

# WHOLE GRAIN RECIPES FOR FOODSERVICE

2012 EDITION



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Thank yous and acknowledgements

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**About the Recipes**

Frequently, schools, restaurants and other friends in the foodservice industry ask us for large-capacity recipes to help them serve more whole grains. While we have an extensive collection of recipes on the Whole Grains Council website, they are predominantly on a smaller scale for the home cook.

We could think of no better way to boost our large-scale recipe collection than to ask entrants in the 2011 Whole Grains Challenge to submit their favorites to us. In they came—dozens of them—from commercial foodservice companies serving thousands of people a day, to school districts with ten schools, on down to neighborhood bistros serving three dozen diners a night. Whatever the size of your foodservice operation, we invite you to use your expertise and creativity to scale these recipes up or down to meet your needs for delicious whole grain dishes.

**Basic Cooking Chart for Whole Grains**

Many of the recipes included in this booklet call for grains that have been cooked. Follow package instructions or use this basic cooking chart for guidance.

Measure grain and liquid according to the ratio on chart (e.g. for brown rice use 2 ½ cups water for each cup of grain). Place both in a saucepan and bring to a boil over high heat. Cover, reduce heat to low and simmer until tender. Check for tenderness after shortest amount of time on chart. If the grains are not as soft as you like them, cover and continue to cook another 5 to 10 minutes, adding more liquid if needed. If the grains are tender, remove from heat and drain any water that remains.

Cooked, cooled grains can be stored in a tightly covered container for up to 5 days in the refrigerator or up to three months in your freezer.

Grains	Water: Grain Ratio	Time
Amaranth	2:1	20-25 min
Barley, hulled	3:1	45-60 min
Brown rice	2.5:1	25-45 min
Buckwheat	2:1	20 min
Bulgur	2:1	10-15 min
Farro*	3:1	30-45 min
Kamut*	4:1	45-60 min
Oats, steel-cut	4:1	20 min
Millet	2.5:1	25-35 min
Quinoa	2:1	12-15 min
Rye berries*	4:1	45-60 min
Sorghum	4:1	25-40 min
Spelt*	2:1	45-60 min
Triticale	3:1	90-105 min
Wheat berries*	4:1	45-60 min
Wild rice	3:1	45-55 min

\*Grains should be soaked overnight prior to cooking.

## About the Whole Grains Council

The Whole Grains Council (WGC), an Oldways program, has been working since 2003 to increase consumption of whole grains for better health. In 2005, the Whole Grain Stamp was introduced and as of April 2012 the Stamp could be found on 6,900 products in 41 countries.



The WGC's many initiatives help consumers to find whole grain foods and understand their health benefits; help manufacturers and restaurants to create delicious whole grain foods; and help the media to write accurate, compelling stories about whole grains.

Learn more at <http://www.wholegrainscouncil.org>.

## About Oldways

Founded in 1990, Oldways is a nonprofit food and nutrition education organization, with a mission to guide people to good health through heritage, using practical and positive programs grounded in science and tradition. Collaborating with international experts including scientists, health care professionals, chefs, historians, food producers and food writers, Oldways inspires people everywhere to change the way they eat.

The Oldways' website, [www.oldwayspt.org](http://www.oldwayspt.org), offers a wealth of resources to help restaurants and foodservice operators serve and celebrate healthy, delicious foods. Here are just a few examples:

- **Heritage Pyramids** – our five “Health through Heritage” pyramids (Mediterranean, Latin-American, Asian, African Heritage, and Vegetarian) can offer delicious inspiration to your staff or your diners.
- **Health Studies** – our searchable database of health studies can help you understand how serving healthier food can make a big difference.
- **Culinary Travel** – Each year Oldways travels to some corner of the globe to explore its culinary traditions. Join us for new perspectives that will inspire your food preparation for years to come.

Join the conversation with Oldways on Twitter and Facebook.

## BREAKFAST INSPIRATIONS & BREADS



## Hot Multigrain Cereal with Blueberries & Bananas

*Submitted by Maine School of Science and Math, Maine*

Yield: 20 – ½ cup servings

2 cups oatmeal  
 2 cups multigrain blend  
 2 quarts water (or substitute almond milk or coconut water)  
 2 cups dried fruit (optional)  
 2 cups blueberries  
 ½ cup pure maple syrup  
 Banana for garnish

1. Bring liquid to a boil, add dry ingredients, stir and bring back to a boil. Remove from heat.
2. Let rest for 10-15 minutes, then add blueberries, syrup, and garnish with banana.

## Cran-Orange Sunrise Porridge with Toasted Almonds

*Submitted by Johnson & Johnson, Pennsylvania*

Yield: 32 – half-cup servings

2 lbs multigrain pilaf blend (such as Sunrise Blend with quinoa flakes), cooked and cooled  
 1 qt soy milk  
 ⅓ cup honey  
 1 ½ cups dried cranberries  
 1 scant tsp orange zest  
 Garnish: 1 cup sliced almonds

1. Combine cooked grain with soy milk, honey, cranberries and orange zest. Mix well.
2. Adjust sweetness to taste. Garnish with toasted almonds before serving.

## Quinoa Blueberry Cereal

*Submitted by Lycee Francais de New York, New York*

Yield: 16 – one and one quarter cup servings

4 cans of 14 oz. condensed milk  
 4 cans of evaporated milk  
 1 quart ½ and ½  
 4 cups organic quinoa  
 1 tsp cinnamon  
 2 + 2/3 tbs vanilla extract  
 4 cups fresh blueberries

1. Bring water to a rolling boil.
2. Add organic quinoa, stir frequently.
3. When quinoa is tender, remove and add to blender with remaining ingredients (excluding blueberries).
4. Serve chilled or heated in 9 oz. tumbler; add blueberries for garnish.

## Sweet Couscous

*Submitted by Charlotte Prep School, North Carolina*

Yield: 40 – ½ cup servings

6 cups whole wheat couscous  
 1 cup dried cranberries  
 1 cup dried blueberries  
 1 cup dried cherries  
 1 cup golden raisins  
 cinnamon, nutmeg, clove and allspice  
 salt and pepper

1. In a large bowl, coming first five ingredients.
2. Add enough hot water to cover the mixture.
3. Cover the bowl tightly in plastic wrap, until the water is absorbed.
4. Remove wrap and add seasoning to taste.
5. Serve with a smile!

## Whole Wheat French Toast

Submitted by The German School, New York

Yield: 12 – 2 slice servings

2 cups egg substitute  
 ¾ cup skim milk  
 1 tsp ground cinnamon  
 ¼ cup sugar  
 ½ tsp vanilla extract  
 24 slices whole wheat bread  
 Vegetable oil spray, as needed  
 3 cups maple syrup  
 fresh fruit to garnish

1. Combine first 5 ingredients and mix well.
2. Lightly spray a griddle with vegetable oil spray.
3. Dip the bread in the batter.
4. Grill the French toast until well browned on both sides.
5. Serve with maple syrup and fruit.

## Whole Wheat Breadsticks

Submitted by Cypress Fairbanks, Texas

Yield: 32 bread sticks

2 tbsp. instant yeast  
 ⅓ cup warm water  
 1 ¾ cup whole wheat bread mix  
 1 ½ cups all-purpose flour  
 ⅓ cup granulated sugar  
 1 ½ tbsp dry milk  
 1 ½ tbsp granulated garlic  
 1 tbsp salt  
 ¾ cup liquid egg substitute  
 ½ cup oil  
 1 cup cold water

1. Dissolve dry yeast in warm water and let stand for 4-5 minutes.
2. Place all dry ingredients in mixer bowl. Using dough hook, blend on low speed for approximately 2 minutes.
3. Add liquids and mix on low speed for 1 minute.
4. Remove from the bowl and onto a lightly floured surface. Knead the dough for about 10 minutes or until you can gently press on the dough with two fingers and have the indentations stay.
5. Divide the dough into 32 equal pieces. Roll the pieces out until they are about an inch around. Place breadsticks on lightly greased sheet pans.
6. Preheat the oven to 400°F and let the breadsticks rest while the oven preheats.
7. Bake for 20-25 minutes. Check after 15 minutes. Remove from the cookie sheet and let cook on a wire rack for a few minutes.

## Whole Wheat Bread

Submitted by Middlesex School, Massachusetts

Yield: 8 loaves

6 oz. water  
 2 oz. yeast  
 1 ¾ cup molasses  
 10 lbs whole wheat flour  
 9 oz. sugar  
 2 oz. salt  
 3 ½ cups canola oil  
 egg wash  
 rolled oats

1. Mix most of the water and the yeast.
2. Whisk rest of water with the molasses to thin it to a syrup like consistency.
3. Mix together the rest of the ingredients.
4. Add molasses mixture. Add yeast and water.
5. Let the dough rise until it doubles in size, knock down and shape into loaves.
6. Let rise a second time and slit tops, brush with a little egg wash and sprinkle tops with rolled oats.
7. Bake at 400° for 10 minutes. Turn down to 350° and bake for another 20-25 minutes.

## Walnut Apricot Baked Bean Bread

Submitted by Coloma Community Schools, Michigan

Yield: 2 – 2 loaves

¼ tsp allspice	1 cup baked beans
1 cup orange juice	2 cups wheat flour
2 tbsp sugar (can substitute honey or brown sugar)	1 cup bread flour
1 cup apricots, diced	1 tsp cinnamon, ground
2 cups sugar	¼ tsp nutmeg
3 eggs	½ tsp baking powder
1 cup vegetable oil	1 tsp baking soda
1 tbsp vanilla	¼ cup rolled oats
1 tsp molasses	¾ cup walnuts, chopped

1. In a sauce pan, combine allspice, orange juice, 2 tbsp sugar and apricots. Bring to a boil and set aside.
2. In a food processor, blend together the sugar, eggs, oil, vanilla, molasses and baked beans until smooth.
3. In a large bowl, combine the remaining dry ingredients until well incorporated.
4. Drain apricots and dust with flour.
5. Add apricots to baked bean mixture and fold this mixture into dry ingredients.
6. Spoon approximately 4 cups of batter into each greased loaf pan.
7. Bake at 325° for 50-60 minutes or until center is done.



