

# Balanced menus recipe collection



Welcome to the "balanced menus" recipe collection. This toolkit contains entrée recipes submitted by health care facilities across the country to assist you in providing nutritious, delicious meals to your patients, visitors, and staff.

## **The future never looked more delicious**

Ready for trendy, mouthwatering meals that are healthy for people and the planet? The Plant-Forward Future is here. Check out our new resources for chefs and food service pros: [practicegreenhealth.org/plantforwardfuture](https://practicegreenhealth.org/plantforwardfuture)

### **ENTRÉE RECIPES**



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Bean and Kale Soup

Chicken Chili with White Beans

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Herb Crusted Trout

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Jewish Stuffed Cabbage Rolls

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Oven Poached Salmon

Pumpkin Chili

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Seared Sea Bass over Bulgur Wheat with Lemon Vinaigrette

Southwestern Stuffed Peppers

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Tofu Steaks with Red Pepper Sauce

Vegan Pasta Primavera

Vegetable Tofu Stir Fry

Vegetarian Meatloaf

Wild Rice Mushroom Soup

Whole Wheat Fettuccini with Winter Greens



Enjoy these recipes as you work to create food service operations that are healthy for people, your community, and our environment!

Developed by Members of the Sustainable Foods in Health Care taskforce  
*A network relationship of the American Dietetic Association's Hunger and Environmental Nutrition Dietetic Practice Group and Health Care Without Harm.*

# Acorn Squash Stuffed with Wild Rice Pilaf

Recipe provided by: Good Shepherd Health Care Center


Serving size: ½ squash + ¾ C stuffing

Ingredients for: 50 Servings

## Measurement

## Ingredients



	<u>Acorn Squash</u>
25	Acorn squash, cut in half
1/3 C	Olive oil
1T +1t	Cinnamon
2 ½ t	Nutmeg
1 ¼ C	Brown sugar (optional)
	Salt
	Fresh ground black pepper
	<u>Wild Rice Pilaf</u>
2 ½ #	Dino kale, cooked
1 ¼ C	Onion, diced
1/3 C	Garlic, chopped
2qt	Whole grain rice, cooked (recommend 5 grain blend from Indian Harvest)
1 ¼ C	Celery, diced
1 ¼ C	Carrots, diced
1 ¼ C	Olive oil
2/3 C	Scallions, chopped
1 ¼ C	Vegetable stock
1 qt	Walnuts, toasted
1 qt	Cranberries, dried
1/3 C	Italian Parsley leaves, coarsely chopped
10#	Chicken or turkey, cooked and diced 
5	Bay leaves
2 ½ T	Salt

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Poultry (chicken/turkey)

- Prefer products labeled as “Raised without antibiotics” or “No antibiotics administered” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised & Handled, Animal Welfare Approved **or** Food Alliance Certified when feasible.
- Fed diet without animal by-products or arsenic additives

## Cooking Instructions:

### Acorn Squash

- Scoop out seeds from squash after cutting in half.
- Season with salt and pepper and arrange cut-side down on hotel pan.
- Fill pan with 1 inch of water, cover with foil and bake until tender (about 1 hour).
- Drain off any remaining water, turn squash over, sprinkle with brown sugar, drizzle with olive oil and sprinkle with spices. Bake 10 minutes more, uncovered.

### Wild Rice Pilaf

- Saute onion in sauté pan with olive oil for 5 minutes.
- Add garlic and bay leaves and cook 1 minute longer.
- Add the celery and carrots and sauté for 5 minutes.
- Add the cooked mixed grains, dried cranberries, toasted walnuts and optional diced cooked chicken or turkey. Moisten with vegetable stock and season to taste.
- Stuff inside each cavity of roasted butternut squash.

## Seasonality Note:

This recipe is best prepared in September-November to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	539 kcal
Total Fat	31g
Saturated Fat	5g
Trans Fat	0g
Carbohydrates	52g
Cholesterol	39mg
Protein	18g
Fiber	8g
Phosphorus	~311mg
Sodium	647mg
Potassium	~719mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 8% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil and nuts as a healthier source of fat.*

**Facility Profile:** The Nutrition Services Department at Good Shepherd Medical Center, located in Hermiston, Oregon, strives to prepare appetizing, health enhancing foods made from fresh, local, organic ingredients.

## Akara (Black-Eyed Pea Fritters)

*From Oregon Health & Science University, Portland, Oregon*

*Serving size: 72g (2 fritters)*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



12 ½ C	Cowpeas (blackeyes), mature seeds, raw
6 ¼ ea	Onions, (medium 2 ½”) raw
3 1/8 t	Salt
6 ¼ ea	Sweet green peppers, raw
3 1/8 t	Fresh ginger root, peeled and minced
Approx 2.5-3 C	Vegetable oil (canola) enough to fry each batch*

### Sustainable Purchasing Notes



#### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.

### Cooking Instructions:

- Clean the black-eyed peas in running water. Soak them in water for at least a few hours or overnight. After soaking them, rub them together between your hands to remove the skins. Rinse to wash away the skins and any other debris. Drain them in a colander.
- Crush, grind, or mash the black-eyed peas into a thick paste. Add enough water to form a smooth, thick paste of batter that will cling to a spoon. Add all other ingredients (except oil). Some people allow the batter to stand for a few hours (overnight in the refrigerator); doing so improves the flavor.
- Heat oil in a deep skillet. Beat the batter with a wire whisk or wooden spoon for a few minutes. Make fritters by scooping up a spoon full of batter and using another spoon to quickly push it into the hot oil. Deep fry the fritters until they are golden brown. Turn them frequently while frying. If the fritters fall apart in the oil, stir in a beaten egg, some cornmeal or crushed breadcrumbs (not included in analysis).
- Serve with *African Hot Sauce* or salt, as a snack, an appetizer, or a side dish (not included in analysis).

### Seasonality Note:

This recipe is best prepared from August through October to make use of the freshest seasonal produce.

### Nutritional Analysis\*Per Serving

Calories	164
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Carbohydrates	27g
Cholesterol	0g
Protein	10g
Fiber	5g
Phosphorus	184mg
Sodium	153g
Potassium	511mg

\* Nutritional Analysis Conducted Using [www.nutritiondata.com](http://www.nutritiondata.com) Software. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.

**Note: Estimated that fritters will absorb approx 2 g fat per serving (2 fritters) or a total of 6.25 Tbs for 50 servings.**

### Facility Profile:

*Where healing, teaching, and discovery come together.* As the state's only health and research university, Oregon Health & Science University (OHSU) brings together patient care, research, education of the next generation of health care providers and scientists and community service to improve the health and well-being of all Oregonians. OHSU is Portland's largest employer and the fourth largest employer in the state with more than 12,000 employees. In addition to serving food to patients in over 500 hospital beds, OHSU has 13 eateries and cafés serving meals to staff, students, visitors, and the public. OHSU serves over 60,000 meals every week. Both the patient meals and retail food outlets are managed by OHSU's Food and Nutrition Services department, which has a long history of working on improving the nutritional quality of foods and other sustainability issues.

## Asparagus and Ricotta Cheese Quesadillas

*Recipe provided by: John Muir Health System*


*Serving size: 1 quesadilla (4 pieces)*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



12.5 lbs	Raw Asparagus
2.5 lbs	Ricotta Cheese, Part-Skim 
6	9 sprigs of cilantro
8 Tbsp	Raw Garlic
1 cup	Olive Oil, divided
15 oz	Young green onions, tops only
1T	Salt
1T	Black pepper
100	Ready to bake/fry flour tortillas

### Sustainable Purchasing Notes



#### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



#### Dairy

- Prefer products labeled “rBGH-free”, “rBST-free”, or something to this effect when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised &Handled, Animal Welfare Approved, Food Alliance Certified or American Grassfed® certified when feasible.

### Cooking Instructions:

- Heat olive oil in a skillet over med. low heat reserving some of the oil for frying the outside of the tortillas as a last step.
- Cook the asparagus for about 2 minutes, then add chopped garlic, stirring occasionally, until asparagus is tender and lightly browned.
- Season with salt and pepper, and remove heat.
- Spread one side of each tortilla with 1/2 oz goat cheese. Place 4 oz. asparagus and 1 Tbsp green onions on each tortilla, and fold tortillas in half over contents to form ½ quesadillas.

- Brush the outside of the remaining 50 quesadillas with remaining ½ cup olive oil. Place in skillet over medium-low heat, and cook 3 minutes on each side or until lightly browned. Remove to cookie sheets.
- Before serving, reheat for a few minutes in a hot oven. Cut in half. Garnish each quesadilla with cilantro to serve.

### Seasonality Note:

This recipe is best prepared in September through October to make use of the freshest seasonal produce of this region.

