



Q1-2025

Seasonal Recipes

CK Chicken & Rice Soup 012352093852
CK Apple and Cheddar Chicken chili 012352093845
CK Coconut Curry Noodle Soup 012352093869

CK Sofritas Burrito Bowl 012352093838
CK Spicy Peanut Noodles with Chicken 012352093821
CK Chicken Apple Sausage with Apples & Cabbage 012352093814
CK Stuffed Manicotti 012352093807
CK Creamy Kale and Gnocchi 012352093791
CK Greek Style Chickpeas & Eggplant over Rice 012352093784
CK Greek Style Beef & Eggplant over Rice 012352093777

CK Chimichurri Chicken Sandwich 012352093760
CK Korean Fire Chicken Sandwich 012352093753
CK Vegetarian Mushroom Shawarma 012352093746
CK Vegan Bahn Mi 012352093739
CK Steak Sandwich with Caramelized Onions 012352093722
CK Italian Deli Sandwich 012352093715

CK Side - Roasted Mushroom 012352093876
CK Side - Cheesy Polenta 012352093883
CK Side - Jalapeno Cheddar Cornbread 012352093890
CK Side - Creamed Spinach 012352093906
CK Side - Carrot, Chickpea & Pistachio Salad 012352093913

CANTEEN  KITCHENS



Soups

Chili

BC#012352093845

Ingredients:

- 2 tbsp olive oil (for salad or cooking)
- 3 tbsp unsalted butter
- 1 medium onion (2 1/2" diameter, peeled and chopped)
- 2 lb skinless, boneless chicken breast (raw, diced into 1" pieces)
- 1 tbsp chili powder
- 1 tsp ground cumin
- 2 large Gala apples (washed, cored, and chopped)
- 1/4 cup all-purpose white wheat flour (enriched, bleached)
- 3 3/4 tsp low-sodium, MSG-free chicken base
- 3 3/4 cups tap water (8 fl oz per cup)
- 3/4 cup whole milk (3.25% milkfat with added vitamin D)
- 15 oz can pinto beans (drained and rinsed)
- 15 oz can red kidney beans (drained and rinsed)
- 3 oz cheddar cheese (shredded)
- 1 cup fresh parsley (chopped)
- 3 oz Kraft Mexican Style Cheddar Jack shredded cheese (for garnish)

Preparation:

1. Prep the ingredients:

1. Peel and chop the onion.
2. Wash, core, and chop the apples.
3. Dice the chicken into 1" pieces.
4. Drain and rinse the pinto and kidney beans.
5. Shred the cheddar cheese.
6. Combine the water and chicken base to make the broth.
7. In a small bowl, whisk the flour and broth together to ensure no lumps remain.
8. Wash, dry, and chop the parsley for garnish.

2. Cook the aromatics: In a large pot, heat the olive oil and butter over medium-high heat. Add the chopped onions and sauté until soft, about 5 minutes.

3. Cook the chicken: Add the diced chicken, chili powder, and cumin to the pot. Stir occasionally and cook until the chicken is almost cooked through, about 5 minutes.

4. Add the apples: Stir in the chopped apples and cook for another 3 minutes, until the apples begin to soften.

5. Make the base: Slowly add the flour/broth mixture, whisking constantly to prevent lumps. Then, add the milk and stir.

6. Simmer and add cheese: Bring the mixture to a simmer. Gradually stir in the cheddar cheese, adding a little at a time and stirring after each addition to ensure it melts.

7. Add the beans: Stir in the pinto and kidney beans. Allow the chili to simmer for 20 minutes.

8. Serve: Scoop 14 oz portions of the chili into containers. Garnish with a sprinkle of the Mexican Cheddar Jack cheese and fresh parsley. Serve hot.



6 Servings 14oz Each

Ingredients:

- 1 tsp dried basil (leaves)
- 1/2 tsp dried parsley
- 1/2 tsp dried oregano (leaves)
- 1/2 tsp dried thyme (leaves)
- 1/4 tsp ground black pepper
- 1 medium onion (2 1/2" diameter, diced)
- 1/2 cup chopped raw carrots
- 2 large celery stalks (11"-12" long, diced)
- 3 cloves garlic (minced)
- 5 tsp low-sodium, MSG-free chicken base
- 5 cups tap water (8 fl oz per cup)
- 1 1/2 tsp low-sodium soy sauce (shoyu)
- 1 tsp ready-to-serve hot sauce or pepper sauce
- 1/2 lb skinless, boneless chicken breast (raw)
- 1 1/2 cups tap water (8 fl oz per cup)
- 1 1/2 tsp low-sodium, MSG-free chicken base
- 3/4 cup white long-grain rice (raw, enriched)
- 3/4 lb skinless, boneless chicken thighs (raw)
- 1/2 tsp ground mustard seed

BC#012352093852**Preparation:****1. Prep the ingredients:**

1. Peel and dice the onion.
2. Wash and dice the carrots and celery.
3. Mince the garlic.
4. Combine the larger amount of chicken base with the larger amount of water to make the chicken broth.

2. Cook the vegetables: In a large pot, melt the butter over medium heat. Add the onions, carrots, and celery. Cook, stirring occasionally, until the vegetables are soft and begin to color. Add the garlic and cook for another minute.

3. Simmer the soup: Add the basil, parsley, oregano, thyme, mustard seed, and black pepper, followed by the soy sauce, hot sauce, chicken, and chicken broth. Bring the soup to a low simmer, cover, and cook for 20-30 minutes, until the chicken is cooked through.

4. Cook the rice: In a separate saucepan, combine the smaller amount of chicken base with the smaller amount of water to make chicken broth. Bring the broth to a boil over medium-high heat. When the liquid is boiling, add the rice and stir briefly. Bring it back to a boil, then cover and reduce the heat to low. Cook for 15 minutes, then remove from heat and let it sit, covered, for an additional 10 minutes.

5. Shred the chicken: Once the chicken is cooked through, remove it from the pot and shred it using two forks or a mixer with the paddle attachment.

6. Combine and serve: Add the cooked rice to the soup, adjust the seasoning to taste, and pour into serving containers (14 oz per portion).

6 Servings, 14oz Each

Ingredients:

BC#012352093869

- 7 tbsp olive oil (for salad or cooking)
- 10 cloves garlic (finely chopped)
- 3 1/2 tbsp fresh ginger root (peeled and grated)
- 1 3/4 lb chicken thighs (boneless and skinless, sliced)
- 13 cups tap water (8 fl oz per cup)
- 13 tsp low-sodium, MSG-free chicken base
- 1 2/3 cups tap water (8 fl oz per cup)
- 6 2/3 tbsp Thai fish sauce
- 2 1/4 cups canned coconut milk
- 20 oz vermicelli pasta (10" long)
- 2 limes (cut into wedges)
- 4 tbsp chopped spring onions (scallions)
- 4 tbsp fresh cilantro leaves (chopped)
- 10 tbsp red curry paste

Preparation:**1. Prep the ingredients:**

1. Finely chop the garlic.
2. Peel and grate the ginger.
3. Thinly slice the chicken thighs.
4. Combine the larger amount of water with the chicken base to create the chicken broth.