## Anadama Bread

Submitted by Ethical Culture Fieldston Schools, New York

Yield: 2 – 2 lb loaves

½ cup stone ground yellow cornmeal

1 cup cold water

1 cup boiling water

3 tbsp. butter

½ cup molasses

1 tbsp active dry yeast

½ cup warm water

2 tsp salt

3 cups stone ground whole wheat flour

3 cups unbleached white flour

1. Combine cornmeal, ½ cup cold water in saucepan and mix well. Add 1 cup boiling water and stir. Cook over medium heat to boil. Add butter, molasses and remaining ½ cup cold water to cook mixture.
2. Combine yeast, warm water, a bit of flour and whisk together. Let stand 5 minutes. Add to cooled cornmeal mix. Stir in salt and flour and knead to produce smooth, non-sticky dough.
3. Put dough in an oiled bowl and turn over dough to coat with oil. Cover bowl and let rise to double. Punch dough down, divide in two and shape for loaf pans. Let rise again to double and bake at 375° for 55 minutes or until done. Loaves should sound hollow when tapped on the bottom, when done. Remove from pans and cool on a rack.

## COLD WHOLE GRAIN SIDES & SALADS



## Wheatberry & Apple Salad

Submitted by Wilson College, Maryland

Yield: 38 – ¼ cup servings

2 cups wheat berries  
 2 Granny Smith apples, diced  
 1 cup raisins  
 1 cup flat leaf parsley, chiffonade  
 ¼ cup apple cider vinegar  
 ¼ cup apple juice  
 1 tsp Kosher salt  
 1 tsp fresh cracked black pepper  
 ½ tsp ground nutmeg  
 ½ tsp ground cinnamon  
 ⅓ cup extra virgin olive oil  
 2 tbsp lemon juice

1. Soak wheat berries in water overnight, with enough water to cover by a couple of inches.
2. Drain soaking water and rinse wheat berries. In a saucepan, bring 7 cups of water to a boil. Add wheat berries and simmer, uncovered, for about 50 minutes or until cooked (wheat berries retain a firm, chewy texture). Drain water and set aside to cool.
3. Transfer wheat berries to a large mixing bowl and add remaining ingredients. Mix thoroughly and refrigerate for at least 2 hours.

## Roasted Vegetable Brown Rice Salad

Submitted by

Yield: 24 – ½ cup servings

6 plum tomatoes, medium diced  
 1 eggplant, medium diced  
 2 red peppers, medium diced  
 2 yellow squash, medium diced  
 2 zucchini, medium diced  
 2 yellow pepper, medium diced  
 3 carrots, medium diced  
 1 bunch broccoli, cut into florets

**For rice:**  
 2 cups brown rice  
 1 quart water  
 1 onion, diced  
 1 oz. vegetable base, low sodium  
 ¼ bunch cilantro, chopped  
 2 oz. balsamic vinegar

### For marinade:

3 oz. olive oil  
 4 cloves garlic  
 1 tbsp black pepper  
 2 oz. balsamic vinegar

1. Combine all the ingredients for the marinade and blend well. Toss the marinade with the vegetables and roast in a 350°F oven until well browned. Remove and chill.
2. Sweat the onions in a small amount of water, add the rice, water, vegetable base and stir. Cover and bake in a 350°F oven until tender (approximately 35 minutes). Remove, fluff and toss with the vinegar and cilantro, chill.
3. For a composed salad, toss the vegetables with the rice and serve. For a pre-plated salad, attractively arrange the vegetables on a serving plate with the rice, garnish with fresh herbs.

## Red Rice Salad with Apples

Submitted by IT – Raritan – Eurest Dining, New Jersey

Yield: 40 – ½ cups

1 lb brown rice  
 1 lb red rice  
 3 cups diced apples  
 juice from one lemon  
 2 ½ cups dried cranberries  
 2 cups toasted walnuts  
 ½ cup diced red onion  
 2 tbsp chopped mint  
 2 tbsp sliced scallion  
 8 oz. crumbled feta cheese

For vinaigrette:

¾ cup red wine vinegar  
 ¾ cup extra virgin olive oil  
 3 tbsp sugar  
 3 tbsp mustard

1. Cook rice according to package instructions and set aside to cool.
2. Core and dice apples then toss in lemon juice. Drain lemon juice and combine apples with rice.
3. Combine all remaining ingredients (except vinaigrette and cheese) and mix well.
4. Pour vinegar in a nonreactive bowl and slowly drizzle in oil while continuously whisking. Add mustard and sugar, keep whisking until it emulsifies. Add dressing to salad and top with cheese.

## Red Quinoa with Grilled Avocados and Carrot-Ginger Dressing

Submitted by Dalton School, New York

Yield: 100 – ½ cup servings

8 lbs red quinoa, cooked and cooled	For dressing:
50 cups of red and yellow teardrop tomatoes, halved	6 medium carrots, chopped
12 cups diced red onion, roasted	¼ cup chopped peeled fresh ginger
25 avocados, pitted and grilled	2 medium Spanish onions, chopped
1 bunch scallions	6 cups canola oil
1 cup olive oil	4 cups seasoned rice vinegar
salt and pepper to taste	2 cups soy sauce
	¼ cup water, as needed

1. Half and pit avocados. Leave skin on, coat with olive oil and place on a hot grill flesh side down. This will impart a great smoky flavor. Peel and dice.
2. Take scallions, coat with olive oil and place on a hot grill until wilted. Chop.
3. Coat red onion with olive oil and roast in oven until tender.
4. To the cooled quinoa, gently stir in the tomatoes, grilled avocado, grilled scallions and onion.
5. Add carrot ginger dressing and season with salt and pepper; stir gently to combine.

## Quinoa, Wheatberry and Bitter Greens Salad

Submitted by Flik Café @ Merck, New Jersey

Yield: 32 – ½ cup servings

2 cups dry quinoa	10 oz. radicchio
8 oz. minced onion	6 oz. baby spinach
1 quart water	½ oz. tarragon
2 tbsp olive oil	½ oz. Italian parsley
	½ cup tomato juice
7 oz. dry wheatberries	6 oz. fresh tomatoes, chopped fine
1 tbsp olive oil	2 oz. golden raisins
3 cups water	1 tsp Kosher salt
2 each, whole bay leaf	
	2 oz. Asiago cheese
2 tbsp olive oil	⅓ cup + 2 tsp fresh lemon juice
4 oz. green onion	½ oz. grated lemon peel
6 oz. arugula	1 ½ tsp Kosher salt

1. Quinoa: Rinse quinoa in cold water. In sauce pot, on medium high heat, add olive oil and finely diced onion, sauté for 2-3 minutes. Add quinoa, sauté for additional 2-3 minutes, add water, bring to a simmer, cover and cook until the liquid is absorbed. Approximately 10 minutes. Fluff with fork, cool.
2. Wheat berries: In a sauce pot, on medium high heat, add olive oil, and toast wheat berries until a nutty fragrance develops. Approximately 4 minutes. Place in a pot of boiling water with bay leaf and slowly boil for 40 minutes or until wheat berries are tender. Drain and rinse with cold water. Remove the bay leaf.
3. Bitter Greens: Heat a large sauté pan on medium heat, add olive oil. Add green onion and sauté until translucent. Add tomato juice, tomatoes, and golden raisins. Cook for 1 minute. Add all the greens and herbs and gently stir for approximately 2 minutes, until wilted. Season with salt. Cool greens and reserve.
4. In a bowl, combine quinoa, wheat berries and greens. Add lemon juice, zest, remaining salt and Asiago cheese.

## Quinoa Salad with Orange-Cumin Vinaigrette

Submitted by The Emery Weiner Schools, Maryland

Yield: 56 – ½ cup servings

1 ¼ gallons water
6 cups dry quinoa, rinsed
2 cups dried apricots, diced
2 cups raisins
2 cups orange juice
6 shallots, diced
¼ cup chopped parsley
¼ cup chopped cilantro
¼ cup chopped mint
6 tbsp orange zest
1 tbsp cumin
1 tbsp coriander
¼ cup olive oil
12 medium oranges, segmented

1. Bring water to a boil in medium saucepan. Add quinoa, reduce heat to medium-low and simmer 15 minutes or until most of the water is absorbed and the quinoa is tender. Drain and transfer to large bowl. Toss with apricots and raisins.
2. In a separate bowl, mix orange juice, shallots, parsley, cilantro, mint, orange zest, cumin and coriander. Whisk in oil.
3. Pour dressing over quinoa and toss to coat. Garnish with segmented orange slices.

## Classic Macaroni Salad

Submitted by Oklahoma City Public Schools, Oklahoma

Yield: 100 – one cup servings

24 lbs whole grain elbow macaroni, cooked and cooled  
 6 lbs salad dressing (mayonnaise, soybean and safflower oil, with salt)  
 2 quarts shredded carrots  
 7 cups diced celery  
 2 cups chopped onion  
 16 oz. sweet pickle relish  
 4 tsp black pepper  
 4 tbsp dry mustard  
 4 tsp salt  
 2 tbsp paprika

1. Mix cold macaroni with dressing.
2. Add shredded carrots, chopped celery, chopped onions, relish and seasonings. Toss lightly.
3. Garnish with paprika. Cover. Refrigerate until ready to serve.

