



RECIPES FOR THE HEART AND SOUL:

A Guide to Cooking Healthily in Large Quantities



A Publication of the North Carolina Council of Churches' Partners in Health and Wholeness Program, with support from the Blue Cross and Blue Shield of North Carolina Foundation and Kate B. Reynolds Charitable Trust

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INTRODUCTION

Why publish another cookbook?

At the North Carolina Council of Churches' Partners in Health and Wholeness Program, we want to help people of faith and congregations become healthier. What better way to help people become healthier than by helping them prepare healthy foods? Not only do we want to show you how to cook healthy foods at home, we want to offer you recipes to use at church events, too. Our objective with this cookbook is to highlight healthy recipes for large groups. Our hope is that you will use these recipes to help feed your parishes, that they might receive spiritual and bodily nourishment at church. God calls us to feed our bodies, minds and souls. May these recipes, and the prayers which accompany them, strengthen your body and give you the energy you need to get through all the activities in your daily life.

From your friends at the NC Council of Churches:

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Almighty God, we thank you for making the earth fruitful, so that it might produce what is needed for life: Bless those who work in the fields; give us seasonable weather; and grant that we may all share the fruits for the earth, rejoicing in your goodness; through Jesus Christ our Lord. **Amen.**

<http://www.bcponline.org/>

NOTES

- **Weight** is included for people who will use a cooking scale to measure out quantities.
- **CCP** stands for **critical control point** – a procedure followed in cooking to prevent, eliminate or reduce a food safety hazard to an acceptable level.
- **T** = Tablespoon; **t** = Teaspoon
- As an example, if the recipe's **measure** calls for “1 cup 1/2T ¼ t”, you will need “1 cup *plus* ½ tablespoon *plus* ¼ teaspoon”.
- In order to **cut calories** and make some of the recipes healthier, try the following:
 - ✓ Reduce the sodium content of your dishes by reducing or eliminating the use of salt,
 - ✓ Use lower sodium soy sauce, lowfat mayonnaise, margarine instead of butter, unsweetened canned fruit, and other reduced sugar or sugar free products.
- You can also cut calories by **reducing portion sizes**.



**BETA
VERSION**

Finally, please note that PHW staff has not tested these recipes for taste or ease of preparation. Therefore, we invite your congregation to try any or all of these recipes at upcoming events and to report back to us your results. Thank you for your support!

SIDE DISHES

PRAYER OF CONFESSION

Watchful God, we confess there is so much we do not know about the economy of food – how it is grown, who harvests it, who transports it or how it is distributed. We eat what we are served. We select from the shelves at the store. An enormous system has developed around what was once a simple act. We used to grow the food we ate. We used to barter for the food we ate. Once, we knew the cost. Help us today to recognize the hidden costs of our food. We want to see injustice clearly, the way Jesus did. We want to be awakened from our apathy, to be enraged by injustice, as Jesus was. Through Your grace we will learn, act, reflect and change. God be with us. **Amen.**

Adapted from the National Council of Churches "Poverty March 2003," www.ncccusa.org/poverty/povmarch-2003-week-3.html#Resources

CABBAGE, APPLE, AND CELERY SALAD

Ingredient	Weight	Measure
Mayonnaise type salad dressing	2 lbs	1 qt
Fresh medium apples, unpeeled and diced	4-3/8 lbs	4 qt
Fresh, chopped celery	3-1/8 lbs	2 qt 3-3/4 cup
Fresh, shredded green cabbage	13 lbs	5 gal 1 qt

Method

1. Combine Salad dressing or fat free Salad Dressing and apples.
2. Combine apple mixture, cabbage, and celery.
3. Cover; refrigerate at least 2 to 3 hours. Refrigerate until ready to serve. *CCP: Hold for service at 41°F or lower.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
73 cal	8 g	1 g	5 g	3 mg	77 mg	35 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/cabbage-apple-and-celery-salad>

MARSHMALLOW SWEET POTATOES

Ingredient	Weight	Measure
Nonfat dry milk	3-5/8 oz	1-1/2 cups
Warm water	4-1/2 lbs	2 qt 1/2 cup
Canned sweet potatoes, with syrup	31-1/8 lbs	3 gal 3-1/2 qt
Salt	1-1/4 oz	2 tbsp
Melted butter	8 oz	1 cup
Granulated sugar	7 oz	1 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp
Miniature marshmallows	1 lb	2 qt 1 cup

Method

1. Reconstitute milk in mixer bowl.
2. Add sweet potatoes; beat at low speed 2 minutes or until smooth.
3. Add salt, melted butter or margarine and sugar; blend at medium speed.
4. Scrape bowl down; beat at medium speed 2 minutes.
5. Lightly spray each pan with non-stick cooking spray. Place 7-1/2 quarts of potatoes in each sprayed pan; cover.
6. Using a convection oven, bake at 400°F for 10 minutes on high fan, closed vent or until heated thoroughly. After potatoes are heated through, sprinkle marshmallows over potatoes. Bake until marshmallows are lightly browned. *CCP: Internal temperature must reach 145°F or higher for 15 seconds. Hold at 140°F or higher for service.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	36 g	2 g	3 g	5 mg	229 mg	35 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/marshmallow-sweet-potatoes>

RATATOUILLE

Ingredient	Weight	Measure
Garlic powder	1/4 oz	1/3 tsp
Crushed, canned tomatoes, including liquids	13-1/4 lbs	1 gal 2 qt
Granulated sugar	3-1/2 oz	1/2 cup
Salt	3 oz	1/4 cup 1 tbsp
Crushed, dried basil	1/4 oz	1 tbsp
Ground thyme	1/8 oz	1 tbsp
Ground black pepper	1/8 oz	1/3 tsp
Whole, dried bay leaf	1/8 oz	3 each
Fresh eggplant cubes	9-3/8 lbs	3 gal 1 qt
Fresh, chopped zucchini squash	7-1/8 lbs	1 gal 2-1/2 qt
Fresh, chopped green peppers	2-1/2 lbs	1 qt 3-1/2 cups
Fresh, chopped onions	1-5/8 lbs	1 qt 1/2 cup

Method

1. Combine tomatoes, sugar, salt, basil, thyme, garlic, pepper and bay leaves in a stock pot or steam-jacketed kettle. Stir well.
2. Add eggplant, squash, sweet peppers and onions. Bring to a boil stirring constantly. Cover and simmer 45 minutes or until eggplant is tender. Stir occasionally. Remove bay leaves.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
45 cal	10 g	2 g	0 g	0 mg	407 mg	34 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/ratatouille>

SCALLOPED POTATOES AND ONIONS

Ingredient	Weight	Measure
Fresh potatoes, sliced and peeled	25-1/2 lbs	4 gal 2-1/2 qt
Boiling water	18-3/4 lbs	2 gal 1 qt
Salt	1-1/4 oz	2 tbsp
Fresh, sliced onions	2-1/2 lbs	2 qt 2 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp
Melted margarine	10 oz	1-1/4 cups
General purpose wheat flour	13-1/4 oz	3 cup
Nonfat dry milk	12-5/8 oz	1 qt 1-1/4 cup
Warm water	13-5/8 lbs	1 gal 2-1/2 qt
Salt	1-1/4 oz	2 tbsp
Ground white pepper	1/8 oz	1/3 tsp