2. Cook the aromatics: In a large pot, heat the olive oil over medium heat. Add the garlic, grated ginger, and red curry paste. Cook for about 5 minutes, stirring occasionally, until the mixture is fragrant and darkened but not burned.

3. Cook the chicken: Add the sliced chicken to the pot and cook, stirring frequently, until the chicken turns opaque and is no longer pink (about 3-5 minutes).

4. Make the broth: Add the chicken broth, remaining water, fish sauce, and coconut milk to the pot. Bring the mixture to a simmer and cook for 10 minutes.

5. Cook the noodles: Add the vermicelli pasta to the simmering broth and cook for an additional 2 minutes, until the noodles are tender.

6. Serve: Remove the pot from the heat. Pour the soup into containers, with 14 oz per serving. Garnish with lime wedges, chopped spring onions, and fresh cilantro.

**12 Servings, 14oz Each**

CANTEEN  KITCHENS



Entrees

Apples & Cabbage

BC#012352093814

Ingredients:

- 1 tbsp unsalted butter
- 1 tbsp olive oil (for cooking)
- 8 x 3 oz Applegate Chicken and Apple Sausage
- 2 cups raw onions (sliced)
- 3/4 tsp kosher salt
- 1 tsp ground black pepper
- 4 cloves garlic (minced)
- 6 cups unsweetened apple juice (canned or bottled, without added ascorbic acid)
- 32 oz Yukon Gold potatoes
- 3 lb raw cabbage (shredded)
- 1 lb Gala apples (with skin, core removed, and chopped)
- 1 tbsp caraway seeds

Preparation:

1. Prep ingredients:

1. Peel and thinly slice the onion.
2. Mince the garlic cloves.
3. Wash the Yukon Gold potatoes (do not peel) and cut into quarters.
4. Wash the apples, remove the cores, and roughly chop them.
5. Finely shred the cabbage.



2. Cook the sausage and onions:

1. Heat the butter and olive oil in a large Dutch oven or heavy-bottomed pot with a lid. Once the butter has melted, add the sausage links and cook, turning occasionally, until browned on all sides.
2. Add the sliced onions, kosher salt, and black pepper. Cook, stirring occasionally, until the onions are soft, about 5 minutes. Add the minced garlic and cook for another 30 seconds to 1 minute, until fragrant.

3. Simmer the mixture:

1. Add the apple juice, potatoes, and chopped apples to the pot. Stir well and bring to a simmer.
2. Add the shredded cabbage and sprinkle the caraway seeds on top. Reduce the heat to medium-low and cover the pot.

4. Cook until tender:

1. Let the mixture cook until the potatoes are tender, about 25 minutes.

5. Reduce the liquid:

1. When the potatoes are tender, remove the sausages, potatoes, and apples from the pot. Turn the heat up to high and cook the remaining liquid until reduced by half, about 5-10 minutes.

Serve:

- Serve 1 sausage and 2 generous cups (about 12 oz) of the cabbage mixture per portion.

8 Servings, 527 Grams Each

Ingredients:

- 32 oz Potato Gnocchi
- 3 cups raw Kale (chopped)
- 3 cups raw Spinach (chopped)
- 3 cloves raw Garlic (minced)
- 2 tbsp unsalted Butter (divided)
- 2 tbsp all-purpose White Wheat Flour (enriched, bleached)
- 1.5 cups whole Milk (3.25% milkfat, with added vitamin D)
- 4 oz sharp Cheddar Cheese (sliced)
- 1 tbsp Lemon Zest
- 0.5 cup grated Parmesan Cheese
- 0.5 cup dry Plain Bread Crumbs (grated)

BC#012352093791**Preparation:****1. Prep Ingredients:**

1. Wash the kale, remove the woody stems, and finely chop.
2. Finely chop the spinach.
3. Mince the garlic.
4. Shred the cheddar cheese.
5. Melt one portion of the butter.

2. Cook Gnocchi & Greens:

1. Cook the gnocchi according to package instructions. For the last minute of cooking, add the kale and spinach. Drain well and return the gnocchi, kale, and spinach to the pot.

3. Prepare the Sauce:

1. In a saucepan, melt the remaining butter over medium heat. Add the minced garlic and cook for 30 seconds to 1 minute, until fragrant.
2. Stir in the flour and cook for 1-2 minutes, allowing the mixture to combine and cook.

4. Add Milk & Thicken:

1. Gradually pour in the milk while whisking constantly. Cook, stirring frequently, until the mixture thickens and starts to bubble.

5. Add Cheese & Lemon Zest:

1. Slowly add the cheddar cheese and lemon zest while continuing to stir. Allow the cheese to melt completely into the mixture.

6. Combine with Gnocchi:

1. Pour the cheese mixture over the gnocchi, kale, and spinach. Stir well to combine, then transfer the entire mixture into the prepared baking dish.

7. Prepare Topping:

1. Combine the melted butter with the bread crumbs and parmesan cheese. Stir well to mix, then sprinkle evenly over the gnocchi mixture.

8. Bake:

1. Bake at 400°F for 20 minutes or until bubbly and browned.

9. Serve:

1. Scoop 20 oz into containers, keep warm, and serve.

3 Servings, 567 Gram Each

Over Rice

BC#012352093777

Ingredients:

- 2 tbsp olive oil (salad or cooking)
- 1 large onion (raw)
- 25 oz ground beef (80% lean meat / 20% fat, raw)
- 0.5 tsp kosher salt
- 1.5 tbsp dried oregano (leaves)
- 2 tbsp canned tomato paste (with salt added)
- 10 oz eggplant (raw)
- 10 oz dry basmati rice
- 14 oz canned crushed tomatoes
- 0.5 cup red Merlot wine (table)
- 1.5 tsp chicken base (Low Sodium, NO MSG, GF)
- 1.5 cups tap water (municipal)
- 1 tsp ground black pepper
- 1.5 tsp kosher salt (remaining)
- 0.5 tsp ground cinnamon
- 0.25 tsp ground allspice



Preparation:

1. Prep Ingredients:

1. Wash the eggplant and cut it into small cubes (no more than 1/2 inch).
2. Peel and dice the onion.
3. Combine water and chicken base to make chicken stock.
4. Peel and mince the garlic.

2. Cook Aromatics:

1. Heat olive oil in a large pot with a lid over medium-high heat. Add the onions and cook for 2 minutes, stirring occasionally.
2. Add the minced garlic and cook for another 30 seconds to 1 minute, stirring regularly.

