

# Cranberries: The Perfect Fruit for School Foodservice Use

## **Cranberries: An Important American Original Fruit with Roots Back to the Creation of Our Nation!**

The cranberry is one of only three commercially cultivated native North American fruits. Its use by Native Americans dates to before the first European visitors came to North America in the early 1500s. Native Americans used cranberries in cooking and as medicines, a food preservative and dyes. They passed their knowledge about cranberries to colonial settlers in the early 1600s and later, during the early years of the United States, sea captains used cranberries to prevent scurvy on long ocean voyages.

Today cranberries are grown across the United States in Connecticut, Michigan, Minnesota, New York and Rhode Island, as well as the leading production states of Wisconsin, Massachusetts, New Jersey, Oregon, and Washington, where cranberries are a predominant crop. U.S. farmers produce more than three-quarters of a billion pounds of cranberries per year from approximately 40,000 acres of bogs or marshes.

## **Cranberries: A Versatile and Easy-to-Use Fruit with Year-Round Appeal for Your School Foodservice Meals!**

Incorporating cranberries into your school menu is a great and easy way to add unique flavor, color and variety to your fruit offerings. Whether dried, in sauce, frozen or fresh, cranberries are available year-round and count toward school foodservice fruit servings that are required by the USDA. Dried fruit counts at twice its volume, meaning  $\frac{1}{4}$  cup of dried cranberries equals  $\frac{1}{2}$  cup toward the daily USDA fruit requirement.<sup>1</sup> One-half cup of fresh, frozen or canned cranberries provides  $\frac{1}{2}$  cup toward the USDA daily fruit requirement.<sup>1</sup>

## **Cranberries: A Small Fruit With Big Health Benefits!**

Research shows convincing evidence that the tiny cranberry provides big health benefits. A serving of fresh cranberries is a good source of vitamin C and fiber; provides antioxidant polyphenols; and contains only 1 mg of sodium.<sup>2,3</sup> According to the Food and Drug Administration, a diet low in fat and high in fruits and vegetables may reduce the risk of some cancers. In addition, diets low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain fiber may reduce the risk of heart disease.<sup>4</sup> Cranberries also may help maintain urinary tract health.<sup>5, 6, 7</sup> For these reasons, putting cranberries on your school foodservice menu makes great nutritional sense!



# The *Little* Cranberry Adds *Big* Taste and Menu Appeal Year-Round

Incorporating fruit into school lunches has become a priority with the new National School Lunch Program. Add unexpected varieties, such as cranberries, into recipes and meals to contribute to the daily fruit requirement while adding delicious flavor, color and texture. The tiny, tart and sweet berries add big taste to whole grain side dishes and sandwiches, but can also be used in chutneys and relishes. They're a great complement to poultry and meat and go well with sweeter fruits such as apples and pears.

Cranberries in various product forms are available year-round and can be easily added to a variety of sweet and savory kid-friendly recipes for both breakfast and lunch. They are a nutritious, versatile and budget-friendly option for your school foodservice menu.

Here are just some of the ways to use dried, fresh or frozen cranberries, and cranberry sauce throughout the school year.



## Dried Cranberries

Add 1 Tbsp to ¼ cup per serving to the meal ideas below

- ✓ Include them on your salad bar to add unique flavors and texture to salads
- ✓ Add to oatmeal during cold months or cold cereal during spring and summer
- ✓ Mix into chicken or turkey salad before plating
- ✓ Incorporate into whole grain side dishes such as quinoa, bulgur and brown rice
- ✓ Add to trail mix
- ✓ Mix into stuffing recipes



## Cranberry Sauce

Use 2 Tbsp to ½ cup of sauce per serving for the meal ideas below

- ✓ Spread on turkey sandwiches
- ✓ Spread on top of pancakes or waffles for a fruity alternative to butter or syrup
- ✓ Combine with cheese for a sweet and salty quesadilla filling
- ✓ Use as a condiment in vegetable or chicken wraps
- ✓ Offer cranberry sauce as a side to roasted chicken or turkey



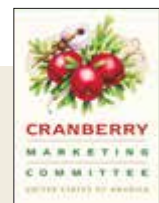
## Fresh or Frozen Cranberries

Use 2 Tbsp to ½ cup per serving for the meal ideas below

- ✓ Make into a cranberry relish or chutney
- ✓ Blend into fruit smoothies
- ✓ Mix into applesauce during the fall