Method

1. Cover potatoes with salted water; bring to a boil; cook 10 minutes or until tender.
2. Drain well. Lightly spray each steam table pan with non-stick cooking spray. Place onions in layers with potatoes. Place about 8 pounds of potatoes in each sprayed pan.
3. Blend butter or margarine and flour together using a wire whip. Stir until smooth.
4. Reconstitute milk; bring to just below boiling. DO NOT BOIL. Add milk to roux stirring constantly. Add salt and pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
5. Pour 2-1/2 quarts of sauce over potatoes in each pan.
6. Using a convection oven, bake at 325°F for 30 minutes on low fan, open vent or until browned. *CCP: Hold at 140°F or higher for service.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
155 cal	29 g	4 g	3 g	1 mg	336 mg	60 mg

Portion 2/3 cup **Yield** 100

Source: <http://recipesforacrowd.com/scalloped-potatoes-and-onions>

Cuban Black Beans*

Ingredient	Amount	Measure
Black beans (cooked or canned)	15-3/4 lbs 1-1/2 oz	5 gal 1/2 qt 3/4 cup
Water or bean cooking liquid	195 fl oz	1 1/2 gal 1/4 cup 2 T
Vegetable oil	19-1/2 fl oz	1/2 qt 1/4 cup 3 T
Onion (peeled, medium dice)	9-3/4 lbs	1-3/4 gal 1-1/4 cup 1/4 T
Garlic (chopped)	1/4 lb 3/4 oz	1 cup 3-1/2 T
Green bell pepper (seeded, medium dice)	9-3/4 lbs	2 gal 1/2 qt 2-1/4 T
Black pepper, ground	3-1/2 oz	1/4 cup 3/4 T 1/4 t
Oregano leaf, dried	1/2 oz	3-1/4 T
Cumin, ground	3/4 oz	3-1/4 T
Bay Leaf	7-1/4 ea	7-1/4 ea
Sherry vinegar	7-1/4 fl oz	3/4 cup 2-1/2 T 1/4 t

Warning: Cooking method outlined below is for **41 servings** and could differ when scaled

Method

1. In a large skillet, heat the oil over medium high heat.
2. Sauté the onion, garlic and peppers until they begin to soften.
3. Season with pepper.
4. In a deep container, puree 1/3 of the beans along with their cooking liquid or water with an immersion blender.
5. Add that mixture to the cooked vegetables along with the remaining beans.
6. Add oregano, cumin and bay leaf and mix well.
7. Simmer on low for an additional hour, stirring occasionally.
8. Add the vinegar and mix well to combine.
9. Hold hot for service.
10. Reheat, covered, in a 350°F oven to an internal temperature of 165°F.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
180 cal	25 g	18 g	6 g	0 mg	500	40 mg

Portion 174 grams **Yield** 41 servings

Source: <http://www.thelunchbox.org/content/menus-recipes/recipes/recipe.aspx?recipeid=32>

* This recipe was altered slightly to decrease the sodium content.

BAKED CINNAMON APPLE SLICES

Ingredient	Weight	Measure
Canned sliced apples	27-3/4 lbs	3 gal 2 qt
Vanilla extract	2-1/2 oz	1/4 cup 1-2/3 tbsp
Granulated sugar (1)	3-1/2 oz	1/2 cup
Ground cinnamon (1)	1/2 oz	2 tbsp
Ground nutmeg	1/8 oz	1/4 tsp
Granulated sugar (2)	14-1/8 oz	2 cups
Ground cinnamon (2)	1/4 oz	1 tbsp

Method

1. Blend sugar (1), cinnamon (1), and nutmeg. Combine with apples and vanilla. Place 3-1/3 quarts of mixture in each pan.
2. Blend sugar (2) and cinnamon (2). Sprinkle 1/2 cup evenly over apples in each pan.
3. Using a convection oven, bake at 375°F for 20 minutes or until mixture begins to simmer and sugar begins to brown on high fan, open vent. *CCP: Hold at 140°F or higher for service.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	26 g	0 g	1 g	0 mg	4 mg	8 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/baked-cinnamon-apple-slices>

FLUFFY PINEAPPLE RICE CUP

Ingredient	Weight	Measure
Cold water	3-1/8 lbs	1 qt 2 cups
Long grain rice	1-1/4 lbs	3 cups
Salt	1/4 oz	1/8 tsp
Salad oil	1/2 oz	1 tbsp
Canned crushed pineapple	6-5/8 lbs	3 qt
Chopped, drained maraschino cherries	8-7/8 oz	1 cup
Reserved liquid	3-7/8 lbs	1 qt 3-1/2 cups
Nondairy dry whipped topping mix	2 lbs	2 gal 3-1/4 qt
Nonfat dry milk	3-1/4 oz	1-3/8 cups
Vanilla extract	1-7/8 oz	1/4 cup 1/3 tbsp
Miniature marshmallows	1-1/4 lbs	2 qt 3 cups
Prepared sweetened coconut flakes	1 lb	1 qt 1 cup

Method

1. Combine water, rice, salt and salad oil; bring to a boil. Stir occasionally.
2. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
3. Remove from heat and refrigerate for use in Step 5.
4. Drain pineapple; reserve juice for use in Step 6.
5. Combine rice, pineapple and cherries. Refrigerate for use in Step 7.
6. Pour reserved juice and water into mixer bowl; add topping, milk and vanilla. Using whip at low speed, whip 3 minutes or until thoroughly blended. Scrape down bowl. Whip at high speed 5 to 10 minutes or until stiff peaks form.
7. Combine rice mixture and marshmallows and coconut. Mix thoroughly. Fold in whipped topping. Mix lightly.
8. Refrigerate until ready to serve. *CCP: Hold for service at 41°F or lower.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	22 g	2 g	6 g	0 mg	56 mg	22 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/fluffy-pineapple-rice-cup>

APPLE SALAD

Ingredient	Weight	Measure
Diced apples		7 qt.
Diced celery		3 qt.
Steamed raisins	1 lb.	
Pineapple juice		1 qt.
Chopped nuts		2 cups
Mayonnaise		1 cup
Ginger		½ tsp.