3. Brown the Beef:

1. Add the ground beef to the pot. Break it up with a spoon as it cooks. Cook until the beef is no longer pink.

4. Add Spices:

1. Stir in the oregano, cinnamon, allspice, and the smallest amount of salt. Cook, stirring often, for 1 minute.

5. Cook Tomato Paste:

1. Add the tomato paste and cook, stirring frequently, for 1-3 minutes.

6. Add Eggplant and Wine:

1. Add the eggplant cubes and stir to coat. Pour in the wine to deglaze the pot, scraping up any bits stuck to the bottom. Bring the wine to a simmer and cook until mostly evaporated.

7. Add Rice and Tomatoes:

1. Stir in the rice, coating it with the juices. Add the crushed tomatoes, chicken stock, and remaining salt and pepper. Bring to a gentle simmer.

8. Simmer and Rest:

1. Cover the pot with a lid, turn the heat down to low, and cook for 20 minutes without lifting the lid. After 20 minutes, remove the pot from the heat, keeping the lid on, and let it rest for an additional 10 minutes.

9. Toss and Serve:

1. Toss everything together to ensure it's well mixed. Portion approximately 15 oz into each serving container, label, and serve hot.

5 Servings, 15oz Each

Eggplant Over Rice

BC#012352093784

Ingredients:

- 2 tbsp olive oil (salad or cooking)
- 5 cloves garlic (raw)
- 1 sweet onion (raw)
- 2.5 tbsp dried oregano (leaves)
- 3 tbsp canned tomato paste (with salt added)
- 20 oz eggplant (raw)
- 0.5 cup red Merlot wine (table)
- 10 oz dry basmati rice
- 25 oz canned chickpeas (garbanzo beans, bengal gram), drained solids
- 20 oz canned crushed tomatoes
- 1.5 cups tap water (municipal)
- 1.5 tsp kosher salt
- 1 tsp ground black pepper
- 0.5 tsp ground cinnamon
- 0.25 tsp ground allspice
- 1.5 tsp vegetable base (NO MSG)

Preparation:

1. Prep Ingredients:

1. Wash the eggplant and cut it into small cubes (no more than 1/2 inch).
2. Peel and dice the onion.
3. Combine water and vegetable base to make vegetable stock.
4. Mince the garlic.

2. Cook the Aromatics:

1. Heat the olive oil in a large pot with a lid over medium-high heat. Add the onions and cook for 2 minutes, stirring occasionally.
2. Add the minced garlic and cook for an additional 30 seconds to 1 minute, stirring regularly.

3. Add Spices:

1. Stir in the oregano, cinnamon, and allspice. Cook, stirring often, until fragrant, about 30 seconds.

4. Cook the Tomato Paste:

1. Add the tomato paste and cook, stirring frequently, for 1-3 minutes.

5. Cook the Eggplant:

1. Add the eggplant cubes and stir to coat them in the spices. Pour in the wine to deglaze the pot, scraping up any bits stuck to the bottom. Bring the wine to a simmer and cook until most of the liquid has evaporated.

6. Add Rice and Other Ingredients:

1. Stir in the rice to coat it in the juices. Add the crushed tomatoes, chickpeas, vegetable stock, and remaining salt and pepper. Bring the mixture to a gentle simmer.

7. Simmer and Rest:

1. Cover the pot with a lid, turn the heat down to low, and cook the rice for 20 minutes without lifting the lid. After 20 minutes, remove the pot from the heat, leaving the lid on, and let it rest for an additional 10 minutes.

8. Toss and Serve:

1. After resting, toss everything together to ensure it's well mixed. Portion 18oz into each serving container, label, and serve hot.



5 Servings, 505 Grams Each

Ingredients:

BC#012352093838

- 6 oz frozen sweet yellow corn (kernels cut off cob)
- 1/4 medium sweet onion (peeled and finely diced)
- 1 jalapeno pepper (washed and minced)
- 2 tbsp fresh cilantro leaves (washed and chopped)
- 3/4 tbsp fresh lime juice
- 1/4 tsp kosher salt
- 24 oz cilantro lime rice (hot held, see sub recipe)
- 4 oz ripe red tomatoes (washed and rough-chopped)
- 4 x 2 oz guacamole chunky cups
- 4 x 7 oz sofritas (hot held, see sub recipe)
- 1 cup canned black turtle beans (drained and rinsed)



Preparation:

1. Thaw and prepare ingredients:

1. Thaw the frozen corn.
2. Peel and finely dice the onion.
3. Wash and mince the jalapeno.
4. Wash and finely chop the cilantro.
5. Wash and rough-chop the tomatoes.

2. Cook the rice: Prepare the cilantro lime rice according to the sub recipe and hold it hot.

3. Prepare the Sofritas: Prepare the sofritas according to the sub recipe and hold them hot.

4. Heat the beans: Drain and rinse the black turtle beans. Heat them in a saucepan over medium heat or in the microwave until warm. Hold hot.

5. Make the corn salsa: In a large bowl, mix together the thawed corn, minced jalapeno, diced onion, lime juice, chopped cilantro, and salt.

6. Build the bowls: To assemble, start with 6 oz of cilantro lime rice in the bottom of each bowl. Then, add 7 oz of sofritas, followed by 1/4 cup of beans, 1/4 cup of the corn salsa mixture, and 1 oz of chopped tomatoes. Serve with a 2 oz cup of guacamole on the side.

4 Servings, 6oz Cilantro Lime Rice, 7oz Sofritas, ¼ Cup Beans, ¼ Cup Corn and 1oz Tomatoes for a total of 520 Grams Each

Sofritas

Sub Recipe

Ingredients

- 1 Poblano pepper, raw
- 3 tablespoons Olive oil (salad or cooking)
- 1 medium onion (about 2-1/2" in diameter)
- 4 cloves garlic, minced
- 2 tablespoons Tomato paste (with salt added)
- 2 teaspoons Whole cumin seeds
- 1/2 teaspoon Chili powder
- 1.5 teaspoons Kosher salt
- 3/4 teaspoon Ground black pepper
- 16 oz Extra firm tofu, prepared with nigari
- 2 plum tomatoes, chopped
- 2 tablespoons Chipotle peppers in adobo sauce
- 2 tablespoons Red wine vinegar
- 1/2 cup Water
- 2 tablespoons Lime juice
- 1 teaspoon Cornstarch

Preparation Instructions

1. Prepare Ingredients:

1. Peel and chop the onion.
2. Mince the garlic.
3. Wash and chop the tomatoes.
4. Press the tofu by wrapping it in a kitchen towel or paper towels. Place a heavy object, like a pot or a can of beans, on top to press out the excess water. Let it sit for about 20 minutes.

