beans into a large sauce pan and add water until the green beans are submerged.
3. Set the stove top for "medium heat" in order to bring the sauce pan to a boil.
4. Chop the fresh broccoli, carrots, and celery into small, uniform pieces, no larger than a quarter, and add to a large serving bowl.
5. Drain and rinse the chickpeas from the can, and add them to the large serving bowl that contains the broccoli, carrots, and celery.
5. After the sauce pan has been brought to a steady boil, turn off the heat and remove the sauce pot.
6. Under cold running water, strain the green beans until they are cold to the touch.
7. Add the chilled green beans to the large bowl that contains the broccoli, carrots, and celery.
8. Stir the combined ingredients together and add the fat-free Italian dressing, coating the vegetables evenly and thoroughly.

### **Oven- Fried Chicken** (Yield: 48 servings, serving size 1 breast)

Ingredients	
Boneless Skinless Chicken Breast	48 (3.5 -ounce) breast
Skim Milk	1 quart
All-Purpose Flour	as needed (about 4 cups)
Garlic Powder	½ cups
Paprika	½ cups
Mrs. Dash Seasoning	½ cups
Onion Powder	½ cups
Ground Black Pepper	½ cups
Crushed Red Pepper Flakes	1 teaspoon
Cooking Spray Oil	as needed



1. Trim the boneless chicken of fat if necessary and slice the meat into halves, then quarters, and fill a bowl with milk and submerge the poultry in it in order to marinate.
2. Preheat the oven to 400°F.
3. In a second bowl, combine the flour with all ingredients and mix together.
4. Remove chicken from the milk and dredge each piece of chicken, coating all sides of the poultry evenly and thoroughly with the blended flour.
5. Place the floured chicken on a baking pan after finishing one at a time, allowing enough space for even cooking.
6. After breading and placing all of the chicken on the baking pan, lightly spray the chicken with the cooking spray oil.
7. Bake the chicken for 45 minutes, until the juices run clear, or the internal temperature reaches 165°F.

## Hoppin' John (Yield: 50 servings, serving size ¾ cup)

Ingredients	
Brown Rice	2 ½ cups
Vegetable Oil	¼ cup
Onions, Chopped	4 cups
Garlic, Minced	¼ cups
Black-Eye Peas (fresh or frozen)	13 cups
Water	5 ½ quarts
Salt	1 tablespoon (optional)
Vegetable Broth	3 tablespoons
Dried Parsley Flakes	3 tablespoons
Dried Thyme	1 teaspoon
Liquid Smoke	½ teaspoon
Ground Black Pepper	½ teaspoon
Red Pepper Sauce (Tabasco)	¼ teaspoon
Red Wine Vinegar	¾ cup
Green Onions, sliced	as needed



1. Cook the brown rice in a 5 quart stockpot according to directions on the package in order to yield 3 lb. cooked rice.
  2. In a 6 quart stockpot, heat the oil and add the chopped onions and minced garlic, sautéing until the onions are transparent.
  3. Add the black-eye peas, water, salt, vegetable broth, dried parsley flakes, dried thyme, liquid smoke, ground black pepper and red pepper sauce to the 6 quart stockpot.
  4. Bring to a boil and reduce the heat, allowing the vegetables to simmer for 30 - 45 minutes, or until the black-eye peas are tender.
  5. After most of the water has evaporated, stir the red wine vinegar and rice into the 6 quart stockpot.
- Garnish Suggestions:** Once plated, garnish lightly with sliced green onions

## Winter Fruit Salad (Yield: 50 servings, serving size ¾ cup)

Ingredients	
Fat-Free Vanilla Yogurt	12 cups
Shredded Coconut	1 ½ cups
Red Apples, sliced	12 cups
Red Grapes, halved	12 cups
Pears, sliced	6 cups
Grapefruit Sections	6 cups
Mandarin Oranges (in light syrup)	6 cups
Grape Nuts Cereal	1 ½ cups



1. Combine the yogurt and the shredded coconut in a bowl, stirring together until completely mixed.
2. In another bowl, combine all of the fruit.
3. Pour the bowl of coconut mixed yogurt over the fruit, gently folding to cover the fruit.
4. Refrigerate until needed