### Nutritional Analysis\* Per Serving

Calories	397
Total Fat	13 g / 29%
Saturated Fat	3 g
Trans Fat	0 g
Carbohydrates	58 g
Cholesterol	9 mg
Protein	15 g
Fiber	3 g
Phosphorus	~116 mg
Sodium	676 mg
Potassium	~302 mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 6.8% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil as a healthier source of fat.*

### Facility Profile

John Muir is a not-for-profit health system providing high-quality comprehensive health care to the community of Contra Costa County and the greater Bay Area. The health system includes two full-service acute care hospitals; John Muir Medical Center-Walnut Creek and John Muir Medical Center-Concord with more than 575 beds, an advanced trauma center, and state-of-the-art surgical facilities. The John Muir Behavioral Center, a 73 bed hospital specializes in psychiatric and behavioral health. The John Muir Physician Network is composed of nearly 800 primary care physicians and specialists at 18 locations in Contra Costa County, southern Solano County and the Tri-Valley area.

## Baked Tilapia Fresco



*Recipe provided by: Gregg Forster, Executive Chef and Jessica Plante, Cook at Raritan Bay Medical Center*

*Serving size: 4oz portion of Tilapia, 3oz of starch & vegetable*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



12.5 pounds	Tilapia 
5 tsp	Ms. Dash
5 tsp	Cumin
5 tsp	Paprika
5 tsp	Dill Weed
	<b>Salsa</b>
30	Plum Tomato ( Seeded & Diced)
2 ½ cup	Red Onion ( Diced)
50 springs	Fresh Cilantro
40 tbsp	Lemons juice
10 tbsp	Lime juice
2/3 cup	Garlic (minced)
2/3 cup	Olive Oil
5 tsp	Red Pepper Flake
½ cup	Brown Rice
1.5 cups	Water
To taste	Salt & Pepper
9 ½ pounds	Green Beans
To taste	Salt & Pepper



## Sustainable Purchasing Notes



### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified or buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Seafood

- Prefer fish and shellfish species that are listed as “Super Green”, “Best Choices” and “Good Alternatives” for your region of the United States according to the Monterey Bay Aquarium Seafood WATCH, website and pocket guides, <http://www.montereybayaquarium.org>
  - Prefer products that are Marine Stewardship Council Certified when feasible.
  - Prefer products that meet the above criteria and are harvested and processed in your region.
- Ask how, where, and when your seafood was caught:

- <http://www.foodandwaterwatch.org/fish/seafood/guide/>
- <http://namanet.org/factsheets/green-seafood>

## Cooking Instructions:

### Preparing of Tilapia

- Defrost frozen tilapia pieces, ( In refrigerator over night)
- Measure and combine Mrs. Dash, cumin, paprika, dill weed, and then season filets.
- Tilapia should be cooked and temped to 155 degrees Fahrenheit.

### Preparing of Salsa

- Clean & Cut Tomato's in half and seed them. After they are seeded cut them into small dice.
- Peel red onion, once peeled cut in half, and cut them into small dice.
- Cut lemons in half, and juice them.
- Cut limes in half, and juice them.
- After all ingredients are cut take remainder of ingredients and mix together, add spices and juices to taste.
- Salsa should be stored at 41 degrees.

### Rice preparation

- Combine dry rice & water and cook for 30minutes. Rice should temp at 180 degrees Fahrenheit.

### Green Bean preparation

- Place green beans in a steamer tray and steam till 180 degrees Fahrenheit.

### Seasonality Note:

This recipe is best prepared in the mid to late summer and early fall to make use of the freshest seasonal produce.

### Nutritional Analysis\* Per Serving

Calories	304
Total Fat	9g
Saturated Fat	2g
Trans Fat	0g
Carbohydrates	31g
Cholesterol	56mg
Protein	28g
Fiber	5.8g
Phosphorus	337mg
Sodium	278mg
Potassium	727mg

*\*Nutritional Analysis Conducted by Raritan Bay Medical Center Using: [www.nutritiondata.com](http://www.nutritiondata.com). and reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 5.9% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil and nuts as a healthier source of fat.*

### Hospital Description:


Raritan Bay is a local community hospital part of a 2 hospital system. Our average daily census is 90 patients. We are a cook serve facility where we have hostess that take the orders from the patients for each meal.

## Bean and Kale Soup

*Recipe provided by: Fletcher Allen Health Care*

*Serving size: 1 C.*

*Ingredients for 50 Servings:*

Measurement	Ingredients 
12#	Cannellini Beans, canned (or great Northern beans)
3 ¼ #	Celery, diced
27 oz	Onion, chopped
¾ t	Bay leaf, crumbled
3 t	Salt
1 ¼ T	White pepper
5 oz	Olive oil
1 ¼ Gal	Water, tap, municipal
2 oz	Vegetable base
14 ½ oz	Kale, chopped
5 t	Garlic, chopped
27 oz	Tomatoes, diced with juice

### Sustainable Purchasing Notes



#### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.

### Cooking Instructions:

- Place onions, garlic, celery, and olive oil in kettle and sauté till tender, about 10 minutes.
- Add the vegetable base, spices and salt, sauté for 3 minutes.
- Add rest of the ingredients, beans, kale and water and bring to a boil.
- Simmer for 10 minutes.

**To serve:** Ladle 1 cup soup into bowl.

### Seasonality Note:

This recipe is best prepared in from August through October to make use of the freshest seasonal produce. If canned tomatoes are used it could be made with fresh local ingredients into November.

### Nutritional Analysis\* Per Serving

Calories	160 kcal
Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Carbohydrates	26 g
Protein	8 g
Fiber	6 g
Phosphorus	~158 mg
Sodium	296 mg
Potassium	~521 mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com. “~” indicates an incomplete value due to absence of this information in : vegetable base*

### Facility Profile:

Fletcher Allen Health Care, together with our partners at the University of Vermont College of Medicine and the College of Nursing and Health Sciences, is Vermonts’ academic medical center. Our mission is to improve the health of the people in the communities we serve by integrating patient care, education and research in a caring environment. Fletcher Allen serves as a regional referral center -- providing advanced care to approximately one million people in Vermont and northern New York -- and as a community hospital for approximately 150,000 residents in Chittenden and Grand Isle counties. With more than 30 patient care sites and 100 outreach clinics, programs and services throughout the region, Fletcher Allen is committed to being a national model for the delivery of high-quality academic health care for a rural region. For more information about Fletcher Allen, visit our Web site at [www.fletcherallen.org](http://www.fletcherallen.org).

## Chicken Chili with White Beans


*Recipe provided by: Swedish Covenant Hospital*

*Serving size: 1 cup*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients

13c (1 #10can)	White beans, canned
9.5#	Chicken breast 
¼ c	Garlic, raw
1/3 c	Olive oil
10 c	Onions, raw chopped
25 c (5.9L)	Chicken broth, low sodium
13c (1 #10can)	Canned tomatoes with green chilies
1 c	Flour
3 T	Cumin
2 T	Chili powder

**Swedish Covenant Hospital Suggested Variation:** Fresh tomatoes and 3C fresh chopped green chilies in place of canned tomatoes with chilies. If using this substitution, add 6 tsp salt to recipe. Nutritional analysis does not include this substitution.

### Sustainable Purchasing Notes



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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



#### Poultry (chicken/turkey)

- Certified Humanely Raised and Handled, Animal Welfare Approved **OR** Food Alliance Certified
- Raised without non-therapeutic antibiotics
- Fed a diet without animal by-products or arsenic additives

## Cooking Instructions:

- Heat sauce pan over medium heat and add oil to sauté the onions and garlic until tender.
- Add the chicken and sauté for 5 minutes.
- Mix the flour with the chicken broth and blend well.
- Add the chiles, tomato, cumin and chile powder to the chicken mixture.
- Cook for 3 minutes, add broth and beans
- Bring to boil then reduce to a simmer for ten minutes

## Seasonality Note:

- This recipe is best prepared in the early summer to late fall to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	377 kcal
Total Fat	18g / 27%
Saturated Fat	4g
Trans Fat	0
Carbohydrates	36g
Cholesterol	37mg
Protein	21 g
Fiber	5 g
Phosphorus	287 mg
Sodium	652 mg
Potassium	665 mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 9.5% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil as a healthier source of fat.*

## Hospital Description:

Swedish Covenant Hospital is an independent, non-profit hospital serving Chicago's North and Northwestern communities. They have a vested interest in their green initiatives which include their healthy food in health care program. They pride themselves on providing their patients with locally grown, organic produce and grass-fed beef to support their mission of providing compassionate care in a healing environment.