2. Blister the Poblano Pepper:

1. Over a gas flame or under the oven broiler, char the poblano pepper on all sides, turning occasionally until it's blackened and blistered. Once done, let it cool, then remove the stem and seeds.

3. Cook the Onions:

1. Heat 1 1/2 tablespoons of olive oil in a medium sauté pan over medium-high heat. Once hot, add the chopped onion and a pinch of salt. Cook for 5-6 minutes, stirring occasionally, until the onions are softened and starting to brown.

4. Add Garlic and Spices:

1. Add the minced garlic to the pan and cook for another 2 minutes, stirring regularly.
2. Stir in the tomato paste, cumin seeds, oregano, chili powder, 1 teaspoon of salt, and black pepper. Cook for 1 minute or until fragrant.

5. Add Tomatoes:

1. Add the chopped tomatoes to the pan and cook for about 5 minutes, or until they soften. Remove from heat and allow to cool slightly.

6. Blend the Sauce:

1. Once the tomato-onion mixture has cooled enough to handle, transfer it to a blender or food processor. Add the blistered poblano, chipotle peppers with adobo sauce, red wine vinegar, and water. Blend until smooth.

7. Prepare the Tofu:

1. Cut the tofu into slabs and press out any remaining water. Break the tofu into small, bite-sized pieces, about the size of a raspberry. Toss the tofu pieces in cornstarch.

8. Cook the Tofu:

1. Heat the remaining 1 1/2 tablespoons of olive oil in a large sauté pan over medium-high heat. Once the oil is hot, add the tofu, spreading it into an even layer. Sprinkle with the remaining salt. Let it cook undisturbed for 2-3 minutes, then flip and cook for another 2 minutes. Continue flipping and cooking the tofu for about 12 minutes total, until it's browned on all sides.

9. Combine Tofu and Sauce:

1. Pour the blended tomato and pepper sauce over the tofu and bring to a simmer. Let it simmer for 5 minutes, then reduce the heat to medium-low and cook for an additional 5-10 minutes, or until the sauce thickens and the tofu is well coated.

10. Finish the Dish:

1. Stir in the lime juice before serving.



4 Servings, 205 Grams Each

Cilantro Lime Rice

Sub/Side Recipe

BC#012352091520

Ingredients:

- 10 oz Sweet Onions, finely chopped
- 8 tsp Chicken Base (Low Sodium, No MSG, Gluten-Free)
- 8 cups Water
- 1 Tbsp Garlic, minced
- 2.5 Jalapeno Peppers, finely chopped
- 1/4 cup Fresh Coriander (Cilantro) Leaves, chopped
- 6 cups Brown Rice, medium-grain, uncooked
- 5 Limes, juiced
- 4 tbsp Olive Oil
- 2.5 tsp Kosher Salt

**Instructions:****1. Prepare Rice:**

1. Rinse the brown rice under cold water until the water runs clear.

2. Sauté Aromatics:

1. In a large pot, heat olive oil over medium heat. Add chopped sweet onions, minced garlic, and jalapeno peppers. Sauté until the onions are translucent and the mixture is aromatic.

3. Add Chicken Base:

1. Stir in the chicken base, ensuring it's well distributed among the sautéed aromatics.

4. Cook Rice:

1. Add the rinsed brown rice to the pot. Stir to coat the rice with the onion and spice mixture.

5. Add Water:

1. Pour in the water and bring the mixture to a boil. Reduce the heat to low, cover, and simmer until the rice is cooked and the liquid is absorbed.

6. Fluff Rice:

1. Once the rice is cooked, fluff it with a fork to separate the grains.

7. Add Lime Juice:

1. Squeeze the juice of five limes over the cooked rice. Adjust the quantity according to your taste preferences.

8. Incorporate Cilantro:

1. Gently fold in the chopped cilantro, distributing it evenly throughout the rice.

9. Season with Salt:

1. Season the cilantro lime rice with kosher salt, adjusting to taste.

10. Serve Warm:

1. Portion the cilantro lime rice warm in each tray and label

24/5.5oz Portions

Spicy Peanut Noodles and Chicken

BC#012352093821

Ingredients:

- 20 oz dry rice noodles
- 4 cloves garlic (minced)
- 1 tbsp fresh ginger root (grated)
- 1 tbsp olive oil (for cooking)
- 1 cup smooth peanut butter (without salt)
- 6 tbsp low-sodium soy sauce
- 1/2 cup water (heated)
- 2 tbsp unseasoned rice vinegar
- 1 tbsp sesame oil (for cooking)
- 2 tbsp Sriracha hot sauce
- 1/2 tsp crushed red pepper flakes
- 2 tsp chile garlic sauce
- 1.5 cups grated carrots
- 1.5 cups sliced sweet red bell peppers
- 1 lime (cut into 4 wedges)
- 4 tbsp fresh cilantro (chopped)
- 2 tbsp chopped oil-roasted unsalted peanuts
- 1 tbsp honey
- 20 oz Asian grilled chicken (prepared per sub recipe)



Preparation:

1. Prep ingredients:

1. Prepare the Asian grilled chicken (see sub recipe).
2. Cook rice noodles according to the package instructions.
3. Mince the garlic.
4. Grate the ginger.
5. Heat water until hot (this will help mix it into the sauce more easily).
6. Wash and cut the lime into 4 wedges.
7. Wash and finely chop the cilantro.
8. Chop the peanuts.
9. Steam or microwave the bell peppers and carrots until just soft.

2. Make the sauce:

1. Heat olive oil in a saucepan over low heat. Add the minced garlic and cook, stirring regularly, until golden brown and fragrant (take care not to burn the garlic).
2. Add grated ginger and cook for another minute.
3. Remove the garlic/ginger mixture from the heat and stir in the hot water, peanut butter, soy sauce, rice vinegar, sesame oil, Sriracha, honey, red pepper flakes, and chile garlic sauce. Whisk well to combine.

3. Assemble the dish:

1. Toss the cooked noodles with the grated carrots, sliced bell peppers, and the prepared sauce.
2. Divide the noodle mixture into serving dishes (about 12 oz per portion).
3. Top each serving with 5 oz of the grilled chicken.
4. Garnish with a lime wedge, chopped cilantro, and chopped peanuts.