**Garnish Suggestions:** Garnish the plate by sprinkling the Grape Nuts Cereal lightly

## Nutrition Information

### Broccoli Salad

Approximate serving size: ¾ cup			
Calories: 190		Sodium: 260mg	
Total fat: 2.5g Saturated fat: 0g Trans-fat: 0g		Total carbohydrate: 33g Dietary fiber: 10g Sugars: 8g	
Cholesterol: 0mg		Protein: 10g	
Vitamin A 100% Vitamin C 50%		Calcium 8% Iron 15%	

### Oven-Fried Chicken

Approximate serving size: 1 breast			
Calories: 400		Sodium: 540mg	
Total fat: 18g Saturated fat: 4g Trans-fat: 0g		Total carbohydrate: 38g Dietary fiber: 3g Sugars: 3g	
Cholesterol: 0mg		Protein: 21g	
Vitamin A 15% Vitamin C 4%		Calcium 10% Iron 15%	

### Hoppin' John

Approximate serving size: ¾ cup			
Calories: 80		Sodium: 150mg	
Total fat: 1.5g Saturated fat: 0g Trans-fat: 0g		Total carbohydrate: 13g Dietary Fiber: 0g Sugars: 1g	
Cholesterol: 0mg		Protein: 4g	
Vitamin A 0% Vitamin C 2%		Calcium 0% Iron 2%	

### Winter Fruit Salad

Approximate serving size: ¾ cup			
Calories: 120		Sodium: 0mg	
Total fat: 1g Saturated fat: 1g Trans-fat: 0g		Total carbohydrate: 25g Dietary fiber: 2g Sugars: 21g	
Cholesterol: 15mg		Protein: 4g	
Vitamin A 15% Vitamin C 40%		Calcium 10% Iron 4%	

## Menu 2

*Side: Steamed Veggies, 1/2 cup*

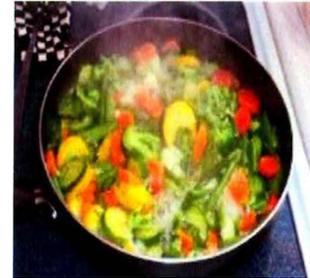
*Entrée: Meatballs with BBQ Sauce, 4 meatballs*

*Side: Skillet Sweet Potatoes, 1/2 cup*

*Dessert: Fresh Fruit Crunch, 3/4 cup*

### **Steamed Veggies** (Yield: 50 servings, serving size 1/2 cup)

Ingredients	
Water	as needed
Frozen Corn Kernels	6 pounds
Frozen Sweet Peas	6 pounds
Ground Black Pepper	as needed



1. Fill a 6 quart stockpot with water between one and two inches and bring water to a boil.
2. Place the steamer basket into the 6 quart stockpot and empty the corn and peas into the steamer basket over the boiling water.
3. Steam the vegetables over the boiling water for 2 minutes.
4. Place the vegetables in a serving bowl.
5. Add black pepper to season.

---

### **Skillet Sweet Potatoes** (Yield: 48 servings, serving size 1/2 cup)

Ingredients	
Water	as needed
Sweet Potatoes, peeled and sliced	12 pounds
Orange Juice	6 cups
Light Brown Sugar	3/4 cups
Salt	2 teaspoon
Ground Cinnamon	1 teaspoon



1. In a 6 quart stockpot, bring water to a boil.
2. Add the sweet potato slices and reduce heat.
3. Cover and simmer the stockpot for 20 minutes or until tender.
4. Drain well.
5. In a large skillet, combine the orange juice, brown sugar, salt, and cinnamon.
6. Add the potatoes to the skillet in batches.
7. Cook and stir gently until the skillet begins to bubble.
8. Simmer 5 minutes until potatoes are glazed.