## Mediterranean Kamut Salad

Submitted by Indian Mountain School, Maryland

Yield: 50 – ½ cup servings

2 quarts kamut, cooked and cooled  
 1 tsp salt  
 ½ tsp ground black pepper  
 3 cups chopped celery  
 2 cups diced red bell pepper  
 2 ½ cups crumbled feta cheese  
 2 cups sliced black olives  
 2 cups chopped parsley  
 1 cup chopped cilantro  
 1 cup olive oil  
 ½ cup balsamic vinegar

1. In a salad bowl, mix together the chilled kamut with the celery, red pepper, feta cheese, olives, parsley, cilantro, oil and vinegar. Adjust seasoning to taste with salt and pepper.
2. Let stand a few minutes and then mix well again to incorporate flavors.

## California Quinoa Salad

*Submitted by St. Peter's Hospital, Montana*

Yield: 25 – ½ cup servings

8 cups cooked quinoa, chilled  
 ½ cup roasted chopped garlic  
 ¾ cup extra virgin olive oil  
 ½ cup lemon juice  
 1 cup cilantro, chopped  
 ½ cup crispy bacon, chopped  
 1 cup blue cheese crumbles  
 2 cups of grape tomatoes, cut into quarters  
 1 cup frozen corn niblets, thawed  
 1 cup canned black beans, rinsed  
 1 cup chopped green onion  
 Salt and pepper to taste

1. Chill cooked quinoa.
2. Chop the cilantro and mix with olive oil, garlic, lemon juice and salt and pepper.
3. Cook and chop bacon. Crumble blue cheese. Cut tomatoes. Rinse and drain beans. Thaw corn and chop onions. Add to the quinoa. Add olive oil dressing and mix.

## Cold Chipotle Salad

*Submitted by Thornton Academy, Maine*

Yield: 12 – ½ cup servings

10 cups whole grain rice blend, cooked and cooled  
 6 chopped chipotle peppers  
 2 tbsp lime juice  
 1 bunch cilantro, chopped  
 1 large red onion, diced  
 4 cups corn kernels  
 2 14-oz. cans black beans, rinsed and drained  
 Salt and pepper to taste

1. Add all ingredients to a bowl, mix and serve.

## Black Barley, Quinoa & Couscous Salad

*Submitted by Noble and Greenough School, Massachusetts*

Yield: 25 – ½ cup servings

8 oz. black barley, cooked and cooled  
 8 oz. quinoa, cooked and cooled  
 8 oz. Israeli couscous, cooked and cooled  
 ½ cup diced red pepper  
 ½ cup diced red onion  
 ½ cup diced and blanched carrots  
 2 tbsp fresh basil, julienned  
 1 tbsp chopped garlic  
 2 tbsp lemon juice  
 ¼ cup white vinegar  
 1 cup canola or olive oil  
 Salt and cracked black pepper to taste

1. Mix grains, couscous, and vegetables together in a bowl.
2. In another bowl, make a vinaigrette by whisking together remaining ingredients.
3. Combine the salad and vinaigrette together and season to taste. Serve by itself or over a bed of mixed greens.

## Cantaloupe, Cucumber & Wheatberry Salad

*Submitted by Woodstock Academy, Connecticut*

Yield: 16 – ½ cup servings

6 large cantaloupes, peeled and diced  
 2 medium red onion, finely diced  
 2 English cucumber, peeled and diced  
 4 cups wheatberries, soaked overnight, cooked and cooled  
 ⅓ cup brown sugar  
 ¼ cup apple cider vinegar  
 Pinch of caraway seeds

1. Combine cantaloupe, onions, cucumber and wheat berries, set aside to let flavors meld.
2. Combine dressing ingredients and mix with salad, chill and serve.

## Red Rice and Mango Salad

Submitted by Easter Maine Community College, Maine

Yield: 32 – half-cup servings

9 cups red rice, cooked  
3 mangos, peeled, pitted and cut into 1/2 inch dice  
9 scallions, thinly sliced on bias  
3 red bell peppers, small dice  
2 Tbsp toasted sesame seeds

### Sesame Ginger Dressing

1 1/2 tsp grated ginger  
3 tsp Dijon mustard  
1 1/2 tsp crushed red pepper  
1 1/2 cup rice wine vinegar  
1 1/2 cup sesame oil  
3 cups canola oil  
4 Tbsp soy sauce  
juice of 2 lemons

1. Combine rice, mangos, scallions, bell peppers and sesame seeds in a large bowl.
2. Dressing: Combine first four dressing ingredients in a medium-sized bowl, then slowly introduce oil into mixture by pouring a thin stream and whisking vigorously until oil is incorporated. Season with salt and white pepper to taste, add fresh lemon and stir in.
3. Slowly mix dressing by hand into the rice and mango mixture until desired amount of dressing has been added. Garnish with thin sliced scallion and toasted sesame seeds.

## Sweet Potato & Wheatberry Salad

Submitted by Charlotte Latin School, North Carolina

Yield: 18 – half-cup servings

1 1/2 lbs sweet potatoes, diced, cooked, and cooled  
1 1/2 lbs wheatberries, cooked and cooled  
1/2 cup diced red onion  
1 1/2 cup raisins  
1 1/2 cup apple cider vinegar  
2 tsp cinnamon  
1/2 tsp ground ginger  
3/4 tsp nutmeg  
1/2 tsp ground cloves  
1/4 cup chopped fresh thyme  
1 cup brown sugar  
3 Tbsp Dijon mustard  
3 cups canola oil  
salt and pepper to taste

1. Mix together the potatoes, wheat berries, red onion and raisins.
2. In a separate bowl, combine vinegar, sugar, mustard, thyme, and spices. Emulsify with canola oil.
3. Combine with rest of ingredients. Salt and pepper to taste.



## Quinoa & Barley Salad

Submitted by Spartanburg Day School, South Carolina

Yield: 16 – half-cup servings

2 cups red quinoa, cooked and cooled  
 2 cups hulled barley, cooked and cooled  
 1 cup diced cucumber  
 1/2 cup diced tomatoes  
 1/4 cup diced red onion  
 1 1/2 tsp salt  
 1 Tbsp coriander  
 1/4 cup lemon juice  
 1/3 cup olive oil

1. Mix grains and vegetables in a large bowl.
2. In a small bowl whisk together salt, coriander, lemon juice and olive oil.
3. Toss salad with dressing and serve chilled.

## Aztec Rice & Dried Fruit

Submitted by Gilman School, Maryland

Yield: 224 - 1/2 cup servings

8 bags Aztec rice blend  
 2 gallons raisins  
 2 gallons dried cranberries  
 2 gallons julliened apricots

### **Basil-Mint Dressing:**

Yield: 1 gallon

1/2 bunch fresh mint, chopped  
 1/2 bunch fresh basil, chopped  
 3 parts olive oil/canola oil blend  
 1 cup honey  
 1 part red wine vinegar  
 3 tbsp minced garlic  
 salt and pepper

1. Combine rice and dried fruits. Steam/cook according to package directions and let chill.
1. Dressing: Mix honey, vinegar and garlic. Slowly drizzle in oil while mixing to incorporate. Season.
2. Toss cooled rice and fruit with dressing and serve. Garnish with additional fruit and fresh herbs.

## Chicken, Pea and Brown Rice Salad

Submitted by National Cathedral School, Washington DC

Yield: 16 – ½ cup servings

5 cups cooked brown rice, cooled  
 3 tsp salt  
 3 cups mayonnaise  
 4 tbsp pimiento, diced  
 ¾ tsp pepper  
 4 cups English peas, blanched  
 4 cups celery, diced  
 4 cups cooked chicken, diced  
 Salad greens  
 Pimiento stuffed olives

1. Combine mayonnaise, pimiento, pepper and salt.
2. Add celery, peas, chicken and cooled rice.
3. Chill for at least 1 hour before serving.
4. Serve on salad greens; garnish with sliced olives.

## Golden Raisin Quinoa Salad

Submitted by Clark Dining Services, Massachusetts

Yield: 16 – ½ cup servings

3 cups quinoa, rinsed  
 3 ¾ cups water  
 2 tbsp vegetable base  
 ½ bunch scallions, sliced very thin on bias  
 ¾ cup golden raisins, chopped  
 1 english cucumber, diced  
 1 bunch Italian parsley, chopped  
 3 tbsp rice vinegar  
 ¾ cup orange juice  
 1 ½ tsp orange rind, grated, fresh  
 3 tbsp olive oil  
 ¼ tsp ground cumin  
 ¼ tsp salt  
 ¾ tsp ground black pepper

1. Bring water to a boil in a sauce pan or kettle. Add base and stir until completely dissolved. Add quinoa to boiling water. Return to a boil. Reduce heat to medium and simmer for about 10 minutes or until grains appear translucent. Drain through a fine strainer. Spread grains on a sheet pan to cool.
2. Stir scallions, raisins, cucumber and parsley into cooled quinoa.
3. Whisk remaining ingredients and pour over quinoa mixture. Toss to evenly coat.

## Mixed Grain & Lentil Salad with Feta

Submitted by UC San Diego, California

Yield: 16 – ½ cup servings

2 cups yellow lentils  
 2 cups red rice  
 2 cups black rice  
 2 cups Israeli couscous  
 1 cup chopped parsley  
 ½ cup chopped tarragon  
 2 cups crumbled feta cheese  
 2 cups candied pecans, roughly chopped  
 1 large red onion, diced

### Dressing

½ cup white balsamic vinegar  
 ½ cup olive oil  
 2 tbsp fresh garlic, minced

1. Cook all grains according to the directions on the package. Mix together and set aside.
2. Dressing: mix all of the ingredients in a small bowl. Add salt and pepper to taste.
3. Mix the grains, dressing and remaining ingredients together. Garnish with parsley sprig.