## Chicken Primavera




Recipe provided by: Jeffery Klova, Chef/Production Manager, Cooper University Hospital

Serving size: 11.92oz      Ingredients for 50 Servings:

### Measurement

### Ingredients

1 1/3 Cup	Olive Oil
12 ½ Oz	Zucchini, Fresh, Cut on Bias
12 ½ Oz	Yellow Squash, Fresh, Cut on Bias
25 Oz	Onion, Red, Chopped
6 Tbsp	Garlic, Minced
8 Lbs	Tomatoes, Canned, Diced
2 ½ Oz	Chicken Base , Low Sodium, w/o MSG
9 ¼ Cups	Water for Chicken Stock
3 ¼ Tbsp	Oregano, Dried
3 ¾ Tsp	Pepper, Black, Ground
6 ¼ Tsp	Pepper, Red, Crushed
12 ½ Lbs	Chicken Breast, Skinless 
25 Oz	Peas, Fresh or Frozen

## Sustainable Purchasing Notes



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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Poultry (chicken/turkey)

- Prefer products labeled as “Raised without antibiotics” or “No antibiotics administered” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised & Handled, Animal Welfare Approved **or** Food Alliance Certified when feasible.
- Fed diet without animal by-products or arsenic additives

## Cooking Instructions:

- Preheat oven to 375 degrees F.
- Bake seasoned chicken until internal temperature reaches 165 degrees F. (about 20 minutes)
- While chicken is baking, heat a large skillet.
- Add olive oil, zucchini, yellow squash, and red onions. Sautee.
- Stir in tomatoes and chicken stock and simmer.
- When chicken is done, spoon sauce over top of chicken and garnish with peas.

## Seasonality Note:

- This recipe is best prepared in the early summer to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	230
Total Fat	9g
Saturated Fat	1.5g
Trans Fat	0g
Carbohydrates	8g
Cholesterol	65mg
Protein	27g
Fiber	2g
Phosphorus	155mg
Sodium	260mg
Potassium	232mg

*\*Nutritional Analysis Conducted Using esha RESEARCH Software. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 5.9% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil as a healthier source of fat.*

**Alternative Recipe Suggestions:** To meet the baseline nutritional criteria suggested for fiber, you may try increasing the amount of vegetables provided in this recipe.

## Facility Profile:

Cooper University Hospital (founded in 1887) is a 540 bed teaching hospital providing health services, medical education and medical education in southern New Jersey and the Delaware Valley.



# Dal Tadka

*Recipe provided by: Swedish Covenant Hospital*

*Serving size: 4 oz*

*Ingredients for: 50 Servings*

## Measurement

## Ingredients



12 c	Dal Moong Yellow Lentils
1 c	Dal Masoor – Red Lentils
4	Small Onions, diced
8	Small Tomatoes, diced
8	Green chilis
3 gal	Water
164 grams	Dal Curry Mix (salt, red chili, turmeric, black pepper, cumin, coriander, brown cardamom, green cardamom, garlic, ginger, dill)
	<i>(For a lower salt option, make your own dal curry mix and reduce the salt component)</i>

## Sustainable Purchasing Notes



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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.

## Cooking Instructions:

- Soak lentils for 1 ½ hours
- Drain lentils
- Sauté onions, tomatoes, and green chilis
- Add lentils and sauté for 3 minutes more
- Add Dal Curry mix and 3 gallons of water
- Bring to a slow boil
- Cook until lentils are tender
- Add more water if needed

**To serve:** Ladle 4 oz into bowl with either basmati rice, chapati, roti, or naan.

## Seasonality Note:

When using all fresh ingredients, this recipe is best prepared from July through October to make use of the freshest seasonal produce.

### **Nutritional Analysis\* Per Serving**

Calories	190 kcal
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Carbohydrates	33g
Protein	13g
Fiber	15g
Phosphorus	~228 mg
Sodium	827 mg
Potassium	~532 mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com. “~” indicates an incomplete value due to absence of this information in : Dal Curry Spice Mix*

### **Facility Profile:**

Swedish Covenant Hospital is an independent, non-profit hospital serving Chicago’s North and Northwestern communities. They have a vested interest in their green initiatives which include their healthy food in health care program. They pride themselves on providing their patients with locally grown, organic produce and grass-fed beef to support their mission of providing compassionate care in a healing environment.

# Good Shepherd Chili


*Recipe provided by: Good Shepherd Health Care Center*

*Serving size = 1 cup*

*Ingredients for: 50 Servings*

## Measurement

## Ingredients

7 #	Extra Lean Ground Beef 
8 C	Onion, chopped
1/3 C	Garlic, chopped
8	Jalapenos
4 oz	Ancho Chili Powder
3 T	Cumin
4 T	kosher salt, divided
3 ¼ #	Dry pinto beans
22 oz	Crushed Tomatoes
1 ½ t	black pepper

## Sustainable Purchasing Notes



### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Beef/Veal, Bison, Lamb

- Prefer products labeled as “Raised without antibiotics” or “No antibiotics administered”, “Raised Without added hormones” or “No hormones added” **and** “USDA Grass Fed” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised &Handled, Animal Welfare Approved, Food Alliance Certified **or** American Grassfed® certified when feasible.

### **Cooking Instructions:**

- Soak the beans in 2 gallons of water and 1 T kosher salt overnight.
- The next day, chop the jalapenos-they may be seeded.
- Chop the onion.
- Brown the ground meat with the onion, garlic, jalapenos, remaining 1 T of salt, cumin and ancho powder.
- Drain the beans.
- Place in a steam pan and put enough fresh water on just to cover.
- Cook in a steamer. Do not drain.
- Add the meat mixture and the remaining ingredients to the beans.
- Cook until temperature reaches 165F and beans are tender.
- Correct seasoning.
- Hold above 140 degrees.

### **Seasonality Note:**

This recipe is best prepared from August through November to make use of the freshest seasonal produce.

### **Nutritional Analysis\***

Calories	211 kcal
Total Fat	4 g
Saturated Fat	2 g
Trans Fat	0g
Carbohydrates	23g
Cholesterol	39mg
Protein	21g
Fiber	6g
Phosphorus	264mg
Sodium	625mg
Potassium	767 mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

### **Facility Profile:**

The Nutrition Services Department at Good Shepherd Medical Center, located in Hermiston, Oregon, strives to prepare appetizing, health enhancing foods made from fresh, local, organic ingredients.

## Grilled Chicken with Quinoa Pilaf & Summer Vegetables



*From: Chef David Pruyn, Southwest Washington Medical Center, Food Service*


*Service Size: 8 oz of quinoa, 3 oz of zucchini, 3 oz of chicken*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



1 Cup	Black Pepper Ground
9.5 lbs	Chicken Breast Boneless Roasted Meat Only 
3 Cups	Coriander Raw
12.5 lbs	Corn, Sweet cooked, cooled and cut off of the cob
.5 Cup	Cumin Ground
3 lbs	Red Pepper, Sweet Raw quartered and seeded
1 Cup	Lime Juice, Unsweetened
1 Gal	Quinoa Grain, Organic Uncooked
3 lbs	Sugar Snap Peas blanched and julienne cut
10 lbs	Zucchini w/ Skin, Raw cut lengthwise in 3rds
3 lbs	Onion, Spring or Scallion tops cleaned
.5 Cup	Lime Zest

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Poultry (chicken/turkey)

- Prefer products labeled as “Raised without antibiotics” or “No antibiotics administered” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised & Handled, Animal Welfare Approved **or** Food Alliance Certified when feasible.
- Fed diet without animal by-products or arsenic additives

## Cooking Instructions:

- Take 4 each, 4 inch full hotel pans and add 1 qt of quinoa to each.
- Add 1 qt of water, ¼ cup black pepper, ¾ cup coriander, 1/8 cup cumin, ¼ cup lime juice, and 1/8 cup lime zest to each hotel pan and insert in steamer for 10 minutes.
- Add your sweet corn to the quinoa mixture and continue to cook for 10 more minutes or until the Quinoa is completely cooked.
- Meanwhile grill your chicken breast, zucchini, green onions and bell peppers until tender and fully cooked.
- Once your quinoa is done take it out of the steamer, add your sugar snap peas and fluff it with a fork. This will also incorporate all of the other ingredients.
- At this point you are ready to assemble your plate. Take 3 each green onions, and put them in the center of the plate. Take your quinoa pilaf and mount on top of the center of the green onions. Take your chicken breast and cut it into 3rds fanning it on the right side of the pilaf. Take your 3 slices of your zucchini and place them to the left of the pilaf. Take your bell peppers and top the pilaf with them.  
Optional: Garnish with fresh cilantro.

## Seasonality Note:

This recipe is best prepared in the summer months to make use of the freshest seasonal produce. If using fresh peas prepare in June-July. If using fresh peppers, prepare in August.

## Nutritional Analysis\* Per Serving

Calories	510 kcal
Total Fat	9.6g
Saturated Fat	1.4g
Trans Fat	0
Carbohydrates	63g
Cholesterol	73mg
Protein	41g
Fiber	18g
Phosphorus	662 mg
Sodium	96mg
Potassium	1239mg

*\*Nutritional Analysis Conducted Using Nutribase 6.0 Software. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

## Facility Profile:

Southwest Washington Medical Center: Exceptional medicine, Extraordinary care, Every person... In 1858, a pioneering nun, Mother Joseph, opened a hospital that has survived until this day. Although the facility's, name and technologies have changed, our 150 year history as the first permanent hospital in the Northwest territories gives us the distinction as one of the west's oldest hospitals. Southwest Washington Medical Center is the flagship provider in a network of health care services that make up Southwest Washington Health System. As a not for profit provider, Southwest is governed and owned by the community. Named one of the Top 100 Hospitals six times, we support 442 licensed beds with extraordinary care. To learn more about our services or take a tour of our facility visit [www.swmedicalcenter.org](http://www.swmedicalcenter.org).