4 Servings, 12oz each with 5oz Chicken on top of each

Asian Grilled Chicken

Sub Recipe

Ingredients

- 1.25 lb Chicken breast, skinless, boneless, raw
- 2 cloves Garlic, minced
- 1 tablespoon Hot sauce (Sriracha)
- 1 tablespoon Honey
- 2 tablespoons Low-sodium soy sauce (shoyu)
- 2 tablespoons Unseasoned rice vinegar
- 2 tablespoons Mayonnaise (regular)
- 1/2 teaspoon Ground ginger



Preparation Instructions

1. Mince the garlic.
2. In a blender or food processor, combine the garlic, Sriracha, honey, soy sauce, rice vinegar, mayonnaise, and ginger. Pulse until well mixed.
3. Pour the marinade into a shallow glass pan or resealable bag. Add the chicken, turning it a few times to ensure it's evenly coated. Refrigerate for at least 1 hour, or up to overnight.
4. Preheat the grill to medium-high heat. Remove the chicken from the marinade, discarding any excess marinade. Grill the chicken for 5-6 minutes per side, or until it reaches an internal temperature of 165°F.
5. Allow the chicken to rest for 5-10 minutes before slicing against the grain.

4 Servings, 133 Grams each or 4.69 oz

BC#012352093807

Ingredients:

- 12 x 3 pieces Barilla Manicotti
- 54 oz whole milk ricotta cheese
- 7 cups part-skim milk mozzarella cheese (low moisture)
- 2 cups grated parmesan cheese
- 2.5 cups raw spinach (chopped)
- 2.5 tbsp Italian seasoning
- 3 extra-large whole eggs (raw)
- 50 oz ready-to-serve spaghetti/marinara pasta sauce
- 36 oz raw Italian pork sausage

Preparation:

1. Prep ingredients:

1. Finely chop the spinach, removing any tough stems (tender stems are fine, but make sure they are well chopped).
2. Whisk the eggs together well.
3. Remove casing from the sausage, if applicable. Cook the sausage (without adding salt or oil) in a sauté pan until no longer pink. Allow to cool slightly.
4. Preheat the oven to 350°F.

2. Prepare the cheese filling:

1. In a large bowl, combine the ricotta cheese, parmesan cheese, chopped spinach, Italian seasoning, cooked Italian sausage, eggs, and 1/3 of the mozzarella. Mix well and keep cold.

3. Cook the manicotti:

1. Cook the manicotti according to package directions. Once cooked, rinse in cold water.

4. Stuff the manicotti:

1. Use a piping bag to fill the manicotti with the prepared cheese mixture.

5. Assemble the dish:

1. In a large baking tray, add half of the marinara sauce to the bottom. Place the stuffed manicotti in a single layer on top of the sauce. Cover with the remaining sauce and sprinkle with the remaining mozzarella cheese.

6. Bake:

1. Cover with aluminum foil and bake for 20 minutes. Remove the foil and bake uncovered for an additional 20 minutes, or until the cheese is melted and bubbling.

7. Serve:

1. Serve 3 manicotti per portion with a generous amount of marinara sauce.



12 Servings, 525 Grams Each

CANTEEN  KITCHENS



Sandwiches

BC#012352093760



Ingredients:

- 1.33 cups raw Avocados (pureed)
- 2 teaspoons raw Lemon Juice
- 0.33 cup regular Mayonnaise (salad dressing)
- 1 recipe yield Chimichurri Sauce
- 1 recipe yield Shredded Chicken
- 15 oz part-skim Mozzarella Cheese (low moisture, shredded)
- 2.5 x 1 Baguette (The Bread Guy French Baguette)

Preparation:

1. Prep Sub Recipes:

1. Prepare chimichurri sauce and shredded chicken.

2. Prepare Avocado Mayo:

1. Lightly mash the avocado.
2. Mix the mashed avocado, mayonnaise, and lemon juice until well combined.

3. Prepare the Baguette:

1. Cut the full baguette into 4 equal pieces and slice each piece open lengthwise.
2. Cut the half baguette into 2 equal pieces and slice each piece open lengthwise.

4. Assemble the Sandwich:

1. Toss the shredded chicken with chimichurri sauce.
2. Spread 1.3 oz of the avocado mayo generously on the top and bottom of each baguette piece.
3. Sprinkle 1.5 oz of mozzarella cheese on top of the mayo.
4. Add about 5.5 oz of the chicken mixture to each sandwich.

5. Serve:

1. Wrap the sandwiches in paper and serve cold, or grill the sandwiches on a grill or panini press until hot. Serve hot.

10 Servings, 365 Grams Each

Chimichurri Sauce

Sub Recipe

Ingredients

- 1/3 cup Olive oil (salad or cooking)
- 2 tablespoons Distilled vinegar
- 1 clove Garlic, minced
- 1/2 teaspoon Kosher salt
- 2 grams Fresh oregano
- 1/4 teaspoon Crushed red pepper flakes
- 2 grams Smoked paprika
- 1/2 cup Fresh parsley, chopped



Preparation Instructions

1. In a blender or food processor, combine the olive oil, vinegar, garlic, salt, oregano, red pepper flakes, smoked paprika, and parsley.
2. Pulse a few times until the mixture reaches a sauce-like consistency. It should not be completely smooth, but well-blended.

13 Servings, 11 Grams Each

BC#012352093715

Ingredients:

- 1 Roll French 7"
- 2oz Roma Tomatoes
- 3 pieces Pepperoncini
- 2 tbsp Mayonnaise (soybean and safflower oil, with salt)
- 1.25 oz Capicola
- 1.25 oz Genoa Salami
- 1.25 oz Sliced Ham (approximately 11% fat)
- 1.25 oz Pork and Beef Pepperoni
- 1 oz Provolone Cheese
- 0.5 oz Sweet Onion, raw
- 0.33 cup Shredded Iceberg Lettuce
- 1 tsp Red Wine Vinegar
- 1 tsp Olive Oil (salad or cooking)
- 0.25 tsp Dried Oregano
- 0.13 tsp Kosher Salt
- 0.13 tsp Black Pepper, ground



Preparation Instructions:

1. Prep Ingredients:

1. Wash and thinly slice the tomatoes, then pat them dry to remove excess moisture.
2. Shred the iceberg lettuce and pat it dry to keep it crisp.
3. Slice the pepperoncini peppers.
4. Cut the French roll in half lengthwise and gently scoop out some of the bread from the top half to create room for fillings.

2. Assemble the Sandwich:

1. Spread a thin, even layer of mayonnaise on both cut sides of the bread.
2. Layer the meats: start with capicola, followed by Genoa salami, ham, and then pepperoni.
3. Place a slice of provolone cheese on top of the meats.
4. Add the tomatoes, pepperoncini, and shredded iceberg lettuce on top of the cheese.
5. Drizzle the sandwich with olive oil and red wine vinegar.
6. Sprinkle dried oregano on top, followed by a pinch of kosher salt and freshly ground black pepper.
7. Close the sandwich with the top half of the roll, slice in half, and wrap for serving.