## Oriental Noodle Salad

Submitted by North Shore Country Day School, Illinois

Yield: 16 – ½ cup servings

1 handful of cilantro leaves, chopped  
 1 handful of basil leaves, chopped  
 2 green onions, diced finely  
 2 red bell peppers, julienned  
 2 yellow bell peppers, julienned  
 3 cups shredded carrots  
 1 lb. whole grain soba noodles, cooked and cooled

### Dressing

1 cup seasoned rice vinegar  
 2 tbsp olive oil  
 2 tbsp sesame oil  
 6 cloves garlic, minced  
 2 tbsp soy sauce  
 2 tbsp brown sugar

1. Combine salad ingredients in a large bowl.
2. Blend all dressing ingredients in a medium bowl.
3. Pour dressing over salad and toss to coat.

## Quinoa & Black Rice Salad with Citrus Vinaigrette

Submitted by Village Community School, New York

Yield: 16 – ½ cup servings

1 lb red quinoa, cooked and cooled  
1 lb black rice, cooked and cooled

### For vinaigrette:

1 cup olive oil  
½ cup lemon juice  
½ cup orange juice  
1 tbsp Kosher salt  
1 tsp fine ground black pepper  
1 tsp minced garlic  
1 tsp Dijon mustard  
1 bunch cilantro, chopped  
1 bunch parsley, chopped  
1 medium red onion, diced  
2 large red peppers, diced  
4 small Granny Smith apples, diced

1. Make the dressing: whisk together the oil and juices with salt, pepper and chopped herbs, mustard and garlic. Add the red onion, red pepper and granny smith apples and stir into dressing.
2. Combine the quinoa and rice by hand and slowly mix in the dressing as desired.

## Quinoa Tabbouleh

Submitted by Princeton Day School, New Jersey

Yield: 18 – ½ cup servings

8 cups cooked quinoa  
2 cups diced plum tomatoes  
1 tsp Kosher salt  
2 tbsp olive oil  
2 tbsp fresh squeezed lemon juice  
2 tbsp chopped fresh herbs (chive, mint, parsley)

1. Cook the quinoa according to package. Note: cooking the quinoa in vegetable broth will give it more flavor.
2. Combine all ingredients. Flavors will be best if salad is allowed to sit for at least 1 hour before serving.

## Toasted Barley Salad

Submitted by Montclair Kimberly Academy, New Jersey

Yield: 16 – ½ cup servings

1 lb barley  
 ½ cup celery  
 ½ cup carrots  
 ¼ cup red onion  
 2 cups dried cranberries

### Dressing

⅓ cup raspberry vinegar  
 1 tbsp Dijon mustard  
 1 tbsp honey  
 1 cup olive oil

1. Toast barley at 325° until golden brown.
2. After barley is toasted, boil barley and vegetables together. When finished, transfer to sheet pan to cool.
3. Whisk together vinaigrette, toss barley-vegetable mixture with cranberries and mix in the dressing.

## Tunisian Tabbouleh

Submitted by Westbury Christian School, Maryland

Yield: 25 – ¼ cup servings

3 ⅓ cup dry bulgur	5 oz. fresh lemon juice
1 oz. parsley chopped	3 tbsp olive oil
1 oz. mint, fresh minced	½ cup chopped green onions
1 ½ lb tomatoes, seeded and chopped	½ tbsp ground cumin

1. Place bulgur in a bowl with hot water to cover. Allow to stand until bulgur is softened.
2. Drain bulgur by pressing out the excess water. Return to bowl and add remaining ingredients and mix well.
3. Refrigerate for at least 2 hours and serve cold.

## Wheatberry Tabbouleh

Submitted by Dwight Englewood, New Jersey

Yield: 24 – ¼ cup servings

2 lbs wheat berries, cooked and cooled	1 bunch parsley, chopped
6 cucumbers, peeled, seeded and diced	8 lemons, juiced
6 tomatoes, peeled, seeded and diced	2 tsp salt
2 bunches of mint, chopped	6 oz. olive oil

1. Combine all ingredients together, chill.

## Wheatberry-Quinoa Waldorf Salad

Submitted by Gould Academy, Maine

Yield: 24 – ½ cup servings

8 cups cooked wheat berries, cooled  
 8 cups cooked quinoa, cooled  
 4 cups diced celery  
 4 cups diced tart apple  
 2 cups sliced fresh cranberries OR 3 cups dried cranberries  
 16 scallions, thinly sliced  
 4 cups toasted chopped pecans or slivered toasted almonds

### Dressing

1 ½ cups olive oil  
 1 cup cider vinegar  
 4 tbsp Worcestershire sauce  
 2 tbsp Dijon mustard  
 4 tbsp fresh thyme chopped  
 4 tsp salt  
 2 tsp black pepper

1. Make dressing and pour over all salad ingredients. Toss and refrigerate for 4 hours.

## Tangy Whole Grain Salad with Dried Fruit

Submitted by Friends School of Baltimore, Maryland

Yield: 24 – ½ cup servings

4 lbs whole grains, cooked  
 2 cups dried apricots, sliced  
 ½ cup raisins  
 ½ cup golden raisins  
 ¼ cup dried blueberries  
 ¼ cup dried cherries  
 salt and pepper to taste

### Vinaigrette

2 bunches scallions, roughly chopped (1 sliced on the bias)  
 2 tbsp garlic, chopped  
 2 cups cider vinegar  
 1 cup olive oil  
 ½ cup honey

1. In a food processor, make the vinaigrette using the roughly chopped scallions, garlic, cider vinegar, oil, honey, and half the apricots. Keep a small handful of the sliced scallions for garnish.
2. Add the remaining ingredients into a large bowl and toss in the vinaigrette. Adjust the seasoning to taste with salt and pepper.
3. Arrange on a platter, garnish with scallions and serve. The dish can be served hot or cold.

## Farro and Roasted Pepper Salad

*Submitted by Davidson College, North Carolina*

Yield: 96 – ½ cup portions

9 lbs farro, cooked and cooled  
48 red bell peppers  
120 Kalamata olives, quartered  
2 bunches green onions, thinly sliced  
6 tsp oregano  
6 tsp dried thyme

### **For dressing:**

5 cups olive oil  
48 fl oz. fresh lemon juice  
1 ½ cups light amber honey  
2 tbsp ground allspice  
2 tbsp smoked paprika  
2 tbsp Kosher salt  
12 whole garlic cloves, minced

1. Combine dressing ingredients and set aside.
2. Place the peppers on the grill or under broiler and roast until the skin is black all around. Cool the peppers slightly and remove the charred skin, then julienne them.
3. Place the farro in a mixing bowl, add the olives, peppers, oregano, thyme and green onions. Mix well.
4. Add the dressing and mix well. Adjust the seasoning if needed.

## HOT WHOLE GRAIN SIDE DISHES



## Wheatberry & Wild Rice Pilaf

Submitted by Charlotte Christian, North Carolina

Yield: 48 – ½ cup servings

1 lb wheatberries  
 1 lb long grain and wild rice blend  
 1 lb brown rice  
 30 cups chicken broth  
 4 tsp Kosher salt  
 4 tsp ground black pepper  
 ½ lb butter  
 6 tbsp olive oil  
 2 cups diced yellow onion  
 6 cups sliced mushrooms  
 1 cup diced carrot  
 1 cup diced celery  
 2 bunches scallions, sliced thin  
 2 cups minced fresh parsley

1. Simmer wheat berries in broth until tender, approximately 1 hour.
2. Combine wild rice blend, brown rice and wheat berries. Add salt, pepper, butter and stock. Steam for 20 minutes.
3. In a sauté pan, heat oil over medium heat. Add onion, celery, and carrot. Sauté for 5 minutes. Add mushrooms and continue cooking another 3-5 minutes.
4. Combine all ingredients, hold hot for service.

## Brown Rice Pilaf

Submitted by Summit School, Summit School

Yield: 60–80 – ⅔ cup servings

3 ½ lbs brown rice  
 ¾ cup liquid margarine  
 2 cups chopped carrots  
 1 ½ cups chopped celery  
 1 cup chopped onion  
 1 cup chicken soup base  
 1 gallon boiling water  
 ⅓ cup dried parsley flakes  
 1 tsp white pepper

1. Put rice, vegetables and margarine in full steam table pan.
2. Mix chicken soup base with boiling water and seasonings.
3. Pour chicken broth over pan of rice.
4. Bake at 350°F for 20 minutes.
5. Stir mixture; cover and bake an additional 20 minutes. Hold for hot service at 135°F or higher.



## Black Quinoa & Pineapple Pilaf

Submitted by Saint Xavier High School, Kentucky

Yield: 48 – one cup servings

3 cups medium diced onion  
 3 cups medium diced carrot  
 1 cup fresh pineapple sage, chiffonade  
 1 tbsp chopped garlic  
 4 pounds black quinoa  
 2 tbsp olive oil  
 1 gallon pineapple stock (this is the pineapple skins and cores of 6 pineapples, simmered down with plain water, strained and reduced by half)

1. Sauté the vegetables in the olive oil until tender or the onions become nearly transparent. Add the garlic and sage and sauté for another minute or two.
2. Bring the stock to a boil; pour over the quinoa in two inch full size steam tables pans. Cover and let steep for 20 minutes.
3. Remove the cover from the quinoa, add in the sautéed mixture, bring mixture to 165° and serve.