## Herb Crusted Trout

*Recipe provided by: Fletcher Allen Health Care*




*Serving size: 4oz trout fillet*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



7 oz	Whole grain bread crumbs
9 oz	Sour cream 
250 oz	Trout 
3 tbsp	Lemon juice
6 oz	Smart Balance
1 1/3 T (24g)	Salt
2 T (14g)	Onion powder
4T (4.5g)	Dried parsley
2 tsp (4g)	White pepper
14 oz	Plain, whole yogurt 

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Dairy

- Prefer products labeled “rBGH-free”, “rBST-free”, or something to this effect when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised &Handled, Animal Welfare Approved, Food Alliance Certified **or** American Grassfed® certified when feasible.



### Seafood

- Prefer fish and shellfish species that are listed as “Super Green”, “Best Choices” and “Good Alternatives” for your region of the United States according to the Monterey Bay Aquarium Seafood WATCH, website and pocket guides, <http://www.montereybayaquarium.org>
- Prefer products that are Marine Stewardship Council Certified when feasible.
- Prefer products that meet the above criteria and are harvested and processed in your region.

Ask how, where, and when your seafood was caught:

- <http://www.foodandwaterwatch.org/fish/seafood/guide/>
- <http://namanet.org/factsheets/green-seafood>

## Cooking Instructions:

- In a bowl, combine the yogurt and sour cream and mix well. Set aside for later use.
- In another bowl, combine the breadcrumbs, pepper, onion, parsley, and salt.
- Combine the lemon juice and Smart Balance in a sauce pot and heat mixture over low heat until Smart Balance is melted
- Combine melted mixture with the breadcrumb mixture.
- Thoroughly mix together.
- Place trout on cutting board and remove head , open the trout and lay flat on cutting board flesh side up cut trout in half and remove the dorsal fin on back ,
- Trim 1/4 inch from the belly making sure to remove the fins.
- Place each fillet skin side down on a sprayed pan 2"x12"x18" (3 x 3, 9 per pan)
- With a pastry brush, spread yogurt mixture on the trout fillets. Then sprinkle crumbs equally on top to cover fillets.
- In a convention oven heated to 350 cook the trout for 10 to 14 minutes or till a internal temperature of 155. If using a turbo oven, place trout in baking dish using preprogram button for seafood.
- Remove from oven and hold for service at 140 hot box

## Nutritional Analysis\* Per Serving

Calories	254
Total Fat	10g (35%)
Saturated Fat	4g
Trans Fat	0g
Carbohydrates	7g
Cholesterol	94mg
Protein	31g
Fiber	1g
Phosphorus	~452mg
Sodium	310mg
Potassium	~793mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com. “~” indicates an incomplete value due to absence of this information in : whole grain bread crumb & Smart Balance*

## Facility Profile:

Fletcher Allen Health Care, together with our partners at the University of Vermont College of Medicine and the College of Nursing and Health Sciences, is Vermont's academic medical center. Our mission is to improve the health of the people in the communities we serve by integrating patient care, education and research in a caring environment. Fletcher Allen serves as a regional referral center -- providing advanced care to approximately one million people in Vermont and northern New York -- and as a community hospital for approximately 150,000 residents in Chittenden and Grand Isle counties. With more than 30 patient care sites and 100 outreach clinics, programs and services throughout the region, Fletcher Allen is committed to being a national model for the delivery of high-quality academic health care for a rural region. For more information about Fletcher Allen, visit our Web site at [www.fletcherallen.org](http://www.fletcherallen.org).



## Iranian Stuffed Tomatoes *Dolmeh-yeh Gojeh Farangi*



*Recipe provided by: Oregon Health & Science University*


*Serving size: one stuffed tomato (374g)*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



50 ea (9100g)	Tomatoes (3" diameter) large and firm
7# (3175g)	 Veggie sausage patties, ground
2¾# (1250g)	Rice, long-grain or basmati
25 ea (2750g)	Medium onions, finely chopped
¾ c (162g)	Olive or canola oil, divided
16 oz (450g)	Tomato paste (without salt added)
12 ea (528g)	Limes, juiced
¾ c (150g)	Sugar
1 T (18g)	Salt, divided
¼ c (24g)	Black pepper
4 c (250g)	Parsley, finely chopped
4 c (250g)	Mint, finely chopped
6¼ c (625g)	Spring onions, finely chopped
4 c (200g)	Garlic chives, finely chopped

### Sustainable Purchasing Notes



#### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



#### Soy

- Prefer products labeled as "No genetically engineered ingredients" when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic when feasible.

## Cooking Instructions:

- Prepare tomatoes by cutting a small circle at the top and removing the contents with a spoon taking care not to make the outer layer too thin. Use a teaspoon of salt to sprinkle inside the tomatoes.
- Sauté onions in ¼ cup cooking oil over medium heat until golden. Add ground veggie sausage and sauté further until mixture reaches 135°F.
- Add 1/2 cup water, ½ tablespoon salt, pepper and tomato paste. Mix and cook further until water boils off.
- Sauté prepared herbs and vegetables in ¼ cup cooking oil over medium heat until wilted.
- In a separate pot, prepare rice using a 2:1 ratio of water to rice. Add ½ teaspoon of salt and rice and boil further until rice softens. Drain the water and let cool slightly.
- Mix prepared veggie sausage, vegetables, herbs, and rice well. Fill the tomatoes with the mix and close the tops. Spread ¼ cup oil in the bottom of a 12"x20" pan and place the tomatoes inside without stacking. Do not add any water. Bake at 300°F for 15-20 minutes, or until internal temperature of stuffing reaches 135°F.

## Seasonality Note:

In order to create this recipe with seasonal produce from regional sources found in the same season, the spring onions recommended will need to be substituted. With this modification, this recipe can be created from mid-august to October to make use of the most seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	279
Total Fat	9g
Saturated Fat	1g
Trans Fat	0g
Carbohydrates	32g
Cholesterol	1mg
Protein	20g
Fiber	7g
Phosphorus	285mg
Sodium	589mg
Potassium	902mg

\*Nutritional Analysis Conducted Using [www.nutritiondata.com](http://www.nutritiondata.com). Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 3.2% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil as a healthier source of fat.*

## Hospital Description:

Where healing, teaching, and discovery come together. As the state's only health and research university, Oregon Health & Science University (OHSU) brings together patient care, research, education of the next generation of health care providers and scientists and community service to improve the health and well-being of all Oregonians. OHSU is Portland's largest employer and the fourth largest employer in the state with more than 12,000 employees. In addition to serving food to patients in over 500 hospital beds, OHSU has 13 eateries and cafés serving meals to staff, students, visitors, and the public. OHSU serves over 60,000 meals every week. Both

the patient meals and retail food outlets are managed by OHSU's Food and Nutrition Services department, which has a long history of working on improving the nutritional quality of foods and other sustainability issues.

# Jewish Stuffed Cabbage Rolls

*Recipe provided by: Oregon Health & Science University*


*Serving size: 275g (2 rolls)*

*Ingredients for: 50 Servings*

## Measurement

## Ingredients



100 ea	Large, whole, raw cabbage leaves
100 ea	 Organic Soy Morningstar Farm breakfast patties
12 ½ ea	Onions (medium, 2 ½") grated
12 ½ ea	Garlic cloves, minced
12 ½ tbsp	Golden raisins
6 ¼ cups	Uncooked rice, short-grain white
25 cups	Canned crushed tomatoes
12 ½ tbsp	Paprika
1 ½ tsp	Salt
25 tbsp	Brown sugar

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Soy

- Prefer products labeled as “No genetically engineered ingredients” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic when feasible.

## Cooking Instructions:

- Make sure the cabbage leaves you use are free of blemishes, holes, or tears. Plunge them into boiling water for 3 minutes to soften the veins so they can be rolled up.
- Chop and season the patties with salt and pepper, then mix it well with the onion, garlic, raisins, and rice.
- Arrange the cabbage leaves on a flat surface. Place 2 large spoonfulls of filling in the center of each cabbage leaf.
- Fold the sides of the leaves to the center, then roll the cabbage leaf up toward you, to firmly enclose the stuffing.
- Tie the cabbage packages with strong thread.

- Put the remaining ingredients in a shallow pan with a lid. Bring to a boil over high heat, stirring occasionally.
- Arrange the cabbage packages in the pan and cover. Reduce heat and simmer at a low boil for 1 hour, or until the leaves are tender and the contents cooked.
- Baste the cabbage packages with the sauce every 20 minutes, and add a little water if too much liquid evaporates. Serve hot.

### Seasonality Note:

- This recipe is best prepared at the end of summer and early fall to make use of the freshest seasonal produce.