1 Serving, 1 Sandwich

BC#012352093753



Ingredients:

- 9 oz part-skim Mozzarella Cheese (low moisture, shredded)
- 6 tablespoons chopped Spring Onions (Scallions)
- 6 Hoagie Rolls (5"-6", sliced)
- 12 x 1 piece Korean Fire Chicken (prepared, sub recipe)

Preparation:

1. Prep:

1. Prepare the Korean Fire Chicken (sub recipe).
2. Wash and finely slice the scallions.

2. Prepare the Hoagie Rolls:

1. Cut the hoagie rolls in half lengthwise if they are not already pre-sliced.

3. Assemble the Sandwiches:

1. Sprinkle 1.5 oz of mozzarella cheese evenly on each hoagie roll, covering as much of the bread as possible (for a cheesy sandwich).
2. Add 2 pieces of Korean fire chicken to each roll.

4. Broil:

1. Place the sandwiches under a broiler and cook until the cheese is melted and the edges of the bread are golden brown.

5. Finish and Serve:

1. Sprinkle the sandwiches with chopped scallions.
2. Cut the sandwiches in half on the bias and serve hot.

6 Servings, 415 Grams Each

Korean Fire Chicken

Sub Recipe

Ingredients

- 60 grams Gochujang Korean Chili Paste
- 25 grams Gochugaru Chili
- 6 Chicken thighs, skinless, bone removed
- 1/2 cup Soy sauce (shoyu)
- 1/2 teaspoon Chicken base (low sodium, no MSG, gluten-free)
- 1/2 cup Water
- 1/4 cup Honey
- 2 tablespoons Sesame oil (salad or cooking)
- 2 tablespoons Canola oil
- 6 cloves Garlic, minced
- 1 tablespoon Fresh ginger root, minced
- 2 Serrano peppers, minced
- 1 tablespoon Ground black pepper
- 1 cup Sprite (lemon-lime, caffeine-free)

Preparation Instructions

1. Prep Ingredients:

1. Peel and mince the ginger.
2. Mince the garlic and serrano peppers.

2. Make the Sauce:

1. In a medium bowl, combine the chicken base, water, soy sauce, honey, gochujang, gochugaru, and sesame oil. Whisk well to combine.

3. Cook the Sauce:

1. In a medium saucepan, heat canola oil over medium-high heat until shimmering. Add the minced garlic and ginger, and cook, stirring for about 1 minute, until aromatic. Add the black pepper and serrano peppers, and cook for another 30 seconds.

4. Simmer the Sauce:

1. Pour the chicken base/gochujang mixture into the pan, followed by the Sprite. Bring to a simmer, stirring occasionally and scraping down the sides of the pan as needed. Simmer for 8-10 minutes until the sauce has reduced by about half and is thick enough to coat the back of a spoon.

5. Cool the Sauce:

1. Remove the sauce from heat and allow it to cool to room temperature. (The sauce can be made up to 3 days in advance.)

6. Marinate the Chicken:

1. Toss the chicken thighs with about half of the sauce. Place them in a bowl and ensure they are evenly coated. Refrigerate the chicken and marinade for at least 1 hour, or up to 12 hours. Reserve the remaining sauce in the fridge (this sauce will be used later).

7. Grill the Chicken:

1. Preheat the grill to medium-high heat. Remove the chicken and reserved marinade from the fridge. Place the chicken thighs on the grill, skin side down, and cook for 6-8 minutes until well charred. Flip the chicken and grill the other side for another 6-8 minutes until cooked through.
2. In the last 2 minutes of grilling, brush the chicken thighs with the remaining gochujang glaze. Once the chicken is done, toss it with any remaining reserved sauce (DO NOT use the marinade that had raw chicken in it).



6 Servings, 156 Grams Each

Steak Sandwich with Caramelized Onions

BC#012352093722

Ingredients:

- 1 x Recipe Yield Caramelized Onions
- 1 x Recipe Yield Garlic Mayonnaise
- 1.2 x lb Flank Steak, separable lean only, trimmed to 0" fat, choice, raw
- 0.5 x tsp Kosher Salt
- 0.5 x tsp Black Pepper, ground
- 4 x 1 oz Cheddar Cheese Slice
- 1 x tbsp Canola Oil
- 4 x 1 Ciabatta Sandwich Rolls

Preparation Instructions:

1. Prep:

1. Prepare the Garlic Mayonnaise (sub recipe).
2. Prepare the Caramelized Onions (sub recipe).
3. Remove the flank steak from the fridge 20 minutes before cooking. Season it with salt and pepper on both sides.

2. Cook the Steak:

1. Heat the canola oil in a skillet over high heat or preheat a grill to high heat.
2. Add the steak and cook to your desired doneness, aiming for medium-rare to medium.
3. Remove the steak from the heat, cover with foil, and let it rest for 10 minutes.

3. Assemble the Sandwich:

1. Thinly slice the rested steak against the grain.
2. Cut the ciabatta rolls in half lengthwise. Spread about 3 tablespoons of garlic mayonnaise on each half.
3. Layer 3.6 oz of steak on the bottom half of each roll.
4. Top with 4 oz of caramelized onions and a slice of cheddar cheese.

4. Serve:

1. Place the top half of the ciabatta on the sandwich, cut on the bias, and serve hot or cold.



4 Servings, 560 Grams Each

BC#012352093739

Ingredients:

- 4 x Tablespoon Fresh Coriander (Cilantro) Leaves, raw
- 1 x Recipe Yield Spicy Vegan Mayo
- 1 x Recipe Yield Marinated Tofu
- 1 x Recipe Yield Quick Pickled Veggies
- 1 x 1 French Baguette (The Bread Guy)



Preparation Instructions:

1. Prep:

1. Prepare the Quick Pickled Veggies (sub recipe).
2. Prepare the Marinated Tofu (sub recipe).
3. Prepare the Spicy Vegan Mayo (sub recipe).
4. Wash and dry the cilantro leaves. Tear them into pieces.

2. Assemble the Sandwich:

1. Cut the baguette into 4 equal pieces, then slice each piece lengthwise.
2. Spread 2.3 tablespoons of spicy mayo evenly on the inside of each baguette.

3. Fill the Sandwich:

1. Add 4 oz of marinated and cooked tofu to each baguette.
2. Top with 3.25 oz of the quick pickled veggies.
3. Finish with 1 tablespoon of torn cilantro leaves on top.