## Baked Quinoa Patties

Submitted by Trinity School, New York

Yield: 24 patties

5 cups cooked quinoa, at room temperature  
 10 large eggs, lightly beaten  
 1 tsp fine grain sea salt  
 $\frac{2}{3}$  cup finely chopped scallions  
 $\frac{2}{3}$  cup finely chopped Italian flat leaf parsley  
 $\frac{1}{2}$  cup finely chopped dill  
 2 cups finely chopped spinach  
 2 Spanish onions, finely chopped  
 6 cloves garlic, finely chopped  
 2 tsp toasted cumin seeds  
 2 teaspoons baking powder  
 2 cups whole grain bread crumbs  
 water or a bit of whole wheat flour, if needed  
 $\frac{2}{3}$  cup crumbled feta  
 2 tbsp extra virgin olive oil

1. Preheat oven to 400°F
2. Combine the quinoa, eggs, and salt in a medium bowl. Stir in the scallions, dill, parsley, spinach, onion, garlic, and cumin. Stir well.
3. Add the baking powder and bread crumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture.
4. Gently stir in the feta.
5. Form into twenty four 1-inch patties.
6. Spread oil on a baking sheet, and arrange the patties with some space between each.
7. Bake for 25 minutes or until the bottoms are browned. Turn over and bake for another 5-7 minutes.
8. Cool to room temperature on a cooling rack and enjoy.

## Autumn Whole Grain Pilaf

Submitted by Winsor School, Massachusetts

Yield: 60 – one cup servings

2 lbs black quinoa	1 bunch sage
2 lbs grano	1 bunch green onion
15 lbs butternut squash, peeled, seeded and cut into ¼ inched pieces	2 tbsp allspice
1 lb dried cranberries	1 tbsp cinnamon
5 ½ quarts vegetable stock	½ tsp nutmeg
2 quarts apple cider	olive oil
8 apples chopped and kept in water with lemon until end	salt and white pepper to taste

1. Set oven to 400°F with fan on high if using convection.
2. Mix pieces of butternut squash with 1 tablespoon of allspice, ½ tablespoon of cinnamon, and ½ tablespoon of nutmeg.
3. Add in a little oil and then spread out evenly on sheet pan.
4. Pour apple cider over squash until it reaches halfway up squash.
5. Bake for 15-20 minutes until cooked through and has nice color. Keep warm.
6. Following instructions on package, cook grains using vegetable stock instead of water. Add some salt and cranberries will cooking.
7. When grains are cooked through and liquid had evaporated, mix the quinoa, grano, squash, fresh herbs, apples and remaining spices together in a bowl. Check for seasoning, garnish with some fresh herbs and serve hot.
8. Could also be a cold dish; just chill everything according to HACCAP and serve on a bed of baby spinach with your favorite vinaigrette.

## Brown Rice, Corn & Zucchini Patties

Submitted by Stratford Academy, Georgia

Yield: 26 – 30 patties

6 zucchinis, grated
2 onions, finely chopped
3 cups of cooked brown rice
3 tbsp chopped parsley
4 tsp pepper
4 eggs, lightly beaten
8 oz. cream-style corn
2 cups whole grain breadcrumbs

1. Preheat oven to 375.
2. Sauté zucchini and onion in pan over medium heat, until soft, 5 – 7 minutes. Take off the heat and let cool.
3. Combine cooled vegetables with remaining ingredients. Mix well and shape mixture in to 26 - 30 patties.
4. Heat non-stick pan or flat top surface, coat with cooking oil. Sear both sides of patties until golden crispy brown. Finish in oven for 5 minutes.

## Pineapple Wild Rice

*Submitted by Illinois State University, Illinois*

Yield: 24 – half-cup servings

3 cups brown rice  
 24 oz. wild rice  
 3/4 cup unsalted butter  
 1 1/2 quart sliced mushrooms  
 3 cups sliced green onions  
 3 cups pineapple tidbits, drained  
 3/4 cup dried cranberries  
 3/4 tsp dried thyme

1. Cook brown rice and wild rice in advance. Cool and set aside.
2. Melt butter on griddle. Stir in sliced mushrooms and chopped onions. Cook for about 10 minutes, or until onions are tender.
3. Stir in drained pineapple tidbits, dried cranberries, dried thyme, and cooked rice.
4. Continue to stir fry until heated thoroughly. Serve.

## Whole Wheat Penne Toss

*Submitted by Bishop O'Connell, Virginia*

Yield: 16 – one-cup servings

4 lbs whole wheat penne  
 2 red onion, thickly sliced  
 2 sprig fresh rosemary  
 1/2 cup grated parmesan cheese  
 1/4 cup grated Romano cheese  
 1/4 cup chopped basil  
 4 Tbsp dried oregano  
 8 oz. reconstituted sun-dried tomato strips  
 2 Tbsp lemon juice  
 2 Tbsp olive oil

1. Cook pasta to al dente stage. Drain and reserve 1 cup cooking water.
2. Grill onion and rosemary 3 minutes per side. Remove and let cool.
3. Stem the rosemary and mix with cheese and herbs, set aside.
4. Blend lemon juice and olive oil.
5. In a large bowl toss everything together and serve immediately.

## Brown Rice and Edamame

*Submitted by Episcopal High School, Virginia*

Yield: 16 – ½ cup servings

3 cups long grain brown rice  
 5 cups frozen edamame, shelled  
 4 tbsp fresh lime juice  
 4 tbsp rice vinegar  
 6 tsp sesame oil, toasted  
 2 tsp sugar  
 12 scallions, thinly sliced on the diagonal  
 salt and pepper to taste  
 crushed red pepper flakes to taste

1. In a medium saucepan, bring 6 cups lightly salted water to a boil.
2. Add rice, reduce to a simmer; cover and cook for 30 minutes.
3. Stir in edamame; cover and cook until rice is tender, 15 to 20 minutes.
4. In a small bowl, stir together lime juice, vinegar, oil, chili flakes and sugar until sugar is dissolved.
5. With a fork, stir in lime juice mixture and scallions into rice; season with salt and pepper.

## Garlic Tomato Couscous

*Submitted by Lemont-Bromberek School District, Illinois*

Yield: 16 – 1/3 cup servings

1 cup chopped raw onion  
 12 oz. vegetable base  
 6 cups boiling water  
 4 cups dry couscous  
 5 tsp ground basil  
 4 tsp minced garlic  
 1 tsp ground black pepper  
 5 cups fresh tomatoes, chopped/sliced

1. Prepare vegetable base and set aside.
2. Saute onion until fragrant. Slowly add base and bring to a boil. Add basil and garlic. Stir in couscous and cover with lid. Let sit for 5 minutes.
3. Gently toss in tomatoes and pepper.

## Quinoa Veggies Cakes

Submitted by St. Luke's School, Connecticut

Yield: 16 cakes

2 cups cooked and cooled quinoa  
 1 cup small diced zucchini  
 1 cup small diced red pepper  
 1 cup chopped shallots  
 ½ cup chopped basil  
 ½ cup chopped parsley  
 4 tsp ground cumin  
 6 tbsp olive oil  
 4 eggs  
 1 ½ cups cornmeal  
 ½ cup lime juice  
 4 tbsp hot sauce

1. Sauté zucchini, red pepper and shallots in olive oil. Mix in quinoa. Add eggs, lime juice, cornmeal, parsley, basil, cumin and hot sauce.
2. Form into 8 patties and sauté until each side is golden brown.

## Quinoa Primavera

Submitted by Tufts University, Massachusetts

Yield: 12 – ½ cup servings

1 lb quinoa  
 1 tsp salt  
 1 ½ quarts water  
 3 oz. canola oil  
 3 cloves garlic, peeled and minced  
 9 oz. carrots, peeled, diced  
 7 oz. celery, diced  
 10 oz. red pepper, diced  
 10 oz. green pepper, diced  
 8 oz. edamame  
 2 oz. scallions, sliced thin  
 1 tsp Kosher salt  
 ½ tsp black pepper  
 ½ oz. parsley, chopped

1. Rinse quinoa thoroughly and drain. Over medium low heat, add small amount of oil to pan and lightly brown quinoa, stirring constantly for about 5 minutes. Add water, cover and simmer until cooked, about 15 minutes.
2. Sauté garlic in oil briefly. Add carrots and sauté 1 minute. Stir in celery, peppers, edamame and scallions and cook until heated through.
3. Add quinoa to sautéed vegetables and season with salt and pepper. Stir in parsley.

## Quinoa with Avocado & Cilantro

*Submitted by Groton School*

Yield: 16 – ½ cup servings

24 cups chicken stock  
 3 cups rinsed quinoa  
 2 Spanish onions, minced  
 4 plum tomatoes, diced  
 4 ears of corn, shucked  
 6 avocados, cored and grilled  
 ½ cup cilantro, washed and chopped  
 4 juice of fresh limes  
 ⅔ cups extra virgin olive oil  
 salt and pepper to taste

1. Cook quinoa in chicken stock.
2. Toss quinoa gently with remaining ingredients. Serve warm or cold.

## Red Beans and Grano

*Submitted by Hackley School, New York*

Yield: 16 – ½ cup servings

2 lbs grano, cooked  
 2 large yellow onions  
 ¼ cup chopped garlic  
 olive oil  
 ½ #10 can of whole plum tomatoes, drained and diced  
 1 #10 can red kidney beans  
 1 bunch of basil

1. Sauté the chopped onions and olive oil.
2. When onions are clear, add garlic and diced tomatoes. Saute for 5 minutes. Add the juice from tomatoes and red beans. Simmer for 5 minutes.
3. Mix together with grano. Add salt and pepper to taste. Add chiffonade of basil.