### Nutritional Analysis\*

Calories	338
Total Fat	7g
Saturated Fat	1g
Trans Fat	0g
Carbohydrates	50g
Cholesterol	2mg
Protein	21g
Fiber	8g
Phosphorus	82.5mg
Sodium	655mg
Potassium	799mg

\*Nutritional Analysis Conducted Using [www.nutritiondata.com](http://www.nutritiondata.com). Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.

### Facility Profile:

*Oregon Health & Science University; Where healing, teaching, and discovery come together.* As the state's only health and research university, Oregon Health & Science University (OHSU) brings together patient care, research, education of the next generation of health care providers and scientists and community service to improve the health and well-being of all Oregonians. OHSU is Portland's largest employer and the fourth largest employer in the state with more than 12,000 employees. In addition to serving food to patients in over 500 hospital beds, OHSU has 13 eateries and cafés serving meals to staff, students, visitors, and the public. OHSU serves over 60,000 meals every week. Both the patient meals and retail food outlets are managed by OHSU's Food and Nutrition Services department, which has a long history of working on improving the nutritional quality of foods and other sustainability issues.

# Organic Asian Pear Salad



*Submitted by: Holly Emmons RD, LD, MPA, Manager of Food & Nutrition Services, Union Hospital of Cecil County*

*Serving size: 1 cup*

*Ingredients for: 50 Servings*

## Measurement

## Ingredients



12 C	Organic Spicy green salad mix
2 ½ C	Walnuts
2 ½ C	Dried Cranberries
5#	Organic Asian Pears (sliced with skin on)
5 C	Organic Purple Carrots (thinly sliced)
5 C	Organic Orange Carrots (thinly sliced)
	<b>Roasted Tomato Hummus</b>
12 C	Garbanzo Beans
4-5 ea	Organic tomatoes
13 ea	Garlic cloves
½ C	Ground cumin
	<b>Zesty Asian Ginger Dressing</b>
8 ea	Garlic cloves
¼ C	Minced Fresh Ginger Root
1 ¾ C	Olive Oil
¾ C	Rice Vinegar
1 ¼ C	Soy Sauce
½ C	Honey
¾ C	Water

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.

## Cooking Instructions:

- Toast walnuts on 350 for about 5-8 mins.
- Wash and cut Greens. Place 2 ounces (.25 cup) on each serving dish.
- Sprinkle ½ oz toasted walnuts on each dish
- Sprinkle ½ oz of dried cranberries on each dish.
- Next clean, peel, and cut the carrots and the Asian Pears into thin strips place a few of each kind of carrot around the top of the salad, and about 3-4 slices of pear on top of them.
- Place 4-5 large, quartered tomatoes on a greased cooking sheet and roast in oven at 375 for 5-10 minutes. Tomatoes will swell and blister when done. Remove and cut away cores.
- In a blender or food processor combine garbanzo beans, roasted tomatoes, garlic, and cumin. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.
- Place 1.5 oz of hummus on top of salad.
- In a processor, combine all ingredients for Zesty Asian Ginger Dressing. Cover and blend. Remove from processor and heat in medium to large skillet to dissolve the honey. Let Cool. Place 1 ½ T of dressing over salad

## Seasonality Note:

- This recipe is best prepared in the late summer, early fall to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	348kcal
Total Fat	15g
Saturated Fat	2g
Trans Fat	0
Carbohydrates	46g
Cholesterol	0mg
Protein	12g
Fiber	12g
Phosphorus	233mg
Sodium	395mg
Potassium	674mg

\*Nutritional Analysis Conducted Using [www.nutritiondata.com](http://www.nutritiondata.com). Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 5.2% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging nuts and olive oil as healthier sources of fat.*

## Facility Profile:

This recipe was created by Union Hospital of Cecil County, Food & Nutrition Department. This hospital has 128 beds. We serve 1000 meals per day to our patients, customers and community (meals on wheels and adult day care program.) Our department is committed to providing high quality Food & Nutrition Services with dedicated and loyal employees in a customer friendly atmosphere.

*Organic Asian Pear Salad: Balanced Menus Recipe Toolkit*

## Oven Poached Salmon


Recipe provided by: Fletcher Allen Health Care

Serving size: 4 oz fillet

Ingredients for: 50 Servings

### Measurement

### Ingredients

12.5#	Wild, sustainably-caught salmon fillets 
1/2 C	Carrots, chopped
2 T	Dried parsley
1/2 C	Celery, diced
3 C	White wine
1/2 C	White onion, chopped
2 t	Dried thyme

### Sustainable Purchasing Notes



#### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



#### Seafood

- Prefer fish and shellfish species that are listed as “Super Green”, “Best Choices” and “Good Alternatives” for your region of the United States according to the Monterey Bay Aquarium Seafood WATCH, website and pocket guides, <http://www.montereybayaquarium.org>
- Prefer products that are Marine Stewardship Council Certified when feasible.
- Prefer products that meet the above criteria and are harvested and processed in your region.

Ask how, where, and when your seafood was caught:

- <http://www.foodandwaterwatch.org/fish/seafood/guide/>
- <http://namanet.org/factsheets/green-seafood>

### Cooking Instructions:

- Cut salmon fillets into 4 oz portions.
- Place in two 2 1/2" x 18 3/4" pans, coated with cooking spray.
- Weigh rest of ingredients
- Mix the chopped vegetables, wine, and herbs.
- Ladle 5 1/2 C of mixture, split between the two pans, on top of fish and cover the pans with foil.
- Bake fish for 15-20 minutes or until temperature reaches 165-degrees. Remove and hold for service.



**Seasonality Note:**

This recipe is best prepared from August through November to make use of the freshest seasonal produce.

**Nutritional Analysis\* Per Serving**

Calories	219 kcal
Total Fat	8 g
Saturated Fat	2 g
Trans Fat	0 g
Carbohydrates	1 g
Cholesterol	64 mg
Protein	31 g
Fiber	0 g
Phosphorus	338 mg
Sodium	62 mg
Potassium	530 mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 8.2% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and increased intake of fish as part of a healthy diet.*

**Facility Profile:**

Fletcher Allen Health Care, together with our partners at the University of Vermont College of Medicine and the College of Nursing and Health Sciences, is Vermont's academic medical center. Our mission is to improve the health of the people in the communities we serve by integrating patient care, education and research in a caring environment. Fletcher Allen serves as a regional referral center -- providing advanced care to approximately one million people in Vermont and northern New York -- and as a community hospital for approximately 150,000 residents in Chittenden and Grand Isle counties. With more than 30 patient care sites and 100 outreach clinics, programs and services throughout the region, Fletcher Allen is committed to being a national model for the delivery of high-quality academic health care for a rural region. For more information about Fletcher Allen, visit our Web site at [www.fletcherallen.org](http://www.fletcherallen.org).

## Pumpkin Chili (Pick of the Month 2009)



*Recipe Provided by: Athena Nofziger RD,LD. Clinical Dietitian, Samaritan Lebanon Community Hospital*

*Serving Size: 1 Cup*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



3 Quarts	Water
75 oz	Crushed, Canned Tomatoes
108 oz	Kidney Beans
106 oz	Pumpkin canned
3 c	Chopped Onion
3 c	Chopped Red Bell Pepper
3 c	Chopped Chili Peppers
3 c	Bulgur
2 Tbs	Garlic
3 Tbs	Cumin
¼ c	Chili Powder
2 tsp	Salt

### Sustainable Purchasing Notes



#### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.

**Cooking Instructions:** *Recipe adapted from [www.pumpkinrecipes.us](http://www.pumpkinrecipes.us)*

- Chop all onions, peppers and chili peppers
- Drain and rinse the beans
- Put all ingredients in a large pan and bring to a boil
- Reduce to medium-Low heat and simmer for 35 minutes

**Seasonality Note:**

This recipe is best prepared in August-October to make use of the freshest seasonal produce.

**Nutritional Analysis\* Per Serving**

Calories	130 kcal
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	25 g
Cholesterol	0 mg
Protein	6 g
Fiber	9 g
Phosphorus	102 mg
Sodium	340 mg
Potassium	365 mg

*\*Nutritional Analysis Conducted Using Food Processor Software. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

**Facility Profile:**

Samaritan Lebanon Community Hospital is a rural 25 bed hospital serving East Linn County. Recognized for a commitment to a healing environment, the hospital features a unique healing garden for patients, visitors and staff. Samaritan Health Services has partnered with Western University to build a Medical School across the street from the hospital. Western U will seat the first class of osteopathic students at the College of Osteopathic Medicine of the Pacific (COMP) Northwest in Lebanon in 2011.

## Quinoa & Garbanzo Bean Tabbouleh



*Recipe Provided by: Michael W. Kaplan, Executive Chef & Catherine Golub, MS, RD, Director; Northern Westchester Hospital Center*

*Serving size: 8oz*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



2# + 1 ½ oz	quinoa
2# + 1 ½ oz	garbanzo beans
1gal + 1cup	Water, plus extra for soaking beans
3 # + 2oz	tomatoes cut into cubes
4 # + 3oz	red onion, finely chopped
4 # + 3oz	cucumber, peeled and cut into cubes
4 # + 3oz	red pepper, seeded and cut into 1/2 inch cubes
2 c	parsley, finely chopped
2 c	fresh mint, Finely Chopped
1 ¼ c + 2T	lemon juice
¼ c + ½ t	Extra virgin olive oil
2 oz	garlic cloves, minced
1 1/3 T	Kosher salt
1 t	Ground black pepper

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.