## Meatballs (Yield: 50 servings, serving size 4 meatballs)

Ingredients	
Lean Ground Beef	5 pounds
Lean Ground Turkey	5 pounds
Carrots, Finely Grated	2 ½ cups
Rolled Oats	2 ½ cups
Seasoned Breadcrumbs	2 ½ cups
Apple Sauce	1 ¼ cups
Egg Beaters	2 cups
Onions, finely chopped	2 ½ cups
Dried Parsley Flakes	¼ cup
Onion Powder	2 tablespoons
Ground Black Pepper	2 ½ tablespoons
Garlic Powder	2 tablespoons
Cooking Spray	as needed



1. In a large bowl, mix the non-meat ingredients. In a separate large bowl, mix the ground turkey and ground beef until the two are evenly mixed.
2. Preheat the oven to 350 °F.
3. Combine the two bowls so all the ingredients are mixed evenly.
4. Using a 1-ounce scoop, portion the meat mixture into even sized balls and line them up on the sprayed baking rack.
5. Bake the meatballs at 350 °F for about 20 minutes or until the internal temperature reads 165 degrees.
6. Drain off the excess fat from the bottom of the baking pan.

**Garnish Suggestions:** Serve with the BBQ Sauce.

---

## Barbecue Sauce (Yield: 8 cups, serving size 2 tablespoons)

Ingredients	
Diet Cola	3 cups
Onions, finely chopped	3/4 cups
Garlic cloves, minced	2 tablespoons
Tomato Sauce	6 cups
Worcestershire Sauce	1/3 cup
Apple Cider Vinegar	¾ cup
Ketchup	¾ cup
Chili Powder	2 tablespoons
Mustard Powder	2 tablespoons
Ground Cumin	2 tablespoons



1. In a saucepan or a small pot, heat the diet cola and reduce from 3 cups to ¾ cup.
2. In a separate saucepan, pan-fry onions until golden.
3. Move the sautéed onions into a 6 quart stockpot and add garlic, carefully cooking until fragrant.
4. Add the remaining ingredients to the 6 quart stockpot.
5. Allow the 6 quart stockpot to simmer until flavors are blended, at least 10 minutes.

## Fresh Fruit Crunch (Yield: 48 servings, serving size ¼ cup)

Ingredients	
Apples, Cored, Chopped	12 apples
Non-Fat Cherry OR Raspberry Yogurt	24 (8 ounces)
Grape-Nuts Brand Cereal	9 cups



1. Divide half of the chopped apples among serving dishes.
  2. Spoon 4 tablespoons of yogurt into each dish.
  3. Add 2 tablespoons Grape-Nuts brand cereal to each plate.
  4. Top with layers of remaining yogurt and chopped apples
- Garnish Suggestions:** Garnish each plate with the remainder of the Grape-Nuts brand cereal.

## Nutrition Information

### Steamed Veggies

Approximate serving size: ½ cup			
Calories: 100		Sodium: 0mg	
Total fat: 1g Saturated fat: 0g Trans-fat: 0g		Total carbohydrate: 20g Dietary fiber: 4g Sugars: 3g	
Cholesterol: 0mg		Protein: 5g	
Vitamin A 8%	Vitamin C 40%	Calcium 2%	Iron 6%

### Skillet Sweet Potatoes

Approximate serving size: ½ cup			
Calories: 130		Sodium: 140mg	
Total fat: 0g Saturated fat: 0g Trans-fat: 0g		Total carbohydrate: 31g Dietary fiber: 4g Sugars: 14g	
Cholesterol: 0mg		Protein: 2g	
Vitamin A 440%	Vitamin C 45%	Calcium 4%	Iron 4%

### Meatballs

Approximate serving size: 4 meatballs			
Calories: 180		Sodium: 190mg	
Total fat: 7g Saturated fat: 2g Trans-fat: 0g		Total carbohydrate: 9g Dietary fiber: 4g Sugars: 2g	
Cholesterol: 65mg		Protein: 20g	
Vitamin A 20%	Vitamin C 4%	Calcium 4%	Iron 15%

### BBQ Sauce

Approximate serving size: 2 tablespoons			
Calories: 20		Sodium: 220mg	
Total fat: 0g Saturated fat: 0g Trans-fat: 0g		Total carbohydrate: 4g Dietary fiber: 1g Sugars: 2g	
Cholesterol: 0mg		Protein: 1g	
Vitamin A 4%	Vitamin C 6%	Calcium 2%	Iron 4%

### Fresh Fruit Crunch

Approximate serving size: ¾ cup			
Calories: 110		Sodium: 95mg	
Total fat: 0g Saturated fat: 0g Trans-fat: 0g		Total carbohydrate: 23g Dietary fiber: 2g Sugars: 15g	
Cholesterol: 0mg		Protein: 5g	
Vitamin A 15%	Vitamin C 15%	Calcium 15%	Iron 10%