Methods

1. Drop diced apples in salt water to prevent discoloring.
2. Drain apples and cover with pineapple juice.
3. Put raisins in colander over hot, boiling water to steam until puffed.
4. Cool.
5. Drain apples when ready to mix.
6. Add celery and raisins.
7. Mix lightly and add mayonnaise.
8. Add nuts just before serving.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	23 g	1.7 g	6.4 g	1.2 mg	49 mg	30 mg

Yield: 50 servings

Source: *Third Helping: From the Cooks of Hayes Barton United Methodist Church* p. 202

CONFETTI RICE SALAD

Ingredient	Weight	Measure
Long grain rice	3-3/4 lbs	2 qt 1-3/8 cups
Cold water	10-1/2 lbs	1 gal 1 qt
Salt	7/8 oz	1 tbsp
Plain lowfat yogurt	3-1/4 lbs	1 qt 2 cups
Mayonnaise type salad dressing	10-1/2 oz	1-3/8 cups
Distilled vinegar	2-1/8 oz	1/4 cup 1/3 tbsp
Salt	1 oz	1 tbsp
Fresh, chopped parsley	1/2 oz	1/4 cup
Garlic powder	1/4 oz	1/3 tsp
Ground black pepper	1/8 oz	1/3 tsp
Fresh, chopped tomatoes	3 lbs	1 qt 3-1/2 cups
Fresh, chopped celery	2 lbs	1 qt 3-1/2 cups
Chopped, drained, canned pimiento	1 lb	2-1/4 cups
Fresh, chopped green peppers	1-1/2 lbs	1 qt 1/2 cup
Fresh, chopped onions	8 oz	1-3/8 cups

Method

1. Combine rice, water, and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
2. Remove from heat; transfer to shallow serving pans. Cover, refrigerate for 1 hour.
3. Combine yogurt, salad dressing, vinegar, salt, parsley, garlic powder, and pepper; mix thoroughly. Combine with chilled rice.
4. Add tomatoes, celery, pimientos, peppers, and onions. Mix lightly.
5. Cover; refrigerate until ready to serve. *CCP: Hold for service at 41°F or lower.*

Notes:

1. In Step 5, rice salad may be served on lettuce. Use 4 pounds fresh lettuce, trimmed and cored for 100 portions.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	18 g	2 g	2 g	2 mg	250 mg	44 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/confetti-rice-salad>

FRUIT MEDLEY SALAD

Ingredient	Weight	Measure
Prepared, sweetened coconut flakes	5-3/4 oz	1-3/4 cups
Drained, canned pineapple chunks, juice pack	2-5/8 lbs	1 qt 2 cups
Fresh, unpeeled diced medium apples	6-1/2 lbs	1 gal 1-7/8 qt
Fresh, chopped banana	2-3/4 lbs	2 qt 3/8 cup
Fresh, chopped celery	2 lbs	1 qt 3-1/2 cups
Shelled, chopped walnuts	8-1/2 oz	2 cups
Raisins	7-2/3 oz	1-1/2 cups
Chopped maraschino cherries	8-7/8 oz	1 cup
Cold water	2 lbs	3-3/4 cup
Dry, nondairy whipped topping mix	1 lb	1 gal 1-5/8 qt
Dry, nonfat milk	1-5/8 oz	1/2 cup 2-2/3 tbsp
Vanilla extract	7/8 oz	2 tbsp
Fresh head of leaf lettuce	4 lbs	6-1/4 lbs

Method

1. Toast coconut; cool; set aside for use in Step 3.
2. Combine pineapple, apples, and bananas in pineapple juice until ready to mix. Drain well.
3. Add celery, walnuts, raisins, chopped maraschino cherries, and coconut to drained pineapple, apples, and bananas mixture. Mix lightly; set aside for use in Step 6.
4. Place cold water in mixing bowl; add topping, milk, and vanilla. Whip at low speed 3 minutes or until blended. Scrape down.
5. Whip at high speed for 5 to 10 minutes or until stiff peaks are formed.
6. Add to fruit mixture, tossing well to coat pieces. Cover, refrigerate until ready to serve. *CCP: Hold for service at 41°F or lower.*
7. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	16 g	1 g	4 g	0 mg	23 mg	31 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/fruit-medley-salad>

ZESTY ROTINI PASTA SALAD

Ingredient	Weight	Measure
Water	20-7/8 lbs	2 gal 2 qt
Salt	5/8 oz	1 tbsp
Olive oil	1/2 oz	1 tbsp
Dry rotini macaroni noodles	4-3/8 lbs	1 gal 3/4 qt
Diet Italian salad dressing	3-3/8 lbs	1 qt 2 cups
Grated parmesan cheese	5-1/4 oz	1-1/2 cups
Sesame seeds	2-1/2 oz	1/2 cup
Poppy seeds	7/8 oz	3 tbsp
Ground paprika	1 oz	1/4 cup 1/3 tbsp
Fresh, chopped tomatoes	3-1/2 lbs	2 qt 3/4 cup
Fresh, chopped cucumber	3-1/2 lbs	3 qt 1-3/8 cups
Fresh, chopped green peppers	2 lbs	1 qt 2-1/8 cups
Fresh, chopped onions	1-1/2 lbs	1 qt 1/4 cup

Method

1. Add salt and salad oil or olive oil to water; heat to a rolling boil.
2. Add rotini slowly, while stirring constantly, until water boils again. Cook for about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
3. Drain. Rinse with cold water.
4. Combine dressing with cheese, sesame seeds, poppy seeds, and paprika. Add to rotini. Toss lightly.
5. Add tomatoes, cucumbers, peppers, and onions. Toss lightly. Cover and refrigerate at least 3 hours or until flavors are blended.

Keep refrigerated until ready to serve.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	18 g	4 g	2 g	1 mg	382 mg	37 mg

Portion 1/2 cup **Yield** 100

Source: <http://recipesforacrowd.com/zesty-rotini-pasta-salad>

CIDER GLAZED SQUASH

Ingredient	Amount	Measure
Acorn Squash, 8 oz	23-3/4 lbs	6 gal 1 qt
Cider Vinegar	2-1/4 fl oz	1/4 cup 1 T
Light Brown Sugar	1/4 lbs 2-1/4 oz	1 cup 1-1/2 T
Vegetable oil	3 fl oz	1/4 cup 2 1/4 T
Apple Cider	80 fl oz	1/2 gal 1/2 qt
Kosher salt	1/2 oz	1-1/4 T
Ground black pepper		1/4 t

Warning: Cooking method outlined below is for **160 servings** and could differ when scaled

Method

1. Combine all ingredients except squash in a large pot.
2. Bring to a boil and cook for 30 minutes or until the liquid has reduced down to a glaze.
3. Toss squash in oil and spread out in a single layer on parchment lined sheet pans.
4. Roast in a 350°F oven until browned and tender.
5. Pour glaze over squash.
6. Transfer to 2-inch hotel pans and cool.
7. Reheat, covered, in a 350°F oven to 165°F.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
70 cal	16 g	1 g	1 g	0 mg	75 mg	40 mg

Portion 2.8 ounces **Yield** 160

Source: <http://www.thelunchbox.org/content/menus-recipes/recipes/recipe.aspx?recipeid=75>

VEGETARIAN DISHES

A PRAYER FOR THE HUNGRY

Living God, our strength and help, we turn to you in our distress. May the spirit of compassion comfort and protect your people. In the parched lands and failed harvests we see you hungry. May the shadow of that hunger be broken by the light of your hope. In our hearts we hold a vision of a better world. May we, by our actions bear witness to your love.
Amen.