## Cooking Instructions:

- Measure the amount of beans to cook. Garbanzo beans will roughly double in size after cooking.
- Place dry beans in a bowl that is large enough to allow for the beans to expand. Fill the bowl with water to at least 3 inches above the beans. Place in the refrigerator and let soak several hours or overnight.
- Drain beans in a colander. Place beans in a large stockpot and cover with fresh water to at least 3 inches above beans.
- Bring beans to a boil on the stove, then turn down heat to maintain a gentle simmer. Cook stirring occasionally, until beans are thoroughly cooked but not mushy, about one hour. Drain and let cool completely.
- Put the quinoa in a wire strainer and thoroughly rinse with hot water to remove any bitter flavor.
- In a medium saucepan, bring the water and quinoa to a boil over high heat.
- Reduce the heat to low, cover, and simmer until the quinoa is tender and the water is absorbed, 10 to 12 minutes.
- Fluff with a fork and let cool completely.
- Stir together the garbanzo beans, tomatoes, onion, cucumber and parsley into the quinoa.
- In a small bowl, whisk together the lemon juice, oil, garlic and salt.
- Pour over the quinoa and toss well.
- Cover and refrigerate for at least 30 minutes before serving.

## Seasonality Note:

This recipe is best prepared from August through October to make use of the freshest seasonal produce in this region.

## Nutritional Analysis\* Per Serving

Calories	260 kcal
Total Fat	5 g
Saturated Fat	0.5 g
Trans Fat	0
Carbohydrates	45.52 g
Cholesterol	< 5mg
Protein	10.55 g
Fiber	9.3 g
Phosphorus	286.10 mg
Sodium	217 mg
Potassium	657 mg

*\*Nutritional calculations conducted by Northern Westchester Hospital using CBORD Software. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

## **Facility Profile:**

**Northern Westchester Hospital (NWH) is a not-for-profit hospital that is committed to providing the highest quality medical care for our community.** NWH provides quality, patient centered care through the right combination of medical expertise, leading edge technology, and a commitment to humanity. NWH has established extensive internal quality measurements that surpass the standards defined by the Centers for Medicare & Medicaid Services (CMS) and the Hospital Quality Alliance (HQA) National Hospital Quality Measures. Our high quality standards help to ensure that the treatment you receive at NWH is among the best in the nation.

At the heart of NWH is our commitment to our patients. This commitment to patient-centered and family-focused care is at the core of everything we do. Patient empowerment, transparency of information, compassionate care, and an emphasis on listening and responding to our patients is of primary importance. Over 600 highly skilled physicians, state-of-the-art technology and professional staff of caregivers are all in place to ensure that you and your family receive treatment in a caring, respectful and nurturing environment.

***Quality, Patient-Centered Care that is close to Home  
That's Northern Westchester Hospital.***

## Seared Sea Bass over Bulgur Wheat Lemon Vinaigrette & Jicama Relish



*Recipe provided by: Romeo Nucum, Executive Chef and Ragini Raghuveer, MS, RD, Clinical Nutrition Manager, Raritan Bay Medical Center*


*Serving size: 8 oz*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



3 lbs	Bulgur Wheat
1 fillet x 50	US Atlantic Sea Bass 
1 cup	Olive Oil
5 lbs	Jicama
2 cups	Diced tomatoes
2 cups	Chopped Spinach
12	Lime
12	Lemon
100 gm	Parsley
100 gm	Scallion
2 cups	Chopped red onion
1 tsp	Cumin powder
1 tsp	Pepper
1 cup	Diced Mango

### Sustainable Purchasing Notes



#### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



#### Seafood

- Prefer fish and shellfish species that are listed as “Super Green”, “Best Choices” and “Good Alternatives” for your region of the United States according to the Monterey Bay Aquarium Seafood WATCH, website and pocket guides, <http://www.montereybayaquarium.org>
- Prefer products that are Marine Stewardship Council Certified when feasible.
- Prefer products that meet the above criteria and are harvested and processed in your region.

Ask how, where, and when your seafood was caught:

- <http://www.foodandwaterwatch.org/fish/seafood/guide/>
- <http://namanet.org/factsheets/green-seafood>

## Cooking Instructions:

- Cook bulgur wheat (similar to brown rice) for 15-20 minutes
- In a sauté pan, add olive oil, onion, red pepper and garlic and sauté for 5 minutes
- Combine bulgur wheat, diced tomato, cilantro, cumin, pepper and sautéed mixture and lime juice in a large bowl. Toss to gently coat
- Sauté Sea Bass filet in for 2 minutes each side with olive oil
- In another bowl combine diced tomato, jicama, mango, chopped cilantro, lime juice, pepper and set aside

## To Serve:

3 oz Bulgur wheat mixture over 4 oz filet topped with mango/jicama relish. Garnish w/cilantro

## Seasonality Note:

This recipe is best prepared in the mid to late summer and early fall to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	210
Total Fat	7.6 gm (33%)
Saturated Fat	1.4 gm
Trans Fat	0
Carbohydrates	10.4 gm
Cholesterol	52.9 mg
Protein	25.9 gm
Fiber	4.7 gm
Phosphorus	289 mg
Sodium	123 mg
Potassium	599 mg

*\*Nutritional Analysis Conducted by Raritan Bay Medical Center using NutritionData.com Software.  
Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 6% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories, encouraging increased intake of fish, and consuming olive oil as a healthier source of fat.*

## Facility Profile:

Raritan Bay Medical Center is a community hospital and a member of a 2 part hospital system. We maintain an average daily census of 90 patients. We are a cook serve facility where our friendly hostess obtains our patients preferences for each meal. This recipe was designed by our Executive Chef and will be used as a heart healthy recipe in our cooking demonstrations alongside our nutrition outreach lectures.



## Southwestern Stuffed Peppers



*Mike Bacha, Executive Chef, Emory University Hospital*


*Serving size: 1 whole pepper (2 halves)*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



4 ½ quarts	Rice, cooked
3 quarts	Black Beans, canned or cooked
1 ½ quarts	Corn, whole kernel
2 1/3 cups	Green onion, sliced
1 ½ quarts	Tomato, fresh, diced
¾ cups	Cilantro, chopped
¼ cup	Cumin, ground
¾ cups	Lime zest
2 tablespoons	Salt
2 tablespoons	Tabasco sauce
3 ¾ cups	Cheddar cheese, shredded 
50	Bell peppers
1 ½ cup	Olive oil
Optional	Salsa
Optional	Sour cream

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Dairy

- Prefer products labeled “rBGH-free”, “rBST-free”, or something to this effect when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised &Handled, Animal Welfare Approved, Food Alliance Certified **or** American Grassfed® certified when feasible.

## Cooking Instructions:

- Combine first 11 ingredients (rice through cheese) in a large bowl and mix thoroughly
- Cut tops from bell peppers and reserve. Carefully remove seeds and discard.
- Rub peppers inside and out with olive oil
- Fill each pepper with stuffing
- Place reserved pepper tops on each pepper
- Bake in a 350°F oven for 25 minutes
- Serve with sour cream and salsa (optional)

## Seasonality Note:

This recipe is best prepared in the summer months to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	228kcal
Total Fat	5g
Saturated Fat	2g
Trans Fat	0g
Carbohydrates	37g
Cholesterol	7mg
Protein	10g
Fiber	8g
Phosphorus	184mg
Sodium	647mg
Potassium	558mg

*\*Nutritional calculations conducted by Emory University Hospital using CBORD software. Calculations do not include optional ingredients. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

## Hospital Description:

Emory University Hospital is a teaching hospital located in Atlanta, Georgia. Staffed exclusively by Emory University School of Medicine faculty, the hospital is renowned as one of the nation's leaders in cardiology and cardiac surgery, oncology, transplantation and the neurosciences. The Food & Nutrition Services department is committed to working towards sourcing and serving more local, regional and sustainable foods and is making great strides in expanding their sustainable food offerings.

# Spinach Corn Casserole

*Recipe provided by: Swedish Covenant Hospital*


*Serving size: 1/2c (122g)*

*Ingredients for 50 Servings:*

## Measurement

## Ingredients



4 # (1792g)	Spinach, fresh
2 C (320g)	Onion, chopped
8 # (3584g)	Whole kernel corn
8 T (112g)	Olive oil or margarine, divided
2 t (10g)	Vinegar
4 t (24g)	Salt
2 t (4g)	Pepper
2 C (216g)	Breadcrumbs
½ C (50g)	Parmesan cheese, grated 

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Dairy

- Prefer products labeled “rBGH-free”, “rBST-free”, or something to this effect when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised &Handled, Animal Welfare Approved, Food Alliance Certified **or** American Grassfed® certified when feasible.