### Menu 3

*Salad: Collard Greens with Smoked Turkey, 1 cup*

*Entrée: Glazed Pork Chops, 1 chop*

*Side: Red Rice Colleton Style, 3/4 cup*

*Dessert: Banana Pudding, 1/2 cup*

#### **Collard Greens with Smoked Turkey** (Yield: 50 servings, serving size 1 cup)

Ingredients	
Fresh Collard Greens	12 pounds
Smoked Turkey Necks	2 pounds
Chicken Bouillon Cubes	4 cubes
Onions, chopped	2 cups
Garlic Cloves, chopped	2 tablespoons
Splenda No Calorie Sweetener	as needed
Crushed Red Pepper Flakes	as needed (optional)



1. Rinse the collard greens in cold water, removing any dirt and debris from the product.
2. Remove the stems from the collard greens and tear the leaves into small pieces.
3. Wash the shredded collard greens and drain any excess water.
4. Place all of the cooking ingredients in a 6 quart stock pot, ensuring that all items are submerged under water.
5. Cook for nearly 4 hours, or until the collard greens and turkey necks are tender, occasionally adding water as needed.
6. Add Splenda to the 6 quart stock pot in order to take the bitterness out of the greens, tasting the product accordingly so as not to add too little or too much.
7. Drain all excess water and serve.

**Garnish Suggestions:** Add red pepper flakes as desired to the final plated product.

#### **Banana Pudding** (Yield: 50 servings, serving size 1/2 cup)

Ingredients	
Instant Vanilla Pudding Mix	3 (3.4-ounce) boxes
Instant Sugar-Free Vanilla Pudding Mix	3 (3.4-ounce) boxes
Skim Milk	9 cups
Bananas, sliced	18 bananas
Reduced-Fat Vanilla Wafers	72 wafers
Banana Flavor	1 teaspoon
Vanilla Extract	1 teaspoon



1. Open and pour the boxes of pudding in a large mixing bowl. Use skim milk to mix the pudding according to the instructions on the boxes.
2. Add the vanilla extract and banana flavor to the mixed pudding.
3. Slice the bananas.
4. Get a large serving bowl or serving tray.
5. In the serving dish (starting from the bottom). Layer vanilla wafers, pudding, banana slices, pudding, and cookies.
6. After layering the pudding, store in a refrigerator until ready to serve.

**Garnish Suggestions:** Garnish the plate by decorating the banana pudding with whipped topping.

## Red Rice Colleton Style (Yield: 48 servings, serving size ¾ cup)

Ingredients	
Low- Salt Turkey Bacon	8 strips
Vegetable Oil	¼ cup
Onion, chopped	2 cups
Green Bell Pepper, diced	2 cups
Celery, diced	2 cups
Low-Salt Tomato Sauce	2 cups
Low-Salt V-8 Juice	3 cups
Low-Fat Chicken Broth	2 cups
Canned Crushed Tomatoes	4 cups
Ground Oregano	2 teaspoons
Paprika	2 teaspoons
Ground Black Pepper	2 teaspoons
Honey	1 tablespoon
Goya Ham Flavoring	4 packets
Long Grain Rice (uncooked)	8 cups



1. Cut the strips of turkey bacon in half and place them in a large sauté pan (14" x2 ½").
2. Cook on "medium heat" uncovered for about 5 minutes, and add the vegetable oil, turning the turkey bacon often until crisp.
3. Add the onion, green pepper, and celery to the sauté pan, sautéing lightly for about 5 minutes.
4. Transfer the sautéed items to a 15 quart stock pot and add all liquid ingredients and spices.
5. Bring the 15 quart stock pot to a boil and then cover, allowing it to simmer for about 10 minutes.
6. Add honey and the Goya Ham flavoring, and stir in the rice slowly before covering the 15 quart stock pot tightly.
7. Cook on "low heat" for 30 - 35 minutes. Test rice by fluffing with fork. If the rice is still firm, add ¾ cup of broth or water. Continue cooking on low heat until done (about 15 - 20 minutes).