Catholic Agency for Overseas Development, "Comfort and Protect Your People,"
www.cafod.org.uk/resources/worship/prayers/prayers_about_hunger/comfort_and_protect

PIZZA TREATS

Ingredient	Weight	Measure
Shredded cheese, pizza blend	4 lbs	1 gal
Canned tomato paste	1 lb	1-3/4 cups
Salad oil	3-7/8 oz	1/2 cup
Drained, sliced, pitted, ripe olives	7-1/8 oz	1-1/2 cups
Fresh, chopped onions	1 lb	2-5/8 cups
Fresh, chopped green	11-7/8 oz	2-1/4 cups
French bread, sliced 1/2 inch	6-1/4 lbs	100 slices

Method

1. Combine cheese, tomato paste, salad oil, olives, onions and peppers. Blend well.
2. Spread 3 tablespoons of mixture on each slice of bread.
3. Place on ungreased pans. Using a convection oven, bake at 350°F for 5 minutes or until cheese is melted on low fan, open vent.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
147 cal	17 g	8 g	5 g	10 mg	322 mg	158 mg

Portion 1 slice **Yield** 100

Source: <http://recipesforacrowd.com/pizza-treats>

SICILIAN BROWN RICE AND VEGETABLES

Ingredient	Weight	Measure
Dry, long grain brown rice	5-1/2 lbs	3 qt 1-3/8 cups
Cold water	13-7/8 lbs	1 gal 2-5/8 qt
Salt	1-1/4 oz	2 tbsp
Canned tomato juice	9-1/4 lbs	1 gal 1/3 qt
Drained, diced, canned tomatoes	6-5/8 lbs	3 qt
Fresh, chopped onions	2-1/3 lbs	1 qt 2-5/8 cups
Canned tomato paste	1-1/8 lbs	2 cups
Packed brown sugar	2-1/2 oz	1/2 cup
Salt	1 oz	1 tbsp
Crushed whole sweet basil	1-1/8 oz	1/4 cup 3-1/3 tbsp
Garlic powder	3/8 oz	1 tbsp
Crushed oregano	3/4 oz	1/4 cup 1-1/3 tbsp
Ground black pepper	1/4 oz	1 tbsp
Whole, dried bay leaf	1/3 oz	10 each
Fresh, sliced summer squash	2-1/2 lbs	2 qt 2 cups
Fresh, sliced zucchini squash	2-1/2 lbs	2 qt 2 cups
Fresh, shredded carrots	1 lb	1 qt 1/8 cup
Frozen broccoli spears	2-3/4 lbs	2 qt
Fresh, sliced mushrooms	1-1/4 lbs	2 qt 1/8 cup
Fresh, chopped parsley	8 oz	3-3/4 cups
Shredded, part skim mozzarella cheese	1-3/4 lbs	1 qt 3 cups

Method

1. Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 30 minutes or until most of the water is absorbed. Remove from heat; transfer to shallow serving pans. *CCP: Cover. Hold at 140°F or higher for use in Step 8.*
2. Place tomato juice, tomatoes, onions, tomato paste, brown sugar, salt, basil, garlic powder, oregano, pepper and bay leaves in steam-jacketed kettle. Stir; bring to a boil. Reduce heat; cover; simmer 20 minutes. Remove bay leaves.
3. Stir in rice, yellow squash, zucchini and carrots. Bring to a boil; reduce heat; simmer 3 to 5 minutes or until vegetables are tender and crisp. Stir occasionally.
4. Stir in broccoli, mushrooms and parsley; bring to a simmer.
5. Place 1-1/4 gallons in each steam table pan. Sprinkle 7 ounces of cheese over mixture in each pan. Using a convection oven, bake at 325°F for 12 to 15 minutes or until mixture is bubbly and cheese is melted and lightly browned on high fan, closed vent. *CCP: Internal temperature must reach 145°F or higher for 15 seconds. Hold for service at 140°F or higher.*

Notes

1. In Steps 1 and 2, oven method may be used: Use boiling water for cold water; place 2-3/4 pounds or 6-2/3 cups rice, 3-1/8 quarts boiling water, and 2-1/2 teaspoons salt in each steam table pan. Stir, cover tightly.
2. In Step 4, 2-1/2 pounds frozen summer squash and 2-1/2 pounds frozen zucchini may be used.

3. In Step 5, 1 pound canned, drained mushrooms may be used.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
155 cal	29 g	6 g	2 g	4 mg	542 mg	110 mg

Portion 3/4 cup **Yield** 100

Source: <http://recipesforacrowd.com/sicilian-brown-rice-and-vegetables>

VEGGIE EGG POCKET*

Ingredient	Weight	Measure
Drained, sliced, canned mushrooms	3-1/8 lbs	2 qt 1 cup
Fresh, shredded zucchini squash	3-1/4 lbs	2 qt 3-7/8 cups
Fresh, shredded carrots	4-7/8 lbs	1 gal 1 qt
General purpose wheat flour	11 oz	2-1/2 cups
Pasteurized egg substitute	22-1/8 lbs	2 gal 2 qt
Fat free ranch salad dressing	6-1/3 lbs	3 qt
Grated parmesan cheese	1 lb	1 qt 1/2 cup
Fresh, chopped onions	2-1/4 lbs	1 qt 2-3/8 cups
Dried dill weed	2/3 oz	1/4 cup 2-1/3 tbsp
Ground white pepper	1/4 oz	1 tbsp
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp
White 8-inch pita bread	10-1/2 lbs	50 each

Method

1. Combine mushrooms, carrots, and zucchini. Add flour; toss lightly to coat vegetables.
2. Place egg substitute, ranch dressing, cheese, onions, dill weed, and pepper in mixer bowl. Using a wire whip, blend at low speed 1 minute.
3. Add vegetable mixture; mix at low speed 1 minute or until blended.
4. Lightly spray each steam table pan with non-stick cooking spray. Pour 1 gallon of egg mixture in each lightly sprayed pan.
5. Using a convection oven, bake 45-55 minutes or until eggs are set. *CCP: Internal temperature must reach 145°F or higher for 15 seconds.*
6. Cut pita pockets in half. Fill each half with 3/4 cup egg mixture. Serve 1 half pocket. *CCP: Hold at 140°F higher for service.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	45 g	20 g	6 g	5 mg	262 mg	172 mg

Portion ½ of an 8-inch pita bread **Yield** 100

Source: <http://recipesforacrowd.com/veggie-egg-pocket>

* This recipe was altered to decrease sodium content.

