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AS SEEN AT ANC DEMO

Vegetarian Chili

SERVING SIZE: 1 CUP | NUMBER OF PORTIONS: 50

INGREDIENTS

- 1 #10 can USDA low-sodium pinto beans
- 1 #10 can USDA low-sodium red beans
- 1 #10 can USDA low-sodium kidney beans
- 1 #10 can USDA low-sodium tomatoes
- 2 cups fresh onions, chopped
- 1 cup fresh green bell peppers, chopped
- 2 tbsp garlic powder
- 2 tbsp black pepper
- 3 tbsp chili powder
- 2 tbsp lemon pepper

DIRECTIONS

Note: Do not drain liquids off red beans, kidney beans or diced tomatoes. Drain pinto beans.

1. Preheat oven to 400° F.
2. Mix beans and diced tomatoes in large bowl.
3. Add onions, green bell peppers and spices.
4. Mix well.
5. Place in two 4-inch deep pans.
6. Heat chili in 400° F oven for 15 minutes or until chili temperature reaches 165° F.
7. Hold chili on steam table at 140° F.

For nutrition info and more visit:
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With over 180 nutritious food options from USDA Foods, you can offer even more satisfying lunch choices. Whole grain pasta, low-sodium beans and fresh pears are just some of the foods that will help you stretch your school lunch budget and meet nutrition goals. Log on to learn more: **www.fns.usda.gov/USDAFoods**.

USDA and Metro Nashville Public Schools culinary demo at the ANC — July 11, 2011, 11:15am - 12:00pm

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Baked Chicken in Fruit Sauce

Yield: 60 - 2 oz. servings

AS SEEN AT ANC DEMO

INGREDIENTS

7.5 lbs.	Chicken Oven Roasted, Frozen 8 PC CTN-30 LB *110080
1-#10 Can	Peaches, Cling, Canned, Light Syrup, Sliced *100219 or Diced *100220
1-#10 Can	Pears, Canned, Light Syrup, Sliced *100219 or Diced *100220
1-#10 Can	Apples, Canned, Water Pack, Sliced *100206
1 TBSP	Onion Powder
2 TBSP	Lemon Pepper
1 TBSP	Garlic Powder
2 TBSP	Cornstarch
2 Cups	Water

DIRECTIONS

1. Thaw chicken for 48 hours in refrigerator.
2. Preheat oven to 350ºF. Mix all seasonings in steamtable pan or large mixing bowl.
3. Combine all drained diced fruit with dry seasoning, cornstarch and water. Save liquids from the drained diced fruit. Drained liquid should equal 10-3/4 cups of liquid.
4. Line 18"x26" (full size) sheet pan with parchment paper or prepare pan with pan release spray. Place chicken on pan. Spread fruit and seasonings mixture over chicken.
5. Bake uncovered until tender and internal temperature reaches 165ºF.
6. Convection oven: Bake at 350ºF. Note: Cooking times will vary according to the number of chicken pieces.
   Breast and thigh back at 350ºF for 35-40 minutes.
   Legs and wings bake at 350ºF for 30 minutes.

NUTRITIONAL INFORMATION PER 2 OUNCE SERVING:

Calories	190	Sodium	282.85 mg	Calcium	13.92 mg	Calories from Total Fat	29%
Total Fat	6.2 g	Carbohydrates	22.11 g	Vitamin A	35.23 RE	Calories from Saturated Fat	10%
Saturated Fat	2.03 g	Dietary Fiber	2.49 g	Vitamin A	285.80 IU	Calories from Trans Fat	0%
Trans Fat	0	Protein	11.49 g	Vitamin C	1.87 mg	Calories from Carbohydrates	47%
Cholesterol	51.0 mg	Iron	4.41 mg			Calories from Protein	24%

NOTE:

- 1 (2 oz) Serving = 1 breast; thigh with back; 1 leg + 1 wing; or 4 wings.
- USDA has switched canned fruits to extra light syrup as of July 2011

* denotes WBSCM material number

Vegetable Rice

Yield: 25 One Cup Servings

AS SEEN AT ANC DEMO

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INGREDIENTS

10 cups	Water
2 pounds	Brown Rice, Long Grain, Par-Cooked *100499, *100500, *100501
6 pounds	Frozen Mixed Vegetables Note: Can substitute 2 lbs each of USDA Frozen Corn *100348, Frozen Carrots *100352, and Frozen Peas *100350
1 Tbsp	Chicken Base/Bouillon, Dry
1 Tbsp	Garlic Powder
1 Tbsp	Lemon Pepper

DIRECTIONS

1. Boil water in a large pot.
2. Add rice to boiling water. Cook until rice is tender, not mushy, for approximately 25 minutes.
3. While rice is cooking, place mixed vegetables in steamer for 15 minutes.
4. Add cooked rice, mixed vegetables and dry seasonings together and stir gently.
5. Transfer vegetable rice into 2" deep full size steamtable pan.
6. Cover and place in warmer until serving time. Hold product temperature at 140°F or higher.

NUTRITIONAL INFORMATION PER ONE CUP SERVING:

Calories	206 kcal	Cholesterol	0.00 mg	Protein	9.92 g	Calories from Total Fat	7.27%
Total Fat	1.68 g	Sodium	233 mg	Vitamin A	553.4 RE	Calories from Saturated Fat	1.43%
Saturated Fat	0.33 g	Carbohydrates	31.56 g	Vitamin A	5528.0 IU	Calories from Trans Fat	0.00%
Trans Fat	0.00 g	Calcium	36.28 mg	Vitamin C	11.38 mg	Calories from Carbohydrates	83.56%
Dietary Fiber	5.55 g	Iron	1.58 mg			Calories from Protein	12.84%

* denotes WBSCM material number