4. Serve:

1. Wrap the sandwich, cut on the bias, and serve hot or cold.

4 Servings, 425 Grams Each

Marinated Tofu

Sub Recipe

Ingredients

- 16 oz Firm tofu, prepared with calcium sulfate
- 1 tablespoon Olive oil (salad or cooking)
- 2 tablespoons Tamari (soy sauce made from soy)
- 1 lime (about 2" in diameter)
- 1 clove Garlic, minced
- 1/2 teaspoon Fresh ginger root, minced
- 1/4 teaspoon Ground black pepper



Preparation Instructions

1. Drain the tofu and slice it into 1/2" slices. Place the slices on paper towels and gently pat dry to remove excess water.
- 2. Make the Marinade:**
 1. Wash, zest, and juice the lime.
 2. Mince the garlic and ginger.
 3. In a bowl, combine the olive oil, tamari, lime juice and zest, garlic, ginger, and black pepper. Whisk well.
3. Place the tofu in a shallow pan and pour the marinade over it. Let it marinate for at least 30 minutes.
4. Preheat the oven to 425°F. Remove the tofu from the marinade and place it on a sheet pan lined with parchment paper. Bake for 12 minutes, flip the tofu, and continue baking for another 12-13 minutes, or until the edges are browned. Remove from the oven.

4 Servings Divided, 133 Grams Each

Spicy Vegan Mayo

Sub Recipe

Ingredients

- 2 tablespoons Sriracha Hot Chili Sauce
- 1 teaspoon Lime juice, raw
- 1/8 teaspoon Sesame oil (salad or cooking)
- 1/2 cup Vegan mayonnaise

Preparation Instructions

1. In a bowl, combine all the ingredients.
2. Whisk well to combine.



4 Servings Divided

Quick Pickled Veggies

Sub Recipe

Ingredients

- 3 oz Oriental radishes (Daikon), raw
- 6 oz Carrots, raw
- 3 oz Cucumber, peeled, raw
- 1 jalapeno pepper, raw
- 1/3 cup Unseasoned rice vinegar
- 1/3 cup Water
- 1 teaspoon Granulated sugar
- 3/4 teaspoon Kosher salt



Preparation Instructions

1. Prepare the Vegetables:

1. Wash, peel, and cut the cucumber, carrots, and daikon radish (you can substitute regular red radishes if daikon is unavailable) into matchsticks.
2. Wash and thinly slice the jalapeno pepper.

2. Place the radish, carrots, cucumber, and jalapeno into a jar or another non-reactive container.

3. Make the Pickling Solution:

1. Bring the water to a boil and stir in the salt and sugar. Once dissolved, remove from heat, then add the rice vinegar. Let the solution cool slightly, until it's just warmer than room temperature.

4. Pour the pickling solution over the vegetables in the jar, ensuring the veggies are fully covered.

5. Chill for at least 1 hour, or up to one week.

4 Servings Divided, 130 Grams Each

Vegetarian Mushroom

Shawarma

BC#012352093746

Ingredients:

- 10 x 1 Large White Pita Bread (6-1/2" dia)
- 0.5 x Recipe Yield Mediterranean Tomato Cucumber Salad
- 1 x Recipe Yield Tahini Sauce
- 1 x Recipe Yield Mushroom Shawarma "Meat"



Preparation:

1. Prep:

1. Prepare the Tahini Sauce (sub recipe).
2. Prepare the Mediterranean Tomato Cucumber Salad (sub recipe).
3. Prepare the Mushroom Shawarma "Meat" (sub recipe).

2. Warm the Pitas:

1. Gently heat the pitas in the microwave or wrapped in foil in the oven, just long enough to make them warm and pliable.

3. Assemble the Pitas:

1. Add approximately 3.5 oz of the mushroom/onion mixture into each pita.
2. Top with 1.75 oz of the Mediterranean Tomato Cucumber Salad.
3. Drizzle with 2 tablespoons of Tahini Sauce.

4. Serve:

1. Serve warm and enjoy!

10 Servings, 246 Grams Each

Mediterranean Tomato Cucumber Salad Sub Recipe

Ingredients

- 3 cups Red ripe tomatoes, chopped or sliced
- 3 oz Red onion
- 1 cucumber (8-1/4"), with peel, raw
- 3/4 cup Fresh parsley, chopped
- 3/4 teaspoon Kosher salt
- 1/2 teaspoon Ground black pepper
- 2 tablespoons Olive oil (salad or cooking)
- 1 tablespoon Lemon juice, raw



Preparation Instructions

1. Wash and dice the tomatoes.
2. Peel and finely chop the onion.
3. Wash and dice the cucumber.
4. Combine the tomatoes, cucumber, and parsley in a bowl. Toss with kosher salt and pepper. Let it sit for about 5 minutes.
5. Drizzle with lemon juice and olive oil. Toss again, let it sit for another 5-10 minutes, and then refrigerate for up to 2 days.

20 Servings, 51 Grams each

Tahini Sauce

Sub Recipe

Ingredients

2 cloves Garlic, raw

1/2 teaspoon Kosher salt

12 tablespoons Tahini (sesame butter, from roasted and toasted kernels)

1/2 cup Lemon juice, raw

1/4 cup Water



Preparation Instructions

1. Peel the garlic and mince it finely, adding the salt and continuing to mince.

2. Puree the garlic and salt, tahini, lemon juice, and half of the water in a blender or food processor. Add water 1 tablespoon at a time until the mixture reaches a pourable consistency.

10 Servings, 37 Grams Each

Mushroom Shawarma “Meat”

Sub Recipe

Ingredients

- 3 teaspoons Whole cumin seeds
- 2 teaspoons Garlic powder
- 10 grams Smoked paprika
- 1 teaspoon Ground turmeric
- 1/2 teaspoon Red or cayenne pepper
- 1/2 teaspoon Ground cloves
- 15 Portabella mushrooms, whole
- 3/4 teaspoon Kosher salt
- 3/4 cup Olive oil (salad or cooking)
- 8 oz Red onion
- 1 lemon (for juice)



Preparation Instructions

1. Combine the spices, including the salt.
2. Wipe the mushrooms clean, then slice them into 1/2" slices.
3. Peel and halve the onion, then thinly slice it.
4. Juice the lemon.
5. Combine the red onion and mushrooms in a bowl, then drizzle with most of the olive oil (reserve a few tablespoons for cooking) and lemon juice. Toss well to coat.
6. Heat the remaining olive oil in a large pan over medium-high heat. If necessary, cook in batches to avoid overcrowding the pan. When the oil is hot, add the mushroom and onion mixture. Allow the mushrooms to sit undisturbed for 2-5 minutes, then stir and let them sit again for about 2 minutes.
7. Season the mushrooms and onions with the spices, and continue cooking for another 3-5 minutes. The mushrooms should be reduced by about half.

10 Servings, 98 Grams Each

CANTEEN  KITCHENS



Sides

Ingredients:

Salad

BC#012352093913

- 1 lb raw carrots
- 3 Medjool dates (pitted)
- 1/4 cup raw pistachios
- 1/3 cup fresh cilantro leaves
- 1/4 cup fresh spearmint leaves
- 2 tbsp olive oil (for salad or cooking)
- 2 tbsp fresh lemon juice
- 1 tbsp tahini (from roasted sesame seeds)
- 6 oz canned chickpeas (drained and rinsed)

Preparation:

1. Prepare the ingredients:

1. Wash and julienne the carrots.
2. Pit the dates and finely chop them.
3. Chop the pistachios into small pieces.
4. Wash and finely chop the cilantro and spearmint leaves.
5. Grate or finely mince garlic (optional if you prefer garlic in the dressing).
6. Drain and rinse the chickpeas.