BROCCOLI QUICHE

Ingredient	Weight	Measure
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp
Fresh, chopped onions	1-1/8 lbs	3-3/8 cups
Frozen, chopped broccoli	6 lbs	1 gal
Shredded Swiss cheese	3-3/4 lbs	1 gal
Wheat bread flour	3-1/3 lbs	2 qt 3 cups
Nonfat dry milk	1-1/4 oz	1/2 cup
Salt	3/8 oz	1/3 tsp
Granulated sugar	1-3/4 oz	1/4 cup 1/3 tbsp
Baking soda	5/8 oz	1 tbsp
Shortening	7-1/4 oz	1 cup
Nonfat dry milk	11-3/8 oz	1 qt 3/4 cup
Warm water	11-1/2 lbs	1 gal 1-1/2 qt
Frozen whole eggs	5 lbs	2 qt 1-3/8 cups
Garlic powder	3/4 oz	2-2/3 tbsp
Ground nutmeg	1/8 oz	1/3 tsp
Ground black pepper	1/3 oz	1 tbsp

Method

1. Lightly spray each steam table pan with non-stick cooking spray. Thaw broccoli. Combine broccoli, onions and cheese. Spread about 2 quarts mixture in each sprayed and floured pan.
2. Combine flour, milk, salt, sugar and soda in mixer bowl.
3. Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
4. Reconstitute milk.
5. Add eggs, nutmeg and black pepper to milk; blend in garlic powder.
6. Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
7. Pour about 9-1/2 cups of batter over cheese and vegetable mixture in each pan. Stir gently.
8. Using a convection oven, bake at 350°F for 15 minutes on low fan, closed vent; reduce temperature to 325°F; bake an additional 30 minutes or until set and lightly browned. Let stand 10 minutes. Cut 5x5.

CCP: Internal temperature must reach 145°F or higher for 15 seconds. Hold for service at 140°F or higher.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	16 g	12 g	10 g	114 mg	194 mg	242 mg

Portion 4-1/2 ounce **Yield** 100

Source: <http://recipesforacrowd.com/broccoli-quiche>

JAPANESE VEGETABLE STIR FRY

Ingredient	Weight	Measure
Fresh, sliced carrots	7-3/4 lbs	1 gal 2-7/8 qt
Fresh, sliced onions	2 lbs	1 qt 3-7/8 cups
Soy sauce	1-3/4 lbs	2-3/4 cups
Canned, unsweetened pineapple juice	11-3/4 oz	1-3/8 cups
Distilled vinegar	1-3/4 oz	3-1/3 tbsp
Lemon juice	1-1/8 oz	2 tbsp
Packed brown sugar	3-7/8 oz	3/4 cup
Fresh, grated onions	1-7/8 oz	1/4 cup 1-2/3 tbsp
Ground ginger	1/2 oz	2-1/3 tbsp
Garlic powder	1/8 oz	1/8 tsp
Water	14-5/8 oz	1-3/4 cups
Cornstarch	7/8 oz	3 tbsp
Canola oil	7-2/3 oz	1 cup
Frozen, cut broccoli	16-1/2 lbs	3 gal
Frozen, whole green beans	4-3/8 lbs	1 gal
Fresh, chopped onions	1-3/4 lbs	1 qt 1 cup

Method

1. Wash and trim fresh vegetables.
2. Combine soy sauce, pineapple juice, vinegar, and lemon juice.
3. Add brown sugar, minced onions, ginger, and garlic to soy sauce mixture. Mix until well blended. Bring to a boil, reduce heat, simmer 1 minute.
4. Blend cornstarch with water to make a smooth paste. Slowly add paste to soy sauce mixture stirring constantly, simmer 5 minutes or until lightly thickened. Remove from heat.
5. Stir-fry vegetables in 50 portion batches in salad oil as follows: Carrots, 3 minutes; add green beans and onions, 2 minutes; add broccoli, 2 minutes. Do not overcook.
6. Pour approximately 3-1/2 cups of sauce over each batch of vegetables and garnish with 1 quart of green onions. *CCP: Hold at 140°F or higher for service.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
81 cal	13 g	4 g	2 g	0 mg	475 mg	63 mg

Portion 3/4 cup **Yield** 100

Source: <http://recipesforacrowd.com/japanese-vegetable-stir-fry>

POULTRY & FISH DISHES

O God, we give thanks for our bodies. We thank you for muscle, bone and blood; for each strength, each unique shape, each intricate organ. As we eat this week, open our mouths to the aromas, the textures, the tastes of nourishing food. Shape our appetites to fit the needs of our bodies. **Amen.**

CHICKEN TACOS

Ingredient	Amount	Measure
Vegetable oil	2-1/2 fl oz	1/4 cup 3/4 T
Onion (peeled, medium dice)	6-1/2 lbs 2 oz	1 gal 3/4 qt 1/4 cup
Garlic	2-1/4 oz	1/2 cup 1-1/2 T 1/4 t
Chile powder	1/4 lb 1-1/4 oz	1 cup 3-1/4 T
Crushed red pepper	1 oz	1/4 cup 3 T 1/2 t
Salt	1-3/4 oz	3 T
Chicken, diced, USDA	15 lbs 3/4 oz	
Water	24 fl oz	3/4 qt 1/2 t
Corn tortilla (6 inch)		200 ea

Warning: Cooking method outlined below is for **166 servings** and could differ when scaled

Method

1. Sweat the onions and garlic in oil over medium high heat until translucent.
2. Combine all spices and add to onion mixture.
3. Add chicken and water.
4. Cook until mixture reaches 165°F.
5. Heat the tortillas in clean damp towels in a medium oven for ten minutes: wet the towels and squeeze out the water as much as possible.
6. Place stacks of tortillas, about 24 to a stack, in the towels and place on a sheet pan in a 350°F oven.
7. Remove tortillas from the towels and hold in a covered hotel pan on the hot line.
8. Place 2 oz of chicken filling in each tortilla.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
210 cal	26 g	19 g	4 g	35 mg	560 mg	60 mg

Portion 150 grams **Yield** 166 servings

Source: <http://www.thelunchbox.org/content/menus-recipes/recipes/recipe.aspx?recipeid=28>

OVEN FRIED FISH

Ingredient	Amount	Measure
Fish Fillets	25 lbs	
Buttermilk	96 fl oz	3/4 gal
Ground black pepper	2 oz	1/4 cup
Japanese Panko bread crumbs	1-1/4 lbs	1-3/4 qt
All-Purpose Flour	3-3/4 lbs	3/4 gal 1 cup
Yellow Corn Meal	1-1/4 lbs	1-1/2 qt
Chile Powder	1/4 lb	1 cup
Paprika	2 oz	1/2 cup

Method

1. Thaw fish filets under refrigeration for 2 days prior to cooking.
2. Soak fish in buttermilk, and pepper for 30 minutes.
3. Combine all remaining ingredients in a large hotel pan or tub.
4. Remove fish from buttermilk and roll in flour mixture, making sure to completely coat the fish.
5. Place fish on parchment lined sheet pans and refrigerate for up to 3 hours before cooking.
6. Bake in a 425°F oven until browned and internal temperature reaches 145° (approx. 15 minutes).
7. If while cooking coating doesn't crisp or looks too floury, use a spray bottle to moisten it with water and continue cooking.
8. Hold hot for service.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
250 cal	25 g	26 g	5 g	55 mg	434 mg	100 mg

Portion 4 ounces **Yield** 100

Source: <http://www.thelunchbox.org/content/menus-recipes/recipes/recipe.aspx?recipeid=54>