## Glazed Pork Chops (Yield: 48 servings, serving size 1 chop)

Ingredients	
Boneless Center-Cut Pork Chops	48 (5-ounce) chops
Apricot Preserves (no sugar added)	9 cups
Fat-Free Italian Salad Dressing	3 cups
Dijon-Style Mustard	2 cups



1. Prepare the marinade by using a blender to combine the apricot preserves, Italian dressing, and the Dijon-style mustard.
2. Place the pork chops in a three-inch deep steam-table pan or in suitable dishes that can appropriately contain the amount of pork chops and marinade.
3. Reserve 3 ½ cups of marinade for brushing and refrigerate in a suitable container.
4. Pour the remainder of marinade over the pork chops, coating them evenly and covering them completely.
5. Place the pork chops in the refrigerator for at least 3 hours or overnight.
6. Remove the pork chops after they have marinated and discard the marinade by draining off the excess amount or transferring the pork chops to baking pans.
7. Bake the pork chops at 425 degrees for 45 minutes. Drain all excess water and serve.
8. Turn and rotate them every 15 minutes, brushing them with the reserved marinade while cooking.
9. Cook until pork chops are finished cooking.

## Nutrition Information

### Collard Greens with Smoke Turkey

Approximate serving size: 1 cup			
Calories: 70		Sodium: 440mg	
Total fat: 1.5g Saturated fat: 0g Trans-fat: 0g		Total carbohydrate: 9g Dietary fiber: 4g Sugars: 2g	
Cholesterol: 15mg		Protein: 7g	
Vitamin A 150% Vitamin C 70%		Calcium 20% Iron 2%	

### Red Rice Colleton Style

Approximate serving size: ¾ cup			
Calories: 190		Sodium: 360mg	
Total fat: 3g Saturated fat: 0.5g Trans-fat: 0g		Total carbohydrate: 34g Dietary fiber: 2g Sugars: 6g	
Cholesterol: 5mg		Protein: 5g	
Vitamin A 25% Vitamin C 70%		Calcium 4% Iron 10%	

### Glazed Pork Chops

Approximate serving size: 1 chop			
Calories: 420		Sodium: 500mg	
Total fat: 11g Saturated fat: 3g Trans-fat: 0g		Total carbohydrate: 42g Dietary Fiber: 0g Sugars: 27g	
Cholesterol: 120mg		Protein: 38g	
Vitamin A 2% Vitamin C 8%		Calcium 4% Iron 8%	

### Banana Pudding

Approximate serving size: ½ cup			
Calories: 100		Sodium: 100mg	
Total fat: 1g Saturated fat: 0g Trans fat: 0g		Total carbohydrate: 20g Dietary fiber: 1g Sugars: 14g	
Cholesterol: 0mg		Protein: 2g	
Vitamin A 2% Vitamin C 6%		Calcium 6% Iron 2%	

## Menu 4

*Side: Steamed Broccoli, 1/2 cup*

*Entrée: Caribbean Chicken, 1 breast*

*Side: Vegetable Couscous, 1/2 cup*

*Dessert: Tropical Summer Fruit Salad, 1/2 cup*

*Side: Moist Cornbread, 2-inch square*

### **Steamed Veggies** (Yield: 50 servings, serving size 1/2 cup)

Ingredients	
Water	as needed
Frozen Corn Kernels	6 pounds
Frozen Sweet Peas	6 pounds
Ground Black Pepper	as needed



1. After the broccoli has been rinsed, peel the stems. Once the broccoli has been rinsed and peeled, cut into even pieces to ensure even steaming. Nickel sized pieces are perfect for this recipe.
2. In a large stock pot, with fitting lid, bring about 1 inch of water to a boil with a steamer basket
3. Place the broccoli into the pot with the steamer basket and boiling water. Note that if you do not own a steamer basket, placing the broccoli directly into the pot is also acceptable. Just be sure to stir frequently.
4. Reduce the heat to about medium and cook for 6-7 minutes, until the broccoli is cooked, but still crisp. A knife should easily pass through a cooked piece of broccoli.
5. When finished, remove the broccoli from the pot and place on a serving dish or platter.