2. Make the dressing:

1. In a bowl, whisk together olive oil, lemon juice, tahini, honey (optional), garlic, cumin, and a pinch of salt until well combined.

3. Assemble the salad:

1. In a large bowl, combine the carrots, chickpeas, dates, pistachios, cilantro, and mint. Toss everything together.



4 Servings, 225 Grams Each

Ingredients:

BC#012352093883

- 2 cups whole milk (3.25% milkfat with added vitamin D)
- 2 cups tap water (8 fl oz)
- 1/2 tsp kosher salt
- 1 cup whole-grain yellow cornmeal
- 4 tbsp unsalted butter
- 1/2 tsp ground black pepper
- 4 oz cheddar cheese
- 2 tsp low-sodium, MSG-free chicken base
- 2 oz grated parmesan cheese



Preparation:

1. Prep the ingredients:

1. Shred the cheddar and parmesan cheeses.
2. Combine the water and chicken base to form the broth.

2. Cook the polenta: In a pot, whisk together the cold milk, chicken broth, salt, and cornmeal.

3. Bring to a boil: Place the pot over medium-high heat and bring the mixture to a boil, whisking frequently. Once boiling, reduce the heat to low and cover.

4. Simmer: Let the polenta simmer on low heat for about 20 minutes, stirring every 3-4 minutes to prevent sticking and burning.

5. Finish the dish: Remove the pot from the heat. Stir in the butter and pepper, then gradually stir in the cheeses, making sure each addition melts fully before adding more.

6. Serve: Spoon 8 oz of the polenta into a serving container and serve hot.

5 Servings, 8oz Each

Ingredients:

BC#012352093906

- 3 tbsp unsalted butter
- 1/2 cup chopped shallots
- 2 cloves garlic (minced)
- 2 cups heavy whipping cream (yields 2 cups whipped)
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 1/8 tsp ground nutmeg
- 1/2 cup grated parmesan cheese
- 2 lbs frozen spinach (chopped or leaf)

**Preparation:**

- 1.Prepare the spinach:** Thaw the frozen spinach and squeeze out as much excess water as possible (you'll need 2 lbs of drained spinach).
- 2.Prepare the aromatics:** Finely chop the shallots and mince the garlic. Shred the parmesan cheese.
- 3.Cook the shallots:** In a large skillet, melt the butter over medium-low heat. Add the shallots and cook, stirring frequently, for about 4 minutes, or until they become soft and translucent.
- 4.Add the garlic:** Stir in the minced garlic and cook for another minute, until fragrant.
- 5.Simmer the cream:** Add the cream, salt, pepper, and nutmeg to the skillet. Bring the mixture to a gentle simmer. Let it simmer uncovered for about 10 minutes, stirring occasionally, until the cream thickens and can coat the back of a spoon.
- 6.Finish the sauce:** Once the cream has thickened, add the grated parmesan cheese and stir until fully melted. Then, add the thawed spinach and mix well to combine. If the spinach causes the mixture to become too watery, reduce the heat to medium-low and continue cooking until it thickens again.
- 7.Serve:** Portion the spinach mixture into 6 oz servings and enjoy.

7 Servings, 6oz Each

Ingredients:

BC#012352093890

- 2 1/2 cups all-purpose white flour (enriched, bleached)
- 1 1/2 cups whole-grain yellow cornmeal
- 1/3 cup granulated sugar
- 2 tbsp double-acting baking powder (straight phosphate)
- 2 tsp kosher salt
- 2 cups whole milk (3.25% milkfat with added vitamin D)
- 3 extra-large whole eggs (fresh)
- 1 tbsp unsalted butter
- 8 oz cheddar cheese
- 8 tbsp chopped spring onions (scallions)
- 2 jalapeño peppers

**Preparation:****1. Prep the ingredients:**

1. Wash and chop the jalapeños, removing the stems and seeds.
2. Wash and thinly slice the spring onions.
3. Whisk the eggs to lightly beat them.
4. Melt the butter.
5. Bring the eggs and milk to room temperature.
6. Grate the cheddar cheese.

2. Make the dry mix: In a large bowl, combine the flour, cornmeal, sugar, baking powder, and salt. Whisk thoroughly to ensure even mixing.

3. Make the wet mix: In a medium bowl, whisk together the milk, eggs, and melted butter until well combined.

4. Combine wet and dry ingredients: Pour the wet ingredients into the dry ingredients and stir gently until just combined. Avoid overmixing.

5. Add the mix-ins: Stir in the cheddar cheese, chopped jalapeños, and spring onions. Let the batter rest for 20-25 minutes.

6. Preheat and prepare the pan: While the batter rests, preheat your oven to 350°F. Spray a 9x13" baking pan with non-stick cooking spray.

7. Bake the cornbread: Pour the batter into the prepared pan and bake for 30-35 minutes, or until a toothpick inserted comes out clean. Allow the cornbread to cool before cutting it into 12 even squares.

8. Serve: Serve warm or at room temperature.

12 Servings, 118 Grams Each

Ingredients:

BC#012352093876

- 2 tbsp olive oil (for salad or cooking)
- 2 tbsp unsalted butter
- 1 1/2 tsp kosher salt
- 4 cloves garlic (minced)
- 2 tsp fresh thyme (minced)
- 4 tbsp fresh parsley (chopped)
- 3/4 tsp ground black pepper
- 30 oz brown mushrooms (Italian or Crimini, raw)



Preparation:

1. Prep the ingredients:

1. Clean and trim the mushrooms, then cut them into quarters.
2. Mince the garlic.
3. Wash and mince the thyme leaves.
4. Wash and chop the parsley.
5. Melt the butter and mix it with the olive oil.
6. Preheat the oven to 450°F.

2. Prepare the mushrooms: Place the mushrooms on a rimmed baking sheet and drizzle them with the olive oil and butter mixture.

3. Season the mushrooms: Sprinkle with salt and pepper, then toss everything to ensure the mushrooms are well coated.

4. Roast the mushrooms: Spread the mushrooms in a single layer on the sheet pan. Bake in the preheated oven for 10 minutes.

5. Add herbs and garlic: Remove the mushrooms from the oven and toss them with the minced garlic, thyme, and parsley. Spread them back into a single layer on the sheet pan.

6. Finish roasting: Return the mushrooms to the oven and bake for an additional 10 minutes, or until they are caramelized and soft.

7. Serve: Remove the mushrooms from the oven and place 5 oz into a serving container.

4 Servings, 5oz Each