MEAT DISHES

A RESPONSIVE PRAYER

Leader: *For the gift of life and a place at the banquet of life,*

Response: *Let us always be thankful!*

Leader: *For America's heritage of land and abundant resources,*

Response: *Let us always be thankful!*

Leader: *For the bread on our tables and the bread on our altars which sustains our life,*

Response: *Let us always be thankful!*

Leader: *For our families and the security their love gives us,*

Response: *Let us always be thankful!*

Leader: *For the blessings of a bountiful harvest and economic security,*

Response: *Let us always be thankful!*

Leader: *For the prophets and peacemakers everywhere in the world,*

Response: *Let us always be thankful!*

MEATBALL STROGANOFF

Ingredient	Weight	Measure
Sliced, white stale bread	2-3/4 lbs	2 gal 7/8 qt
Nonfat dry milk	3 oz	1-1/4 cup
Warm water	2 lbs	3-3/4 cup
Frozen whole eggs	8-5/8 oz	1 cup
Chopped, fresh parsley	1-5/8 oz	3/4 cup
Ground black pepper	1/2 oz	2 tbsp
Ground thyme	1/8 oz	1 tbsp
Ground red pepper	1/8 oz	1/3 tsp
Garlic powder	1/8 oz	1/8 tsp
Lean ground beef	20 lbs	
Fresh, chopped onions	11-1/4 oz	2 cup
General purpose wheat flour	1-1/8 lbs	1 qt
Water	3-1/8 lbs	1 qt 2 cup
Beef broth	1 gal 1-1/2 qt	
Ground paprika	1 oz	1/4 cup 1/3 tbsp
Ground black pepper	1/8 oz	1/4 tsp
Canned mushrooms, stems and pieces, including liquids	3-1/2 lbs	2 qt 2-1/8 cup
Low fat sour cream	3 lbs	1 qt 2 cup

Method

1. Reconstitute milk.
2. Blend in eggs, milk, parsley, black pepper, thyme, red pepper, and garlic powder.
3. Place bread in mixer; mix at medium speed 5 minutes or until coarse crumbs are formed. Pour milk mixture over bread in mixer; mix lightly at low speed 1/2 minute; let stand 10 minutes.
4. Add beef and onions to bread mixture. Mix at low speed 1 minute. Do not over mix.
5. Shape into 300 balls weighing 1-1/3 ounce each; place 100 meat balls on each sheet pan.
6. Using a convection oven, bake at 350°F for 8 to 10 minutes on high fan, closed vent or until browned.
7. Combine flour and water, stirring until smooth.
8. Prepare broth according to package directions. Bring to a boil, reduce heat; gradually add flour mixture stirring constantly. Add paprika and pepper. Return to a boil; reduce heat; simmer 5 to 10 minutes or until thickened.
9. Add mushrooms. Stir well. Turn off heat. Remove 1 quart sauce. Stir into sour cream until smooth; combine with remaining sauce; stir until smooth.
10. Place 100 meatballs in each steam table pan. Pour 3 quarts sauce over beef balls in each pan. Cover.
11. Using a convection oven, bake at 300°F for 15 minutes on high fan, closed vent. *CCP: Internal temperature must reach 155°F or higher for 15 seconds. Hold for service at 140°F or higher.*

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
268 cal	13 g	23 g	13 g	87 mg	530 mg	59 mg

Portion 3-1/2 ounces **Yield** 100

Source: <http://recipesforacrowd.com/beef-balls-stroganoff>

MEATLOAF

Ingredient	Amount	Measure
Japanese Panko breadcrumbs	1/2 lbs 0.75 oz	3/4 qt 1/4 cup 1-1/4 T
Whole milk	35-1/2 fl oz	1 qt 1/4 cup 3 T
Large eggs	1/2 lbs 3/4 oz	1 cup 1-3/4 T
Grated Parmesan cheese	1/2 lbs 3 oz	1/2 qt 1/2 cup
Black pepper, ground	1/4 oz	2 T 1/2 t
Ground beef (80/20)	13-3/4 lbs 2 oz	
Garlic	1 oz	1/4 cup 1/4 T 1/2 t
Onion (peeled, finely chopped)	1-1/4 lbs 1 oz	1/2 qt 1/2 cup
Kosher salt	2-1/2 oz	1/4 cup 1/4 T 1/2 t
Carrot (finely chopped/grated)	1-1/4 lbs 1 oz	1 qt 1/4 cup 3 T

Warning: Cooking method outlined below is for **90 servings** and could differ when scaled

Method

1. Combine all ingredients and mix well. This can be done in a mixer with the paddle attachment on low speed.
2. Measure mixture into 5# loaves and place on parchment lined sheet pans, 2 per pan.
3. Cook in a 350°F oven until internal temp reaches 160°F.
4. Cool.
5. Slice into 2 oz portions (each 5# loaf will yield 25 2oz slices).
6. Portion into 2-inch hotel pans.
7. Reheat, covered, in a 350°F oven to an internal temp of 165°F.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
200 cal	6 g	13 g	14 g	60 mg	400 mg	80 mg

Portion 101 grams **Yield** 90 servings

Source: <http://www.thelunchbox.org/content/menus-recipes/recipes/recipe.aspx?recipeid=50>

MUFFINS & BREADS

OUR DAILY BREAD

Generous, loving God,

We ask you to give us today our daily bread.

Creator of the world,

Give us today our daily bread.

As we store the crops,

And fill the barns,

Stack the shelves,

Pile high the tins,

And wander the aisles,

Of supermarket choice,

Show us how to see the world

Through the eyes of the hungry.

Teach us how to share with all

Our daily bread.

We ask this in the name of Jesus,

*Who taught us how to pray, **Amen.***

From the Catholic Agency for Overseas Development, "Our Daily Bread,"
www.cafod.org.uk/resources/worship/liturgies_and_services/parish_liturgies/our_daily_bread

CRANBERRY-BRAN-MUFFINS

Ingredient	Weight	Measure
Sweetened, canned applesauce	5-1/4 lbs	2 qt 1-3/8 cup
Water	2-1/8 lbs	1 qt
Bulk All Bran Cereal	1-7/8 lbs	2 qt 2 cup
General purpose wheat flour	3-5/8 lbs	3 qt 1 cup
Granulated sugar	2-1/4 lbs	1 qt 1 cup
Baking powder	4-3/8 oz	1/2 cup 1 tbsp
Salt	3/4 oz	1 tbsp
Ground cinnamon	1/2 oz	2 tbsp
Ground nutmeg	1/8 oz	1/3 tsp
Frozen whole eggs	8-5/8 oz	1 cup
Frozen, thawed egg whites	8-1/2 oz	1 cup
Salad oil	9-5/8 oz	1-1/4 cup
Fresh cranberries	1-3/4 lbs	2 qt 3/8 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp

Method

1. Mix applesauce with water; add to bran. Let stand for 5 minutes.
2. Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
3. Add bran/applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds. DO NOT OVER MIX. Fold cranberries into batter.
4. Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
5. Bake 25 to 30 minutes at 400°F or until lightly browned.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
177 cal	35 g	3 g	4 g	10 mg	239 mg	111 mg