## Cooking Instructions:

- Preheat oven to 450 degrees.
- Heat 4 tablespoons margarine or olive oil over medium heat. Sauté onion until soft. Add spinach, corn and water as needed to cook until soft.
- Combine spinach, onion and corn in casserole dish. Add vinegar, salt and pepper. Mix.
- Combine breadcrumbs and Parmesan cheese in a bowl. Spread over top of casserole. Drizzle with remaining 4 tablespoons of margarine (melted) or olive oil over topping. Bake for 20-30 minutes until internal temperature reaches 135°F.

**Seasonality Note:**

This recipe is best prepared in the months of June-August to make use of the freshest seasonal produce.

**Nutritional Analysis\* Per Serving**

Calories	114
Total Fat	3g
Saturated Fat	1g
Trans Fat	0g
Carbohydrates	20g
Cholesterol	1mg
Protein	5g
Fiber	3g
Phosphorus	84mg
Sodium	277mg
Potassium	297mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

**Facility Profile:**



Swedish Covenant Hospital is an independent, non-profit hospital serving Chicago's North and Northwestern communities. They have a vested interest in their green initiatives which include their healthy food in health care program. They pride themselves on providing their patients with locally grown, organic produce and grass-fed beef to support their mission of providing compassionate care in a healing environment.

# Tofu Steaks with Red Pepper-Walnut Sauce

Recipe provided by: Novick Brothers Corporation

Serving size: 1 slice (277g (1/4 of tofu block))

Ingredients for: 50 Servings

Measurement	Ingredients 
12.5-14 oz packages (4900g)	 Tofu, water-packed reduced-fat lite extra-firm
3 C (125g)	Basil, fresh, finely chopped
3 1/8 C water	Water
1 1/2 C (100g)	Parsley, fresh, chopped
3/4 C (37.5g)	Thyme, fresh, chopped
1 1/2 C (375g)	White wine vinegar
3/4 C (187.5g)	Dijon mustard
2 T. (12.5g)	Crushed red pepper
100 cloves (300g)	Garlic, minced
1 1/2 C (188g)	All-purpose flour
6 1/4 C (1569g)	Egg substitute
12 1/2 C (700g)	Panko (Japanese breadcrumbs)
1 1/2 C (350g)	Olive oil
2 1/3 C (300g)	Walnuts, chopped, toasted
12.5-(12 oz) bottles (2625g)	Roasted red peppers, drained

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Soy

- Prefer products labeled as “No genetically engineered ingredients” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic when feasible.

## Cooking Instructions:

- Cut tofu crosswise into 4 slices. Place tofu slices on several layers of heavy-duty, chlorine-free paper towels; cover with additional paper towels. Let stand 30 min., pressing down occasionally.
- Combine basil and next 8 ingredients (through garlic) in a large zip-top plastic bag. Add tofu to bag; seal. Marinate in refrigerator 1 hour, turning bag occasionally.

- Place flour in a shallow dish. Place egg substitute in another shallow dish. Place panko in another shallow dish.
- Remove tofu from marinade, reserving marinade. Working with one tofu piece at a time, dredge tofu in flour, shaking off excess. Dip tofu in egg substitute, allowing excess to drip off. Coat tofu completely with panko, pressing lightly to adhere. Set aside.
- Repeat procedure with remaining tofu, flour, egg substitute and panko.
- Heat large nonstick skillet over medium-high heat. Add olive oil to pan, swirling to coat. Add tofu to pan; reduce heat to medium, and cook for 4 minutes on each side or until browned. Remove tofu from pan and keep warm.
- Combine reserved marinade, walnuts, and bell peppers; process until smooth (about 2 minutes.) Pour bell pepper mixture into pan; cook over medium–high heat 2 minutes or until thoroughly heated. Serve over tofu.

### Seasonality Note:

This recipe is best prepared during July through September to make use of the freshest seasonal produce.

### Nutritional Analysis\* Per Serving

Calories	294
Total Fat	14g (43%)
Saturated Fat	2g (14%)
Trans Fat	0g
Carbohydrates	23g
Cholesterol	0mg
Protein	14g
Fiber	1g
Phosphorus	172mg
Sodium	424mg
Potassium	263mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 6.1% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil and nuts as healthier sources of fat.*

### Facility Profile:

Novick Brothers Corporation proudly offers foodservice solutions with family values to the Greater Philadelphia and Mid Atlantic region. Serving childcare centers and camps, restaurants and distinctive caterers, healthcare facilities and institutional accounts, our team employs a positive attitude, a can-do spirit and innovative solutions to assist customers in their success. A third-generation family business, our commitment to service and dedication to our customers has been a guiding principal for 85 years.

## Vegan Pasta Primavera

*From: Nutrition & Food Services, Portland Oregon VA Medical Center*


*Serving Size: 10 oz*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



1 ¼ c	Oil, vegetable
2 ½ lbs	Mushrooms, fresh (lb.)
2 ½ lb	Onions, diced, fresh
5 lb.	Zucchini, squash, fresh
7 ½ lb	Tomatoes, fresh, bulk
5 lb.	Carrots, fresh, thin sliced
2 ½ lb	Peppers, green, fresh
1-1/4 tsp.	Spices, garlic powder
1-1/4 tsp.	Spices, basil, grnd.
1-1/4 tsp.	Spices, oregano, grnd.
1-1/4 tsp.	Spices, thyme
2-1/2 tsp.	Spices, parsley, flakes, dried
2-1/2 tsp.	Salt, bulk
10 oz.	Thickit; or flour to thicken to preferred consistency
20 oz.	 Soymilk
1 lb., 9 oz.	Almonds, natural, sliced, toasted
10 lb.	Dried pasta, fettuccini
2 qt., 1 pt.	Water, cold (to cook fettuccini pasta)

## Sustainable Purchasing Notes



### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Soy

- Prefer products labeled as “No genetically engineered ingredients” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic when feasible.

## Cooking Instructions:

- Mix soy milk with Thickit (or flour).
- Cook fettuccini in water, rinse, drain
- Julienne onion, green pepper, carrots, zucchini; chop tomatoes and slice mushrooms.
- In steam jacketed kettle add oil and sauté onions until soft. Add the mushrooms and herbs. Add bell pepper, carrots, zucchini, and tomatoes. Cook until pepper is tender crisp (3-5 min.). Add salt.
- In a separate pan, melt margarine, stir in flour. Cook for one minute.
- Whisk in soymilk and cook over medium heat, stirring constantly until thickened.
- Place pasta into casserole dish.
- Spread white sauce over pasta and top with vegetables/bean mixture.
- Sprinkle almonds on top and serve immediately.

## Seasonality Note:

This recipe is best prepared in August-October to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	543 kcal
Total Fat	14 g
Saturated Fat	1 g
Trans Fat	0g
Carbohydrates	87 g
Cholesterol	0 mg
Protein	18 g
Fiber	8 g
Phosphorus	323 mg
Sodium	171 mg
Potassium	885 g

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

## Facility Profile:

Veterans Administration Medical Center (VAMC) is a multi-level tertiary hospital. Nutrition & Food Services provides care at two sites: The Portland, OR site serves the acute care population and the Vancouver, WA site houses the Community Living Center and drug/alcohol treatment programs. Our average census is 200 patients, with 48% on modified diets.



## Vegetable Stir-fry with Tofu and Pasta



*Recipe provided by: Romeo Nucum, Executive Chef & Ragini Raghuveer, MS, RD, Clinical Nutrition Manager, Raritan Bay Medical Center*


*Serving size: 10 oz*

*Ingredients for: 50 Servings*

### Measurement

### Ingredients



5 lbs	Whole wheat Pasta (linguini)
8 lbs	 Tofu, raw, firm
6 oz	Olive oil
3 lbs	Carrots julienne
3 lbs	Pea pods
3 lbs	Spinach
2 lbs	Onion
6 cloves	Garlic
3 lbs	Sweet Pepper
2 l	LS Vegetable broth
1 cup	Soy Sauce
2 tbsp	Ground ginger
1 tbsp	Black pepper
1 cup	Shitake Mushroom sliced

## Sustainable Purchasing Notes



### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Soy

- Prefer products labeled as “No genetically engineered ingredients” when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic when feasible.

## Cooking Instructions:

- Cook pasta for about 8 minutes, drain, and rinse with cold water
- Sauté onion, Shitake mushroom, red pepper, peas, spinach and garlic in vegetable broth for approximately 5-7 minutes
- Add pasta, soy sauce and black pepper and cook for 5 minutes
- In a sauté pan add olive oil, sauté tofu till golden brown

**To Serve:** 2.5 oz golden brown tofu over 7.5 oz of pasta and vegetable mixture (10 oz serving size).

This is a wholesome entrée. Garnish with green onion and parsley.

## Seasonality Note:

This recipe is best prepared in the mid to late summer and early fall to make use of the freshest seasonal produce.