**Garnish Suggestions:** Lemon zest, lemon slices, balsamic vinegar, black pepper or pine nuts can be used as a garnish.

### **Vegetable Couscous** (Yield: 50 servings, serving size 1/2 cup)

Ingredients	
Instant Couscous	3 pounds
Zucchini, julienned	5 cups
Carrots, shredded	2 1/2 cups
Green Onions, sliced	4 ounces
Less Sodium Chicken Broth	1/2 cup
Margarine, melted	1 cup
Water	3 quarts



1. In a 6 quart stock pot, sauté all the vegetables in the margarine on medium to medium high heat. The vegetables will be done when they are slightly crispy.
2. In a large bowl mix the chicken broth with the water until the chicken base is dissolved.
  - a. Mix the water and chicken broth from step 2 with the vegetables and margarine from step
  - b. Once all the ingredients from steps (1-3) have been combined in the 6 quart pot, bring to a roaring boil.
3. When the pot is boiling add the couscous and stir. Cover. Remove from heat. Let this stand covered for about 5 minutes. The couscous is absorbing all the liquid.
4. After about 5 minutes, fluff with a fork to mix everything.
5. Place in a serving pan or bowl. To keep moist and warm, cover with aluminum foil.

**Garnish Suggestions:** Slices of citrus would complement this dish. Tomato slices or similar colored vegetables are also perfect ways to garnish this couscous. Also, the way that the vegetables are cut will heavily affect the visual appearance of the complete dish.

## Moist Cornbread (Yield: 50 servings, serving size 2-inch square)

Ingredients	
All-Purpose Flour	8 cups
Cornmeal	4 cups
Granulated Sugar	2 2/3 cups
Baking Powder	1/2 cups
Salt	3 tablespoons
Vegetable Oil	1/2 cup
Eggs	8 eggs
Skim Milk	8 cups
Cooking Spray	as needed



1. Preheat the oven to 375 degrees.
2. Combine all the dry ingredients in a large mixing bowl.
3. In a second bowl combine all the wet ingredients.
4. Add all the ingredients from Step 3 to the large bowl of ingredients from Step 2. The batter should be a little lumpy.
5. Pour the corn bread batter into the baking pan that was greased with the cooking spray.
6. Bake in the oven for about 20 minutes. Test for doneness with a knife inserted into the middle. It should come out clean.
7. Brush the top of the corn bread with melted butter to maintain moistness while baking.

**Garnish Suggestions:** A good garnishing tip would be to put some shredded cheese on top of the bread. Also, think about how the bread will be cut. Even pieces stacked on a plate or platter will add to the visual presentation.

## Tropical Summer Fruit Salad (Yield: 50 servings, serving size 2-inch square)

Ingredients	
Tropical Fruit Medley (in light syrup)	4 (15-ounce) cans
Fresh Pineapple, cubed	4 cups
Strawberries, sliced	4 cups
Kiwi, sliced	2 cups
Grapes, halved	2 cups
Bananas, mashed	4 cup
Fat-Free Sour Cream	4 cups
Sugar <b>OR</b> Splenda	1 cups
Salt	1 tablespoons
Poppy Seeds	2 tablespoons



1. In a large bowl smash the bananas with a fork. Using your hands at this moment is a great idea. Remember to wash them first.
2. Mix the smashed bananas and the remaining fruit into the sour cream until an even mixture has been reached
3. Fold in the prepared fruit. Take care when doing this, so the fruit is not mashed up into little pieces.
4. Refrigerate until further needed.

**Garnish Suggestions:** Sprinkle poppy seeds over the plate as a garnish. Mint is a great garnish for this dish. A light sprinkle of Grape Nuts cereal is also a perfect garnish that will yield texture for this salad also.

## Caribbean Chicken (Yield: 48 servings, serving size 1 breast)

Ingredients	
Boneless Skinless Chicken Breast	48 (2.5-ounce) breasts
Oranges, sliced	16 oranges
Canned Pineapple Chunks (in light syrup)	12 (8-ounce) cans
Honey	2 cups
Paprika	½ cup
Garlic Powder	½ cup
Onion Powder	½ cup
Ground Black Pepper	½ cup
Ground Cayenne Pepper	¼ cup
Ground Ginger	¼ cup
Corn Starch	1/3 cup
Water	1 cup
Cooking Spray Oil	as needed