Portion 1 muffin **Yield** 100

Source: <http://recipesforacrowd.com/cranberry-bran-muffins>

BANANA MUFFINS

Ingredient	Weight	Measure
General purpose wheat flour	5 lbs	1 gal 1/2 qt
Granulated sugar	2-1/2 lbs	1 qt 1-5/8 cup
Nonfat dry milk	3-5/8 oz	1-1/2 cup
Baking powder	3-7/8 oz	1/2 cup
Salt	5/8 oz	1 tbsp
Warm water	3-2/3 lbs	1 qt 3 cup
Frozen, whole eggs	1-3/4 lbs	3-1/4 cup
Unsweetened, canned applesauce	1-5/8 lbs	3 cup
Salad oil	11-1/2 oz	1-1/2 cup
Fresh, mashed banana	2 lbs	1 qt
Nonstick cooking spray	1-1/2 oz	3 tbsp

Method

1. In mixer bowl sift together flour, sugar, milk, baking powder and salt.
2. Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
3. Add mashed bananas to batter; mix at low speed another 15 seconds until blended.
4. Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
5. Using a convection oven, bake at 350°F 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan.
6. Remove muffins from oven and let cool.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	32 g	4 g	5 g	34 mg	204 mg	87 mg

Portion 1 muffin **Yield** 100

Source: <http://recipesforacrowd.com/banana-muffins>

CORN BREAD

Ingredient	Weight	Measure
General purpose wheat flour	3-7/8 lbs	3 qt 2 cup
Corn meal	3-2/3 lbs	3 qt
Nonfat dry milk	6 oz	2-1/2 cup
Granulated sugar	7 oz	1 cup
Baking powder	5-7/8 oz	3/4 cup
Salt	1-1/2 oz	2-1/3 tbsp
Frozen, whole eggs	1-1/2 lbs	2-7/8 cup
Water	7-7/8 lbs	3 qt 3 cup
Salad oil	1-1/2 lbs	3 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp

Method

1. Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
2. Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
3. Add oil; mix at medium speed until blended.
4. Lightly spray each pan with non-stick cooking spray. Pour 1 gallon of batter into each pan.
5. Using a convection oven, bake at 375°F for 20 minutes or until done on low fan, open vent.
6. Cool; cut into 6 x 9 pieces.

Notes

1. In step 1, omit sugar if southern-style cornbread is desired.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	30 g	5 g	8 g	30 mg	359 mg	127 mg

Portion 1 piece **Yield** 100

Source: <http://recipesforacrowd.com/corn-bread>

OATMEAL BREAD

Ingredient	Weight	Measure
Active dry yeast	5-1/8 oz	3/4 cup
Warm water	1-1/3 lbs	2-1/2 cup
Cold water	3-7/8 lbs	1 qt 3-1/2 cup
Granulated sugar	8 oz	1-1/8 cup
Nonfat dry milk	2-2/3 oz	1-1/8 cup
Salt	1-7/8 oz	3 tbsp
Wheat bread flour	8-1/2 lbs	1 gal 3 qt
Shortening	7-1/4 oz	1 cup
Rolled oatmeal cereal	2 lbs	1 qt 1-5/8 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp

Method

1. Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110°F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 4.
2. Place water, sugar, milk, and salt in mixer bowl; blend thoroughly with a wire whip.
3. Add flour. Using dough hook, mix at low speed 1 minute or until all flour is incorporated into liquid.
4. Add yeast solution; mix at low speed 1 minute.
5. Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be 78°F to 82°F.
6. Add oats; mix at low speed 2 minutes. Mix at medium speed 1 minute.
7. FERMENT: Cover. Set in warm place (80° F.), 1 hour and 45 minutes or until double in bulk.
8. PUNCH: Fold sides into center and turn dough completely over. Let rest 15 minutes.
9. MAKE UP: Scale into 8 1-3/4 pound pieces; shape each piece into a smooth ball; let rest 10 minutes. Mold each piece into an oblong loaf; place each loaf seam-side down into a pan sprayed with non-stick cooking spray.
10. PROOF: At 90°F to 100°F for about 45 minutes or until double in bulk.
11. Bake 45 to 50 minutes in 375°F oven or in 325°F convection oven for 30 minutes on high fan, open vent, or until done.
12. When cool, slice 25 slices, about 1/2-inch thick per loaf.

Notes

1. If using 9x4-1/2x2-3/4-inch bread pans, scale into 10 1-3/8 pound pieces; proof at 90°F to 100°F for 30 minutes or until double in bulk.
2. Slice 20 slices, about 1/2-inch thick per loaf.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
211 cal	37 g	7 g	4 g	0 mg	216 mg	21 mg

Portion 2 slices **Yield** 100

Source: <http://recipesforacrowd.com/oatmeal-bread>

CAKES & COOKIES

Generous God, you have blessed us with the resources to share the good news of your love for all creation. We dedicate these gifts and pray that they may bring healing, wholeness, and hope to the world, that future generations may also know your graciousness and love.
Amen.

QUICK APPLE COFFEE CAKE (BISCUIT MIX)

Ingredient	Weight	Measure
Granulated sugar	1 lb	2-1/4 cup
Ground cinnamon	1 oz	1/4 cup 1/3 tbsp
Ground nutmeg	1/8 oz	1/3 tsp
Biscuit mix	6-3/4 lbs	1 gal 2-3/8 qt
Granulated sugar	1-1/2 lbs	3-1/2 cup
Nonfat dry milk	3-5/8 oz	1-1/2 cup
Water	3-1/8 lbs	1 qt 2 cup
Vanilla extract	7/8 oz	2 tbsp
Frozen, whole eggs	1-1/4 lbs	2-1/4 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp
Sliced, drained canned apples	6-3/4 lbs	3 qt 1-5/8 cup

Method

1. TOPPING: Combine sugar, cinnamon & nutmeg. Set aside for steps 6 & 8.
2. Cake: In mixer bowl, combine biscuit mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
3. Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed for 2 minutes.
4. Scrape down sides and bottom of mixer bowl; continue to mix at low speed an additional 1 minute. DO NOT OVERMIX.
5. Lightly spray each pan with non-stick cooking spray. Pour 3-1/2 quarts of batter into each floured pan. Spread batter evenly.
6. Sprinkle 1/2 cup of topping over batter in each pan.
7. Arrange 3 pounds of apple slices evenly over batter & topping in each pan.
8. Sprinkle 3/4 cup of sugar mixture over apple slices in each pan.
9. Using a convection oven, bake 30 minutes at 325°F on low fan, open vent.
10. Remove cakes from oven and let cool. Cut 6 by 9.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
214 cal	37 g	4 g	6 g	24 mg	405 mg	76 mg

