

Harvest of the Month

PROTEINS



FUN FACTS



Protein sources can be animal or plant-based. Some examples of animal-based proteins are beef, pork, poultry, seafood, eggs, cheese, and yogurt. Soy products (like tofu or tempeh), nuts, seeds, and legumes are all types of plant-based proteins. Legumes such as beans, peas, and lentils are some of the most ancient foods consumed by humans, dating back to the days of hunter-gatherers, about 12,000 years ago!

SOURCES: USDA Choose My Plate, The Bean Institute

Protein is one of the three essential macronutrients that provides our bodies with calories (or energy) and functions as a building block for bone, muscle, skin, and blood cells. Protein foods are naturally rich in micronutrients, more specifically B vitamins. B vitamins such as niacin, thiamin, and riboflavin play an important role in the function of the nervous system and tissue building.

NUTRITION

RECIPE: BEAN BURRITO BOWL

YIELD: 50 SERVINGS

INGREDIENTS

- 11 lbs. (2.5 No. 10 cans) canned low-sodium pinto beans, drained, rinsed
- 6 oz fresh onions, chopped
- 1 Tbsp garlic powder
- 2 tsp ground black pepper
- 3 Tbsp chili powder
- 2 Tbsp ground cumin
- 1 Tbsp paprika
- 1 Tbsp onion powder
- 2 tsp salt
- 2 qt 1 cup water
- 1 lb. 12 oz (3 cups, 2 Tbsp) canned no-salt-added tomato paste

- 3 qt 2 cups water
- 3 lb. 2 oz (2 qt) brown rice, long-grain, cooked
- 2 oz (3 1/2 cups) fresh cilantro, finely chopped
- 12.5 cups pico de gallo
- 1 lb. reduced fat cheddar cheese, finely shredded

PREPARATION

1. Combine beans, onions, spices, salt, water (2 qt 1 cup), and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally. Set aside. CCP: Heat to 165 °F or higher for 15 seconds. Hold for hot service at 135 °F.
2. Fold cilantro into cooked rice. Set aside.

ASSEMBLY

1. First layer: Portion rice mixture with No. 8 scoop (1/2 cup).
2. Second layer: Portion beans with No. 8 scoop (1/2 cup).
3. Third layer: Portion pico de gallo with No. 16 scoop (1/4 cup).
4. Garnish each burrito bowl with 1 Tbsp of cheese.

SOURCE: Adapted from USDA Mixing Bowl



MEAL PATTERN CONTRIBUTION

- 3/8 cup red/orange vegetable
- 1/8 cup other vegetables
- 1 oz whole grains
- 1 1/2 oz M/MA

RECIPE: CHICKEN CAESAR-STYLE SALAD

YIELD: 50 SERVINGS

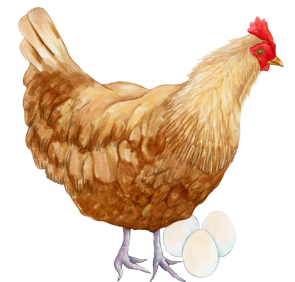
INGREDIENTS

- 6 1/4 lbs. cooked chicken, diced
- Non-stick cooking spray
- 2 lb. whole wheat bread, cut into 1-inch cubes
- 10 heads iceberg lettuce, washed and spun, cut into bite sized pieces
- 10 heads romaine lettuce, washed and spun, cut into bite sized pieces
- 3 qt celery, chopped

- 3 qt cucumbers, chopped
- 1 1/2 cup grated Parmesan cheese

DRESSING INGREDIENTS

- 1 cup lemon juice
- 4 Tbsp Dijon mustard
- 4 Tbsp garlic, minced
- 1 Tbsp ground black pepper
- 1 cup olive oil



PREPARATION

1. Preheat oven to 375 °F.
2. Separate chicken into 2-ounce portions.
3. Spray non-stick cooking spray evenly to coat baking sheet.
4. Spread whole wheat bread for croutons onto sprayed baking sheet and bake for 10-15 minutes until golden color and crispy. Let cool.
5. Make the dressing. In a mixing bowl, combine lemon juice, Dijon mustard, garlic, and black pepper. Whisk in oil, slowly at first and continue whisking until all of oil has been added.
6. Place toasted (cooled) croutons into large bowl and drizzle with a slight amount of dressing just to coat.
7. Add lettuce and other vegetables to croutons. Add remaining dressing, and parmesan cheese. Toss lightly to evenly coat.
8. Serve immediately. Serve 2 ounces cooked chicken and 1 cup (8 ounces) salad.

SOURCE: Adapted from USDA Mixing Bowl

MEAL PATTERN CONTRIBUTION

- 1 cup vegetables
- 2 oz M/MA