## Tomato Asiago Quinoa

Submitted by *The Hospital at Westlake Medical Center, Texas*

Yield: 16 – ½ cup servings

2 cups quinoa, cooked  
 1 cup diced tomatoes  
 ½ cup Asiago cheese  
 1 bunch parsley, finely chopped  
 2 Tbsp. balsamic vinegar  
 ½ cup olive oil  
 ½ Tbsp. Himalayan salt  
 Pinch white pepper

Mix all ingredients and keep warm until ready to serve.

## Wild & Brown Rice Pilaf

Submitted by *Trinity Episcopal School, North Carolina*

Yield: 32 – ½ cup servings

¼ cup oil  
 2 quarts brown rice  
 2 quarts wild rice  
 5 onions, small diced  
 2 carrots, small diced  
 2 celery stalks, small diced  
 2 gallons chicken stock  
 2 cups fresh thyme  
 salt and pepper to taste

1. Sauté the onions, carrots, and celery, until opaque.
2. Add the brown rice and wild rice and toast until aromatic.
3. Add chicken stock and bring to simmer.
4. Simmer for 30 minutes and season with salt.
5. Simmer for another 15 minutes or until done/
6. Stir in fresh thyme and season as need with salt and pepper.

## Wild Rice Cakes with Mushroom Sauce

Submitted by Jewish Theological Seminary, New York

Yield: 14 cakes

16 oz. wild rice, cooked and set aside

2 tbsp garlic, minced

3 cups leeks, half moon cut

2 tbsp butter

1 cup cream

1 ½ cups cooked corn

4 tbsp cilantro, chopped

3 tsp chives, chopped

1 tsp black pepper

2 tsp salt

2 eggs, lightly beaten

2 ½ cups flour

### Mushroom Sauce

16 oz. mushrooms, fresh sliced

4 tbsp butter

2 tbsp chicken base

64 oz. whipping cream

Cornstarch, if needed

Salt and pepper, to taste

1. Sauté leeks in butter. Mix sautéed leeks with rice and remaining “cake” ingredients.
2. Using a clean griddle with lite oil, spoon 4 oz. of mixture on griddle and gently pat ½” thick 4” to 5” round cake on griddle, brown firm on both sides.
3. Serve with mushroom sauce (directions below).

Mushroom sauce:

1. Melt butter in a large saucepan. Add mushrooms and sauté until tender.
2. Stir in chicken base over low heat until it is blended well with mushrooms. Add whipping cream and simmer for 5 to 10 minutes on low, or until desired reduction.
3. Add cornstarch to thicken. Season with salt and pepper.

## MAIN DISHES





## Tomato & Whole Grain Penne Florentine

Submitted by Warren TWP Schools, Indiana

Yield: 80 – two cup servings

10 lbs whole grain penne  
15 lbs frozen spinach  
30 lbs marinara  
5 lbs four cheese blend

1. Preheat oven to 350°F
2. Thaw spinach in cooler, squeeze out extra liquid from spinach. Cover and reserve in cooler.
3. Follow directions on packaging to cook pasta.
4. Open cans of sauce and in a large bowl combine the cooked pasta, spinach and sauce with the cheese blend.
5. Divide mixture into four 2" hotel pans for service.
6. Bake in oven until cooked to 145°F.

## Baked Whole Wheat Ziti

Submitted by Winston-Salem/Forsyth County, North Carolina

Yield: 100 – one cup servings

6 lbs whole wheat ziti  
4 #10 cans spaghetti sauce  
6 lbs. mozzarella cheese  
6 lbs. cottage cheese  
6 tbsp garlic powder  
6 tbsp dried parsley  
 $\frac{3}{4}$  cup grated parmesan cheese

1. Cook the pasta in salted water until just short of al dente. **DO NOT OVERCOOK.** Place a colander over a bowl and drain the pasta. Reserve some of the pasta water. Rinse pasta under cold water to stop the cooking process. Set aside.
2. Drain cottage cheese and place the cottage cheese in a bowl. Add some of the pasta water and stir well to produce a smooth sauce like consistency. Add the garlic powder and dried parsley. Beat well to combine.
3. In a large bowl, combine the cooked pasta with the tomato sauce, reserving two cups of sauce. Stir in the cottage cheese mixture.
4. Spoon  $\frac{1}{2}$  cup of the reserved sauce on the bottom of the hotel pan. Place  $\frac{1}{4}$  of the pasta mixture over the sauce. Sprinkle the pasta with shredded mozzarella. Place the other  $\frac{1}{4}$  of the pasta mixture over the mozzarella.
5. Pour the remaining sauce over the pasta. Shake the pan well to settle the pasta and sauce. Sprinkle the remaining shredded mozzarella over the sauce.
6. Sprinkle the top with parmesan cheese. Place a 350°F oven until the cheese has melted and the casserole reaches 160°-170°F for 15 seconds (about 1 hour). If the cheese browns quickly, reduce the heat.
7. Repeat the 2nd pan.
8. Portion with 2 8 oz. spoodles.

## Pasta with Italian Sausage and Vegetables

Submitted by Division of Food Service at University of Texas, Texas

Yield: 175 – 6 oz. servings

¾ lb chopped mushrooms (forest blend)	4 lbs fresh mushrooms
8 quarts water	3 quarts Burgundy wine
½ pound vegetable base	4 lbs chopped tomatoes
¼ quart blended olive oil	2 lbs artichoke hearts
2/3 pound minced garlic	½ oz. black pepper
2 ½ pounds diced yellow onion	4 quarts marinara sauce
40 4 oz. Italian sausage	25 lbs whole grain rotini
19 ¼ oz. diced green pepper	½ lb fresh basil, chiffonade cut
19 oz. diced red pepper	1 pound shredded parmesan cheese

Prep:

1. Cook pasta in salted water, shock and oil. Hold cold until needed.
2. Cover dry mushrooms with water and rest overnight in walk-in cooler. Strain, then slice mushrooms and discard any tough stems. Reserve the juice for use in the sauce.
3. Combine the mushroom water and vegetable base. Bring to a simmer and hold hot.
4. Remove the casings from the sausage and crumble sausage meat.
5. Prepare the fresh herbs – mis en place all ingredients for display cooking.

Cooking:

1. Sauté the onion and garlic in oil for 1 minute, then add the peppers and sausage to the skillet. Sauté all items until the sausage is cooked thoroughly. Do not drain excess liquid.
2. Add the mushrooms to the skillet and cook for 1 minute. Deglaze with wine and reduce by half. Add tomatoes, artichokes and peppers; stir well.
3. Add pasta to the skillet, bringing to simmer. Then add hot vegetable stock concentrate, and marinara, as needed. Add basil at the end, so as to eliminate scorching. Adjust any final seasonings, as needed, before serving.

## Ham & Noodle Casserole

Submitted by Amarillo Independent School District, Texas

Yield: 48 – one cup servings

4 lbs whole wheat rotini, cooked
6 lbs ham, diced
½ cup chopped onion
6 lbs cream of mushroom soup
2 tbsp granulated garlic
1 tsp black pepper
1 lb shredded cheddar cheese, divided
1 lb shredded part-skim mozzarella cheese, divided

1. Combine cooked pasta, ham, onions, soup, garlic and black pepper. For every can of cream of mushroom soup add 1 can of water.
2. Mix 1 cup of cheddar cheese and 1 cup of mozzarella cheese together. Set aside for later. Mix remaining cheese into casserole mixture.
3. Separate 24 servings of mixture into one 2" full pan (48 servings fits in two 2" full pans). Cover pans with foil and heat to 165°F.
4. Add reserved cheddar and mozzarella cheese mix on top of pasta just before you place it on the line to serve.

## Chicken Pastuciatta

Submitted by Hopkins Public Schools, Michigan

Yield: 24 – one cup servings

3 lbs Grilled Chicken Patty, GFS #509205  
 1 cup whole wheat flour  
 ½ cup salad oil  
 ⅓ cup minced roasted garlic  
 8 cups Roma tomatoes, concassee or diced tomatoes  
 2 cups tomato juice  
 2 ½ tbsp fresh basil, chopped  
 4 oz. fresh spinach, chiffonade  
 2 cups whole milk  
 2 lbs whole grain fettuccine, cooked  
 Salt and pepper to taste

1. Heat grilled chicken, cut lengthwise in ½ inch strips and dredge in flour. Season with kosher salt and fresh cracked pepper.
2. In a sauté pan, add the oil and slightly heat the roasted garlic.
3. Prepare tomato concassee using the Roma tomatoes.
4. Add the chicken to the sauté pan with the garlic and sauté.
5. To the sauté pan, add the tomato concassee, tomato juice, chopped basil, spinach, and milk to form sauce.
6. Place the chicken and sauce on a bed of prepared fettuccine pasta.

## Grilled Portobello Mushrooms with Couscous and Greens

Submitted by Bradley University, Illinois

Yield: 50 stuffed mushrooms

½ cup canola oil	2 tbsp tsp turmeric
2 cups finely chopped fresh red onion	2 cups diced red bell peppers
¼ cup minced fresh garlic cloves	11 lbs frozen collard greens
½ cup balsamic vinegar	3 cups dried cranberries
½ cup light brown sugar	2 quarts whole wheat couscous, cooked
50 portabello mushrooms	2 cups fresh basil, chiffonade cut
¼ cup tsp olive oil	

1. Combine canola oil, red onion, garlic, balsamic vinegar, light brown sugar, and crushed red pepper to create the marinade; preheat broiler or grill.
2. Remove stems from mushrooms and chop for use in step #3. Spray mushroom caps lightly with cooking spray before grilling. Grill mushrooms, making sure to get grill marks on each side. Place into shallow full-size pans, cup side up. Pour marinade over the mushrooms. Chill and hold.
3. Heat olive oil in skillet, add turmeric, bell peppers, chopped stems, and thawed collard greens. Saute for 2 minutes; combine with couscous and remaining ingredients (except basil).
4. Preheat oven to 375°F. Using a #12 scoop, spoon couscous mixture into each mushroom cap. Bake mushrooms in oven, basting liberally with marinade during cooking. Bake until internal temperatures reaches 165°F.
5. Portion: 1 stuffed cap, drizzled with 1 oz of the pan glaze; top with the basil chiffonade. Hold hot for service.