1. Trim the boneless skinless chicken breasts of fat if necessary and slice the meat into halves if the breasts are too big for even portions.
2. Preheat the oven to 350 °F.
3. Remove the zest from the rind of 8 oranges. Then, juice the same 8 oranges. Peel and segment the other 8.
4. Combine the honey, pineapple chunks and its juice along with the juice and zest from the oranges.
5. Combine corn starch with water until an even "slurry" has been made. Combine the slurry with ingredients from step 4.
6. In a bowl combine all spices and mix together.
7. Coat or dredge each piece of chicken, covering all sides of the poultry evenly and thoroughly with the blended spice mixture.
8. Place the spiced chicken on a greased baking pan with foil, allowing enough space for cooking between pieces.
9. Cover the spiced chicken with the orange-pineapple mixture that was created in steps 4 & 5.
10. Bake the chicken for 35 minutes, until the juices run clear, or the internal temperature reaches 165 °F

**Garnish Suggestions:** Slices of citrus will complement this dish. Note that the placement of the chicken on the plate will allow for contrast and a more enjoyable presentation.

## Nutrition Information

### Steamed Broccoli

Approximate serving size: ½ cup	
Calories: 30	Sodium: 30mg
Total fat: 0g Saturated fat: 0g Trans-fat: 0g	Total carbohydrate: 6g Dietary fiber: 3g Sugars: 0g
Cholesterol: 0mg	Protein: 3g
Vitamin A 70% Vitamin C 170% Calcium 6% Iron 6%	

### Vegetable Couscous

Approximate serving size: ½ cup	
Calories: 140	Sodium: 370mg
Total fat: 4g Saturated fat: 1g Trans-fat: 0g	Total carbohydrate: 23g Dietary fiber: 2g Sugars: 1g
Cholesterol: 0mg	Protein: 4g
Vitamin A 25% Vitamin C 4% Calcium 2% Iron 2%	

### Moist Cornbread

Approximate serving size: 2-inch square	
Calories: 200	Sodium: 640mg
Total fat: 4.5g Saturated fat: 1g Trans-fat: 0g	Total carbohydrate: 36g Dietary fiber: 1g Sugars: 13g
Cholesterol: 45mg	Protein: 5g
Vitamin A 4% Vitamin C 0% Calcium 20% Iron 10%	

### Caribbean Chicken

Approximate serving size: 1 breast	
Calories: 300	Sodium: 340mg
Total fat: 12g Saturated fat: 2.5g Trans-fat: 0g	Total carbohydrate: 38g Dietary fiber: 2g Sugars: 22g
Cholesterol: 30mg	Protein: 12g
Vitamin A 15% Vitamin C 10% Calcium 4% Iron 10%	

### Tropical Summer Fruit Salad

Approximate serving size: ½ cup	
Calories: 100	Sodium: 170mg
Total fat: 0.5g Saturated fat: 0g Trans-fat: 0g	Total carbohydrate: 23g Dietary fiber: 4g Sugars: 14g
Cholesterol: 0mg	Protein: 3g
Vitamin A 6% Vitamin C 50% Calcium 8% Iron 2%	

## Menu 5

*Side: New Potato Salad, ½ cup*

*Entrée: Herb Salmon, 1 filet*

*Side: Green Bean Casserole, ¾ cup*

*Dessert: Berry Blue Salad, ¾ cup*

### **New Potato Salad** (Yield: 48 servings, serving size ½ cup)

Ingredients	
New Potatoes	12 pounds
Extra Virgin Olive Oil	1 cups
Green Onions, sliced	2 cups
Dried Dill Weed	3 tablespoons
Ground Black Pepper	2 teaspoons



1. Using hot water, wash and clean the potatoes using a vegetable brush.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut the potatoes into quarters and place in a mixing bowl.
5. Stir in the remainder of the ingredients.
6. Refrigerate until ready to serve.