Portion 1 piece **Yield** 100

Source: <http://recipesforacrowd.com/quick-apple-coffee-cake-biscuit-mix>

ABRACADABRA BARS

Ingredient	Weight	Measure
General purpose wheat flour	4-1/2 lbs	1 gal 1/8 qt
Baking soda	1-1/3 oz	2-2/3 tbsp
Salt	7/8 oz	1 tbsp
Ground cinnamon	1/3 oz	1 tbsp
Ground nutmeg	1/4 oz	3/8 tsp
Ground cloves	1/4 oz	3/8 tsp
Ground ginger	1/8 oz	3/8 tsp
Canned sweet potatoes with syrup	4-7/8 lbs	2 qt 1-3/4 cup
Granulated sugar	3-1/3 lbs	1 qt 3-1/2 cup
Shortening	12-2/3 oz	1-3/4 cup
Vanilla extract	2-1/2 oz	1/4 cup 1-2/3 tbsp
Raisins	1-7/8 lbs	1 qt 2 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp

Method

1. Combine flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
2. Drain sweet potatoes, mash and set aside. Cream sugar and shortening. Add sweet potatoes and vanilla to the creamed sugar and shortening, beat on medium speed 1 minute; scrape down bowl. Beat with paddle on high speed 1 minute or until light and fluffy. Scrape down bowl.
3. Gradually add dry ingredients to sweet potato mixture, while mixing on low speed 1 minute. Scrape down bowl; mix on medium speed 30 seconds or until just blended.
4. Fold in raisins at low speed 30 seconds.
5. Spray sheet pans very lightly with non-stick cooking spray. Using a rolling pin, spread 7 pounds 5 ounces mixture evenly in each pan.
6. Using a convection oven, bake at 325°F for 16 to 18 minutes until bars are lightly browned on low fan open vent. Cool. Cut into bars - 6 x 18.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	42 g	3 g	4 g	0 mg	205 mg	13 mg

Portion 2 bars **Yield** 100

Source: <http://recipesforacrowd.com/abracadabra-bars>

CHEWY NUT BARS

Ingredient	Weight	Measure
General purpose wheat flour	1-7/8 lbs	1 qt 3 cups
Baking powder	1-1/8 oz	2-1/3 tbsp
Salt	1 oz	1 tbsp
Frozen whole eggs	3-1/4 lbs	1 qt 2 cups
Packed brown sugar	3-1/2 lbs	2 qt 2-3/4 cups
Vanilla extract	7/8 oz	2 tbsp
Chopped shelled walnuts	3-2/3 lbs	3 qt 2 cup
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp

Method

1. Sift together flour, baking powder and salt. Set aside for use in Step 3.
2. Place brown sugar, eggs, and vanilla in mixer bowl. Beat at low speed for 1 minute, then at medium speed for 2 to 3 minutes or until smooth.
3. Add flour mixture; mix at low speed for 1 minute or until well blended.
4. Add nuts; mix for 1 minute at low speed.
5. Lightly spray each pan with non-stick cooking spray. Spread about 3-1/4 quarts batter into sprayed pans.
6. Using a convection oven, bake at 325°F for 20 minutes or until done on low fan, open vent.
7. Cook; cut 6 x 18.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	25 g	5 g	12 g	63 mg	178 mg	58 mg

Portion 2 each **Yield** 100

Source: <http://recipesforacrowd.com/chewy-nut-bars>

CHOCOLATE DROP COOKIES

Ingredient	Weight	Measure
Shortening	2-1/2 lbs	1 qt 1-1/2 cup
Frozen, beaten whole eggs	1 lbs	1-7/8 cup
Water	2-1/8 lbs	1 qt
Packed brown sugar	2-3/4 lbs	2 qt 1/2 cup
Nonfat dry milk	1-3/4 oz	3/4 cup
General purpose wheat flour	4-3/8 lbs	1 gal
Baking soda	2/3 oz	1 tbsp
Salt	7/8 oz	1 tbsp
Cocoa	12-1/8 oz	1 qt
Vanilla extract	1-7/8 oz	1/4 cup 1/3 tbsp
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp

Method

1. Place ingredients in mixer bowl in order listed. Mix at low speed 1 to 2 minutes or until thoroughly blended. Scrape down bowl once during mixing.
2. Lightly spray each pan with non-stick cooking spray. Drop about 2 tablespoons dough in rows, 4 x 6, on sprayed sheet pans.
3. Using a convection oven, bake at 325°F for 12 minutes or until done on low fan, open vent.
4. Loosen cookies from pans while still warm.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
241 cal	30 g	4 g	13 g	20 mg	158 mg	27 mg

Portion 2 cookies **Yield** 100

Source: <http://recipesforacrowd.com/chocolate-drop-cookies>

CHOCO-LITE CAKE

Ingredient	Weight	Measure
Canned unsweetened applesauce	3 lbs	1 qt 1-1/2 cup
Frozen thawed egg whites	2-7/8 lbs	1 qt 1-1/2 cup
Nonfat vanilla yogurt	1-1/8 lbs	3 cup
Water	12-1/2 oz	1-1/2 cup
Melted, unsweetened cooking chocolate	5-7/8 oz	1-1/4 cup
Vanilla extract	7/8 oz	2 tbsp
Granulated sugar	4-5/8 lbs	2 qt 2-1/2 cup
General purpose wheat flour	3-5/8 lbs	3 qt 1 cup
Cocoa	12-1/8 oz	1 qt
Cornstarch	9 oz	2 cup
Nonfat dry milk	4 oz	1-5/8 cup
Baking powder	2-5/8 oz	1/4 cup 1-2/3 tbsp
Ground cinnamon	1 oz	1/4 cup 1/3 tbsp
Salt	5/8 oz	1 tbsp
Baking soda	2/3 oz	1 tbsp
Nonstick cooking spray	2 oz	1/4 cup 1/3 tbsp
Light corn syrup	8-2/3 oz	3/4 cup
Water	6-1/4 oz	3/4 cup
Sifted, powdered sugar	1-1/4 lbs	1 qt 1/2 cup
Cocoa	3 oz	1 cup

Method

1. Place applesauce, egg whites, yogurt, water, melted chocolate and vanilla in mixer bowl. Mix at low speed 1 minute to blend. Mix at high speed 1 minute.
2. Sift together sugar, flour, cocoa, cornstarch, milk, baking powder, cinnamon, salt, and baking soda.
3. Add dry ingredients to mixer bowl. Mix at low speed 2 minutes. Scrape down bowl. Mix at medium speed 2 minutes or until batter is smooth.
4. Lightly spray pans with non-stick cooking spray. Pour 1 gallon batter into each pan.
5. Using a convection oven bake at 325°F for 20-25 minutes or until done on low fan, open vent.
6. To make glaze, place syrup and water in mixer bowl. Using a wire whip, mix at low speed 1 minute.
7. Sift sugar and cocoa together.
8. Add to syrup and water mixture. Mix at low speed 1 minute; scrape bowl. Mix at high speed 2 minutes.
9. Spread 1-1/2 cups chocolate glaze over each warm cake. Cool. Cut 6 by 9.

Nutrition

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	50 g	5 g	2 g	0 mg	234 mg	78 mg

Portion 1 piece **Yield** 100

Source: <http://recipesforacrowd.com/choco-lite-cake>