## Soba Noodle Soup

Submitted by Convent of the Sacred Heart, New York

Yield: 80 – one-cup servings

6 stalks chopped lemongrass  
 8 cloves garlic, chopped  
 1/2 cup of chopped ginger  
 10 white onions, diced  
 6 bunches scallions, chopped  
 5 gallons chicken stock  
 1 qt soy sauce  
 1/2 cup sesame oil  
 3 Tbsp red pepper flakes  
 1 cup hoisin sauce  
 5 lbs soba noodles  
 Salt and pepper to taste

1. In stockpot, sauté lemongrass, garlic, and ginger in sesame oil until garlic is golden.
2. Add white onions and sauté until translucent.
3. Deglaze the pan with the soy sauce and then add the chicken stock, hoisin, red pepper flakes and scallions.
4. Bring to a boil, turn down and add soba noodles. Cook until noodles are *al dente*.
5. Season to taste with salt and pepper. Serve.

## Whole Grain Vegetable Soup

Submitted by Sacred Heart Academy, Kentucky

Yield: 32 – one-cup servings

2 gallons vegetable stock  
 1 lb rinsed black barley  
 ¼ lb quinoa  
 ¼ lb whole wheat couscous  
 ¼ lb split yellow peas  
 ¼ lb brown rice  
 2 cups diced zucchini  
 2 cups diced yellow squash  
 32 oz. crushed tomatoes  
 Salt and pepper to taste

1. Bring vegetable stock to a boil.
2. Add all grains, rice and split peas, return to a boil and cover. Simmer for 45 minutes. Add remaining ingredients. Simmer until vegetables are tender, about 30 minutes.
3. Season to taste with salt and pepper.

## Jambalaya

Submitted by Holland Public Schools, Michigan

Yield: 125 – 8 oz. servings

26 1/2 cups water	8 Tbsp minced garlic
3 1/3 Tbsp chicken base	10 lbs diced ham
15 cups brown rice	10 lbs diced chicken
1/2 cup olive oil	1 #10 can marinara sauce
7 lbs chopped celery	4 cups prepared taco sauce
7 lbs chopped onion	8 oz. green onion
7 lbs chopped green pepper	1 1/2 cups chopped fresh parsley
1 #10 can diced tomatoes	1 #10 can black beans, drained
1 1/2 cups Cajun seasoning	6 Tbsp hot sauce (to taste)

1. Preheat oven to 350°F.
2. Prepare rice using water and chicken base.
3. In large stock pot, heat oil. Add celery, onion, and green peppers. Cook 10 to 15 minutes on medium heat until vegetables are about halfway cooked. Add garlic and Cajun seasoning.
4. Continue to cook for an additional 3 minutes to release flavors. Take off heat.
5. In large tubs or pans, combine cooked vegetable mixture with chopped meat and remaining ingredients. Mix very well.
6. Spray pans, add jambalaya mixture to pans and cover.
7. Bake at 350°F until internal temp is 165°F, approximately 20 to 30 minutes.
8. Stir halfway through baking time to heat evenly.
9. Serve jambalaya over rice.

## Vegetable Tart with Whole Grains

Submitted by Greenwich Academy, Connecticut

Yield: Two 9" tarts, 6 – 8 slices each

<b>Crust</b>	1 small onion, minced
3 Tbsp flax seeds, soaked in 1/4 cup water [for how long??]	3 medium garlic cloves, minced
1 cup sunflower seeds	1 tsp dried talian herbs]
1 cup walnuts	Pinch of red chili flakes
3 Tbsp sesame seeds	1 small tomato, chopped with seeds removed
1/4 tsp salt	3 oz. heirloom red rice, cooked
	3 oz. black barley, cooked
<b>Filling</b>	6 oz. silken tofu
4 cups chopped Swiss chard	6 egg whites
1 Tbsp vegetable broth	1/4 tsp turmeric
2 cups sliced baby portabella mushrooms	Salt and black pepper to taste

1. Preheat oven to 350°F.
2. While flax seeds are soaking, grind rest of crust ingredients in food processor. Add flax seeds and soaking water to crust ingredients and continue to process for another 30 seconds.
3. Press evenly into 9-inch tart pans, making sure you come up to the top edge so crust isn't too thick on the bottom. Bake crust in oven for 15 minutes.
4. Cook chopped chard for about 3 minutes in boiling water and drain well, pressing out excess water.
5. Heat broth in a medium stainless steel skillet. Sauté minced onion, garlic, and mushrooms in broth for 5 minutes, stirring frequently.
6. Add herbs, tomatoes, salt and pepper, and sauté for 2 minutes.
7. Add chard to rest of vegetables. Remove from heat and spread mixture evenly over crust.

## Chicken Parmesan Sandwich

Submitted by Saint Joseph's Parish, New Jersey

Yield: 16 sandwiches

4 large, lightly beaten egg whites  
 ⅔ cup seasoned whole grain breadcrumbs  
 ½ cup grated parmesan cheese, divided  
 16 chicken breast tenders (about 24 oz.)  
 4 tsp unsalted butter  
 2 cup bottled marinara sauce, warmed  
 1 cup shredded provolone or mozzarella cheese  
 16 whole wheat rolls

1. Preheat broiler.
2. Place egg whites in a shallow dish.
3. Mix breadcrumbs and half of the parmesan cheese in a separate shallow dish.
4. Dip chicken tenders in egg whites, then dredge in breadcrumbs.
5. Melt butter in a large nonstick skillet over medium-high heat. Add chicken, and cook about 3 minutes on each side or until no longer pink in center. Set aside.
6. Slice the rolls in half horizontally. Place rolls on a baking sheet, crust side down, and broil 8 inches from heat until lightly toasted, about 1 minute.
7. Spread some pasta sauce over bottom halves of rolls; top with chicken tenders.
8. Top with more sauce; then sprinkle each with shredded provolone and remaining parmesan.
9. Place bottom halves under broiler to melt the cheese, about 3 minutes. Top with the remaining roll halves, and serve immediately.

## Kamut with Grilled Chicken, Artichoke Hearts & Roasted Peppers

Submitted by Berkeley Carroll School, New York

Yield: 12 servings

1 lb Kamut®  
 2 qts chicken stock  
 2 lbs chicken tenders  
 ¼ cup olive oil  
 2 oz. garlic, cut into large pieces  
 2 oz. shallots, cut into large pieces  
 2 sprigs fresh rosemary, stemmed and minced  
 2 ½ cups diced artichoke hearts  
 1 cup sliced roasted red peppers  
 ¼ cup white wine  
 ¼ cup parmesan cheese  
 Salt and pepper to taste  
 ¼ cup chopped fresh basil

1. Bring chicken stock to a boil. Add Kamut. Reduce to simmer for 45-50 minutes. Drain and set aside.
2. Place oil, garlic, shallots in a bowl. Add half of the rosemary, and season with salt and pepper. Add chicken tenders and marinate at least 30 minutes.
3. Remove chicken, shallots and garlic from marinade.
4. Grill chicken, shallots and garlic until golden and chicken is 165°F. Cool and cut chicken into strips and mince the garlic and shallots.
5. Mix Kamut, chicken, shallots, garlic, vegetables, wine, remaining rosemary and parmesan. Season to taste with salt and pepper.
6. Garnish with chopped fresh basil.

## Stuffed Acorn Squash with Bulgur, Potatoes & Swiss Chard

Submitted by Saint Bernard's School, New Jersey

Yield: 16 stuffed halves

8 acorn squash, cut in half  
 Salt and pepper  
 4 cups cooked bulgur wheat  
 4 cups fresh Swiss chard, stemmed and chopped  
 2 cups chopped onion  
 8 cups boiled potatoes (about 4 lbs.)  
 1 cup butter

1. Preheat oven to 425°F.
2. Cut squash in half, seed and season cavities with salt and pepper.
3. Place squash cut side down in a pan and cook until fork tender.
4. Sauté Swiss chard and onions, then combine with bulgur and potatoes.
5. Stuff cavities of acorn squash.
6. Dot with butter and bake until heated through and crisp on top, about 10 minutes.

## Chicken & Butternut Squash Spaghetti

Submitted by Snap Kitchen, Texas

Yield: 32 – one cup servings

5 lbs. whole grain spaghetti, cooked to package instructions  
 3 lbs. ground chicken breast, cooked  
 3 lbs. roasted butternut squash (recipe below)  
 8 oz. soft goat cheese  
 3 cups roasted garlic (recipe below)  
 1 cup crushed walnuts, toasted  
 1/3 cup basil, chiffonade

### Roasted Butternut Squash:

Yield: 3 pounds

1/2 cups grapeseed oil  
 1 tbsp black pepper  
 1 tbsp sea salt  
 1 1/2 tsp. ground nutmeg  
 3 lbs butternut squash, peeled, seeded and cut into 1 inch cubes

1. Place squash, seasonings, and oil in large bowl.
2. Spread seasoned and oiled squash onto parchment lined sheet trays.
3. Roast in 350° oven on high fan for 10 minutes. Check and stir. Roast an additional 5-7 minutes and remove from oven. Allow to cook completely.