## Nutritional Analysis\* Per Serving

Calories	302
Total Fat	13 gm
Saturated Fat	1.9 gm
Trans Fat	0
Carbohydrates	30.9 gm
Cholesterol	18.8 mg
Protein	19.8 gm
Fiber	6.1 gm
Phosphorus	269 mg
Sodium	249 mg
Potassium	578 mg

*\*Nutritional Analysis Conducted Using NutritionData.com. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 5.7% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil as a healthier source of fat.*

## Facility Profile:

Raritan Bay is a local community hospital part of a 2 hospital system. Our average daily census is 90 patients. We are a cook serve facility where we have hostess that take the orders from the patients for each meal. This recipe was designed by our Executive Chef and will be used as a heart healthy recipe in our cooking demonstrations to the community adjunct to Nutrition lectures.

# Vegetarian Meatloaf

*Recipe provided by: Novick Brothers Corporation*


*Serving size: 4.8 oz slice (137g)*

*Ingredients for: 50 Servings*

## Measurement

## Ingredients



8 1/3 C (1600g OR 3.5 #)	Dried lentils
2 ¾ T (8.3g)	Thyme leaves, dried
2 C (240g)	Wheat germ
½ C (133g)	Soy sauce
8 1/3 C (1133g OR 2.5#)	Whole wheat bread crumbs
2 C (500g)	Ketchup
4 ¼ C (812g)	Brown rice, cooked
½ C (117g)	Olive oil
8 medium or 5 ¾ C pre-minced (917g OR 2#)	Onion, minced
1 ½ T. (17g)	Tabasco sauce
¼ C (75g)	Garlic, minced
1 ½ T (25g)	Salt
6 ¼ C liquid or 25 whole (1250g)	Eggs 
1 t (2g)	White pepper
2 ¾ T (8.3g)	Oregano leaves, dried

## Sustainable Purchasing Notes



### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Eggs

- Prefer products that are Certified USDA Organic, Certified Human Raised &Handled, Animal Welfare Approved, **or** Food Alliance Certified when feasible.

## Cooking Instructions:

- Preheat oven to 350 degrees.
- Place lentils in a saucepan and cover with water.
- Cook over low heat for 60-90 minutes, or until tender.
- Drain lentils, if necessary, and coarsely mash lentils.
- Combine with remaining ingredients.
- Pour mixture into (8) 9" x 5" loaf pans sprayed with nonstick cooking spray.
- Cover with foil and bake for 30-40 minutes.
- Remove foil and bake for another 10-15 minutes or until loaf is firm to the touch and internal temperature is 135°F.
- This hearty and healthy vegetarian meatloaf freezes well after it's baked. Just wrap well and freeze. Let meatloaf thaw in the fridge overnight, then reheat at 350 degrees for 20-30 minutes until internal temperature is 165°F.

## Seasonality Note:

This recipe is best prepared from June to October to make use of the freshest seasonal produce.

## Nutritional Analysis\*

Calories	357
Total Fat	8g
Saturated Fat	2g
Trans Fat	0g
Carbohydrates	58g
Cholesterol	106mg
Protein	15g
Fiber	21g
Phosphorus	~287mg
Sodium	634mg
Potassium	~736mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com.*

## Facility Profile:

Novick Brothers Corporation proudly offer foodservice solutions with family values to the Greater Philadelphia and Mid Atlantic region. Serving childcare centers and camps, restaurants and distinctive caterers, healthcare facilities and institutional accounts, our team employs a positive attitude, a can-do spirit and innovative solutions to assist customers in their success. A third-generation family business, our commitment to service and dedication to our customers has been a guiding principal for 85 years.

# Wild Rice & Mushroom Soup

*Recipe provided by: Fletcher Allen Health Care*

*Serving size: 1cup*

*Ingredients for: 50 Servings*

## Measurement

## Ingredients



5 ½ T	Parsley, dried
1.5 oz	Garlic, raw
1 ½ T	Thyme, dried
½ tsp	Bay leaf, crumbled
2 ½ tsp	Salt
2T	Pepper
4#	Shitake mushrooms
2 ¾ gal (10.5L)	Water,tap
1 ¼ # (20oz)	Wild rice, raw
4#	Mushrooms
2.5#	Carrots, diced
2#	Onion, chopped
2#	Celery, diced
28oz	Low sodium chicken base
6.25# (100oz)	Tomatoes, diced with juice

## Sustainable Purchasing Notes



### Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.

## Cooking Instructions:

- Cook wild rice until tender.
- Saute onion, celery and pepper in butter until tender.
- Add garlic and herb, sauté for 5 minutes.
- Next add mushrooms and base, sauté for 5 minutes.
- Add water and bring to a boil
- Add salt and tomatoes-simmer 15 minutes.

### Seasonality Note:

This recipe is best prepared from August through November to make use of the freshest seasonal produce.

### Nutritional Analysis\* Per Serving

Calories	161kcal
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Carbohydrates	31g
Cholesterol	0mg
Protein	8g
Fiber	4g
Phosphorus	~128
Sodium	672mg
Potassium	~528

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com. “~” indicates an incomplete value due to absence of this information in : low sodium chicken base*

### Facility Profile:



Fletcher Allen Health Care, together with our partners at the University of Vermont College of Medicine and the College of Nursing and Health Sciences, is Vermont’s academic medical center. Our mission is to improve the health of the people in the communities we serve by integrating patient care, education and research in a caring environment. Fletcher Allen serves as a regional referral center -- providing advanced care to approximately one million people in Vermont and northern New York -- and as a community hospital for approximately 150,000 residents in Chittenden and Grand Isle counties. With more than 30 patient care sites and 100 outreach clinics, programs and services throughout the region, Fletcher Allen is committed to being a national model for the delivery of high-quality academic health care for a rural region. For more information about Fletcher Allen, visit our Web site at [www.fletcherallen.org](http://www.fletcherallen.org).

# Whole Wheat Fettuccine with Winter Greens, Walnuts and Shaved Parmesan

*Recipe provided by: John Muir Health System*

*Serving size: 224g*

*Ingredients for 50 Servings:*

Measurement	Ingredients 
6.25 lbs	Whole wheat fettuccine
2T	Salt
¾ c	Olive oil
19	Cloves garlic, slivered
2 t	Red pepper flakes
50 c	Fresh dino kale (may substitute mature arugula); large stems removed & coarsely chopped
1 ¼ c	Chopped parsley
3c	Toasted chopped walnuts
6 oz	Shavings fresh parmesan cheese (may substitute ricotta salata) 

## Sustainable Purchasing Notes



### Local / Sustainable

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- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



### Dairy

- Prefer products labeled “rBGH-free”, “rBST-free”, or something to this effect when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised &Handled, Animal Welfare Approved, Food Alliance Certified **or** American Grassfed® certified when feasible.

## Cooking Instructions:

- Cook pasta in boiling, lightly salted water until al dente.
- Meanwhile, heat the oil in a large pan, add garlic and cook until garlic turns light golden.
- Add the arugula or kale and a little salt and sauté until greens are wilted. The kale will take about five minutes but arugula will take only a couple of minutes.
- Stir in the parsley if using and turn off the heat.
- Drain the pasta, reserving 1.5 C of cooking water.
- Add the water and pasta to the pan with the greens and cook for 1 minute, while stirring.
- Add the chopped walnuts.

**To Serve:** Add shavings of cheese and a drizzle of extra virgin olive oil.

### Seasonality Note:

This recipe is best prepared from June to December to make use of the freshest seasonal produce. If using dried parsley in place of fresh, this recipe may be made from July to February.

### Nutritional Analysis\* Per Serving

Calories	297
Total Fat	10g
Saturated Fat	2 g
Trans Fat	0
Carbohydrates	45 g
Cholesterol	2 mg
Protein	12 g
Fiber	8 g
Phosphorus	213 mg
Sodium	367 mg
Potassium	410 mg

*\*Nutritional Analysis of this recipe was conducted by the Registered Dietitians of the Sustainable Foods in Health Care Task Force Using Nutritiondata.com. Nutritional analysis does not include substitutions.*

*Note: This recipe exceeds our general guidelines for total fat content. The task force felt this recipe is valuable to the toolkit because only 6.1% of Calories can be attributed to Saturated Fatty Acids (SFA). This is in line with the 2010 Dietary Guidelines for Americans recommending a daily intake of SFA of less than 10% of total calories and encouraging olive oil and nuts as healthier sources of fat.*

### Facility Profile:

John Muir is a not-for-profit health system providing high-quality comprehensive health care to the community of Contra Costa County and the greater Bay Area. The health system includes two full-service acute care hospitals; John Muir Medical Center-Walnut Creek and John Muir Medical Center-Concord with more than 575 beds, an advanced trauma center, and state-of-the-art surgical facilities. The John Muir Behavioral Center, a 73 bed hospital specializes in psychiatric and behavioral health. The John Muir Physician Network is composed of nearly 800 primary care physicians and specialists at 18 locations in Contra Costa County, southern Solano County and the Tri-Valley area.