### **Green Bean Casserole** (Yield: 48 servings, serving size ¾ cup)

Ingredients	
Frozen Cut Green Beans	8 pounds
Onions diced	4 onions
Unsalted Butter	¼ cups
98% Fat-Free Cream of Mushroom Soup	8 (10.5-ounce) cans
Skim Milk	4 cups
Salt	1 teaspoon
Ground Black Pepper	1 teaspoon
Ground Thyme	1 teaspoon
Grated Parmesan Cheese	2 cups
Reduced-Fat Ritz Crackers	3 ½ sleeves



1. Preheat the oven to 350 degrees.
2. Place the frozen green beans into a colander and run cold water over them, allowing them to thaw. Allow the green beans to drain.
3. Peel and dice the large onions.
4. Heat the butter in a 12-inch skillet and *sauté* the onions until they begin to brown.
5. In a large bowl, combine the skim milk, mushroom soup & spices.
6. After the green beans have been thoroughly thawed stir the green beans into the mixing bowl.
7. Pour the mixture into a casserole dish.
8. Crush the Ritz Crackers and spread over the top of the green bean casserole evenly.
9. Bake the green bean casserole for 30 minutes.

## Herb Salmon (Yield: 50 servings, serving size 1 filet)

Ingredients	
Fresh Salmon Filets (Boneless)	50 (3-ounce) filets
Fresh Oregano <b>OR</b>	2 ½ cups
Ground Oregano	1 ¼ cups
Fresh Parsley, chopped <b>OR</b>	2 ½ cups
Dried Parsley Flakes	1 ¼ cups
Green Onions, sliced	2 ½ cups
Garlic cloves, minced	¼ cup
Lemon, juiced	½ cup
Olive Oil	3 tablespoons
Ground Black Pepper	2 tablespoons
Fat-Free Cream Cheese	5 (8-ounce) containers



1. Wash salmon and cut into desired serving sizes.
  2. Score the flesh side of the salmon by making 3 shallow cuts on each diagonal.
  3. Bake the salmon at 375 degrees for 10 minutes.
  4. In a mixing bowl, add the herbs and spices and mix together thoroughly
  5. Combine the mixture from step #4 with the fat-free cream cheese in a food processor and blend until smooth.
  6. Coat the top of the salmon with the herb-cream cheese mixture.
  7. Bake the herb-cream cheese coated salmon an additional 10 minutes or until the salmon flakes with a fork.
- Garnish Suggestions:** Garnish salmon with lemon wedges.

## Berry Blue Salad (Yield: 48 servings, serving size ¾ cup)

Ingredients	
Blueberries (fresh <b>OR</b> frozen)	12 cups
Pecans, chopped	6 cups
Apples, diced	12 apples
Fat-Free Whipped Topping	6 cups
Low-Sugar Crushed Pineapple, drained	6 (15-ounce) cans
Lettuce Leaves	48 lettuce leaves



1. Combine and toss the ingredients, except the lettuce in a large bowl.
2. Serve the tossed mixture on a lettuce leaf.

## Nutrition Information

### New Potato Salad

Approximate serving size: ½ cup			
Calories: 70		Sodium: 150mg	
Total fat: 4.5 Saturated fat: 0.5g Trans-fat: 0g		Total carbohydrate: 7g Dietary fiber: 1g Sugars: 1g	
Cholesterol: 0mg		Protein: 1g	
Vitamin A 10%	Vitamin C 10%	Calcium 2%	Iron 4%

### Green Bean Casserole

Approximate serving size: ¾ cup			
Calories: 70		Sodium: 260mg	
Total fat: 2.5g Saturated fat: 1.5g Trans-fat: 0g		Total carbohydrate: 9g Dietary fiber: 2g Sugars: 4g	
Cholesterol: 5mg		Protein: 4g	
Vitamin A 10%	Vitamin C 20%	Calcium 10%	Iron 4%

### Herb Salmon

Approximate serving size: 1 filet			
Calories: 190		Sodium: 85mg	
Total fat: 11g Saturated fat: 2g Trans-fat: 0g		Total carbohydrate: 3g Dietary fiber: 1g Sugars: 0g	
Cholesterol: 56mg		Protein: 19g	
Vitamin A 10%	Vitamin C 20%	Calcium 6%	Iron 10%

### Berry Blue Salad

Approximate serving size: ¾ cup			
Calories: 190		Sodium: 10mg	
Total fat: 11g Saturated fat: 1g Trans-fat: 0g		Total carbohydrate: 23g Dietary fiber: 4g Sugars: 16g	
Cholesterol: 0mg		Protein: 2g	
Vitamin A 2%	Vitamin C 15%	Calcium 2%	Iron 4%