### Roasted Garlic:

Yield: 3 cups

3 cups whole garlic cloves, peeled  
 1 cup grapeseed oil

1. Clean the root end off of the garlic cloves and discard.
2. Place garlic on parchment lined sheet pan and bake for 8-10 minutes at 350°. Garlic should be golden brown in color and slightly soft. Drain garlic well.

### Directions for Serving:

1. Place cooked whole grain spaghetti on plate. Top with cooked ground chicken, roasted butternut squash, crumbled goat cheese and roasted garlic. Sprinkle with walnuts and basil.

## Whole Wheat Pizza with Tempeh

*Submitted by St. Mark's School, Massachusetts*

Yield: 2 pizzas cut into 8 slices each

2 portions of whole wheat pizza dough  
 6 packages tempeh, medium chopped  
 4 fresh pineapples, finely chopped  
 4 lbs. brie cheese  
 4 cups shredded mozzarella

1. Roll out pizza dough and brush with olive oil.
2. Top it with a layer of tempeh and then a layer of pineapple.
3. Top with sliced brie.
4. Bake at 350° until golden brown.

## Saffron Farro Risotto

*Submitted by Janssen Pharmaceuticals, New Jersey*

Yield: 32 – 1 cup servings

4 tsp olive oil  
 40 oz. butternut squash, 1" diced  
 8 tsp olive oil  
 8 oz. onions, ¼" diced  
 32 oz. farro grain, dry  
 8 cups vegetable broth  
 16 tsp olive oil  
 32 oz. cremini mushrooms, sliced  
 8 tsp minced garlic cloves  
 8 cups green peas, frozen  
 8 cups vegetable broth  
 1 cup fresh parsley, chopped  
 2 tsp Kosher salt  
 16 tsp Parmesan cheese, fresh, shredded  
 2 tsp smoked paprika

1. Toss diced butternut squash with olive oil and bake in a 325° F oven until tender, about 15 minutes. Cool. Chill until ready for use.
2. Heat olive oil in saucepan and cook yellow onions. Saute until tender, about 8 minutes.
3. Add saffron and farro; stir to coat with oil. Add vegetable broth, cover and simmer on low heat for 25 to 30 minutes or until farro is tender. Add peas, butternut squash and remaining vegetable broth. Stir and bring to a boil.
4. Season with salt and garnish with parsley, Parmesan cheese and paprika.



## Quinoa Stuffed Peppers

*Submitted by Brentwood Academy, Tennessee*

Yield: 16 peppers

4 cups traditional quinoa  
 8 cups chicken stock  
 8 lbs ground turkey  
 16 large green peppers  
 4 medium onions, diced  
 2 lbs fresh Portabella mushrooms, sliced  
 8 Tbsp butter  
 7 lbs tomatoes, coarsely diced (reserve juice)  
 12 roasted garlic cloves, crushed  
 24 oz. cilantro  
 8 tbs dry sherry  
 40 oz. mozzarella cheese, shredded

1. Pre-heat oven to 325° F.
2. Cook quinoa in chicken broth and set aside.
3. Steam 16 large green peppers until soft but not limp.
4. In a large skillet, sauté ground turkey, onion, and mushroom in butter. Add the diced tomatoes (reserve the juice). Add the crushed garlic and cilantro. Cook over medium heat for 10 minutes. Add the sherry and simmer 10 more minutes. Fold in quinoa.
5. Place peppers in baking dish and fill with quinoa mixture. This will take about half the mixture. Thin remainder with reserved juice and pour around peppers.
6. Sprinkle shredded mozzarella over peppers and bake in oven for 30-35 minutes.

## SNACKS & DESSERTS



## Oatmeal Energy Bars

Submitted by Jackson Public Schools Food Service, Michigan

Yield: 100 bars

3 cups margarine  
 3 lbs canned apple slices  
 ¼ cup ground cinnamon  
 8 cups brown sugar  
 3 quarts quick oats  
 2 ¼ gallons pancake mix, prepared  
 2 cups powdered sugar

1. Spray four 12" x 20" steam table pans with cooking spray.
2. Melt margarine and pour ¾ cup into each pan.
3. Arrange ¾ pound of apple slices in the bottom of each pan.
4. Sprinkle on each pan 1 tbsp of cinnamon, 2 cups brown sugar, and 3 cups of oatmeal.
5. Pour 9 cups of pancake batter evenly over each pan of the apples.
6. Bake at 350°F for 30–35 minutes or until the top springs back when touched.
7. Divide each pan into 25 squares.
8. Sprinkle each pan with ½ cup powdered sugar.

## Blueberry Crackers

Submitted by North Broward Prep, Florida

Yield: 24 crackers

2 cups whole wheat flour  
 1 cup unbleached all purpose flour  
 1 tsp baking powder  
 ½ tsp baking soda  
 ½ lb butter  
 ½ cup firmly packed brown sugar  
 1/3 cup honey  
 1 tsp vanilla extract  
 1 cup frozen blueberries, thawed  
 4 oz. dried blueberries

1. Combine flours, baking powder and baking soda. Set aside.
2. In the work bowl of a food processor, combine butter and brown sugar. Mix until creamy.
3. Add honey, vanilla and blueberries. Process until well combined.
4. Add flour mixture to work bowl. Pulse until dough is formed. Remove from bowl. Add dried blueberries to dough. Roll into 3" log and wrap in plastic wrap and chill for at least 4 hours or over night.
5. Remove chilled logs from fridge and slice into ½ inch rounds. Place on parchment lined baking sheet. Bake in a 350° oven until edges are golden brown, about 7 to 9 minutes. Allow to cool completely and enjoy.

## Blueberry Walnut Granola Bars

Submitted by Meadowbrook School, Massachusetts

Yield: 27 bars

10 oz. dried blueberries  
 8 oz. roasted sunflower seeds  
 8 oz. walnuts, chopped and toasted  
 6 oz. wheat germ  
 2 tsp. ground cinnamon  
 2 cups dark molasses  
 2 cups light brown sugar  
 2 tsp pure vanilla extract  
 2 lbs old-fashioned oatmeal  
 Non-stick cooking spray

1. Preheat oven to 300°F.
2. Place rolled oats, chopped walnuts, sunflower seeds and wheat germ on a sheet pan and roast for 15- 20 minutes until golden brown.
3. Remove from oven and place into a bowl. Add the blueberries and ground cinnamon. Set aside.
4. Place molasses and brown sugar into a pot and bring to a simmer, stirring to melt the sugar.
5. Remove from heat and add vanilla extract. While still hot, pour into the bowl with the oats. Stir until well combined, using a spatula.
6. Coat a 13" x 18" pan with cooking spray and pour the granola mixture into the pan, pressing firmly to smooth out and even the top. (Tip: use a piece of wax paper or parchment paper between your hands and the granola to prevent sticking.)
7. When cooled, turn the granola onto a cutting board and cut into 27 bars.

## Cran-Chocolate Cookies

Submitted by Pine School, Florida

Yield: 50 small cookies

½ cup butter	1 large egg
⅓ cup + 1 Tbsp granulated sugar	¾ cup whole wheat flour
⅓ cup brown sugar, light or dark, packed	¾ cup quick rolled oats, ground in a food processor or blender
½ tsp salt	2 Tbsp orange juice
¼ tsp baking soda	1 cup dried cranberries
½ tsp baking powder	1 cup chocolate chips
1 tsp vanilla extract	

1. Beat together the butter, sugars, salt, baking soda, baking powder and vanilla until well combined.
2. Add the egg, beating till smooth. Scrape the sides of the bowl, and beat again until smooth.
3. Mix the flour and oats, blend into butter-egg mixture until combined.
4. Stir in the orange juice, chocolate chips and cranberries.
5. Cover the cookie dough, and refrigerate until thoroughly chilled; at least several hours, or overnight.
6. When you're ready to bake, preheat the oven to 375°F. Place parchment on baking sheets.
7. Drop the cookies by the spoonful (about a 1" ball) onto the prepared baking sheets, spacing them about 2" apart.
8. Bake the cookies for 13 to 14 minutes, until they're a very light golden brown, and a bit darker around the edges.

## Carrot Muffins

Submitted by Crawfordsville Community, Indiana

Yield: 24 muffins

1 ½ cups all purpose flour	¼ tsp salt
2 cups whole wheat flour	4 large eggs
⅔ cup packed brown sugar	½ cup olive oil
⅔ cup granulated sugar	2 tsp vanilla extract
4 tsp ground cinnamon	1 ⅓ cups applesauce
½ tsp ground nutmeg	1 cup oats
3 tsp baking powder	3 ½ grated fresh carrots
1 tsp baking soda	1 cup dried cranberries

1. Preheat the convection oven to 325° F. Line 12 ½ cup muffin cups with paper muffin liners or an 8x8 baking pan.
2. Whisk the flours with the sugars, cinnamon, nutmeg, baking powder, baking soda, and salt in a medium bowl.
3. In another medium bowl lightly whisk the eggs, then whisk in the olive oil, applesauce and vanilla extract.
4. Quickly and lightly fold the wet ingredients into the dry ingredients with a rubber spatula.
5. Stir in the carrots, oats, and dried cranberries just until evenly moist; the batter will be very thick. Divide the batter evenly among the muffin cups or into baking pan.
6. Bake until golden and a toothpick inserted in the centers comes out clean, about 15 minutes for muffins or 19 minutes for a pan. Remove from oven and place on a cooling rack.

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