## References:

- <sup>1</sup> "Nutrition Standards in the National School Lunch and School Breakfast Programs; Final Rule." 77 Federal Register 17 (26 January 2012), pp. 4088-4167.
- <sup>2</sup> U.S. Department of Agriculture, Agricultural Research Service. 2011. Nutrient data for 09078, Cranberries, raw. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>
- <sup>3</sup> Halvorsen, BL, Carlsen MH, Phillips KM, Bohn, SK, Holte K, Jacobs DR, and Blomhoff R. Content of redox-active compounds (ie, antioxidants) in foods consumed in the United States. *Am J Clin Nutr.* 2006;84:95-135.
- <sup>4</sup> U.S. Food and Drug Administration. (1993, January 6). Code of Federal Regulations; FDA health Claims. Retrieved from <http://www.ecfr.gov/cgi-bin/text-idx?c=ecfr;sid=502078d8634923edc695b394a357d189;rgn=div8;view=text;node=21%3A2.0.1.1.2.5.1.8;idno=21;cc=ecfr>
- <sup>5</sup> Howell AB. Cranberry proanthocyanidins and the maintenance of urinary tract health. *Crit Rev Food Sci Nutr* 2002;42(3 Suppl):273-8.
- <sup>6</sup> Howell AB, Foxman B. Cranberry juice and adhesion of antibiotic resistant uropathogens. *JAMA.* 2002;287(23):3082-3.
- <sup>7</sup> Howell AB. Bioactive compounds in cranberries and their role in prevention of urinary tract infections. *Mol Nutr Food Res.* 2007;51(6):732-7.



# Cranberries: A Reason for Every Season

## Using and Storing Cranberries throughout the School Year

Cranberries are a great way to add more variety, color, flavor and health benefits to school meals. They can help fulfill USDA fruit requirements in a range of recipes, from yogurt parfaits to veggie wraps, and because they're available dried, frozen, fresh or as sauce, they are easy to add to your menu any time of year. Entitlement dollars can be used to order cranberry products that are on the USDA Foods Available List.<sup>1</sup> Cranberries can also be easily purchased through your school's food vendors or directly from cranberry suppliers.<sup>i, ii</sup>

### Cranberry Buying Guide for Child Nutrition Programs

Food As Purchased, AP	Purchase Unit	Servings Per Purchase Unit, EP	Serving Size per Meal Contribution	Purchase Units for 100 Servings	Additional Information
Cranberry Sauce, canned Whole	No. 10 can (117 oz)	48.00	¼ cup fruit	2.1	N/A
	No. 300 can (16 oz)	6.70	¼ cup fruit	15.0	
Cranberry Sauce, canned Strained	No. 10 can (117 oz)	47.90	¼ cup fruit	2.1	N/A
	No. 300 can (16 oz)	6.50	¼ cup fruit	15.4	
Cranberries, dried Sweetened Whole	Pound	13.80	¼ cup dried fruit (credits as ½ cup fruit in NSLP/SBP)	7.3	1 lb AP = 1 lb (about 3 ¾ cups) ready-to-cook or serve cranberries  One 5 lb bag AP = about 17 ¼ cups ready-to-cook or serve cranberries
	5 lb package	69.00		1.5	
	30 lb package	414.00		0.25	
Cranberries, frozen Whole <sup>2</sup>	40 lb package	624.00	¼ cup thawed fruit	0.17	40 lb AP yields 156 cups ready-to-cook or serve thawed, drained cranberries  1 lb AP yields 1 lb (about 3 ¾ cups) ready-to-cook or serve thawed, drained cranberries
Cranberries, fresh Whole	Pound	15.60	¼ cup raw, chopped fruit	6.5	1 lb AP = 0.95 lb ready-to-cook or serve raw cranberries
	Pound	11.10	¼ cup cooked fruit, sugar added, whole berry	9.1	
	Pound	9.90	¼ cup cooked fruit, sugar added, strained	10.2	

Adapted from Team Nutrition initiative of USDA Food and Nutrition Service. Food Buying Guide for Child Nutrition Programs – NSLP and SBP only, updated October 1, 2012

Hungry for more cranberry information? [www.uscranberries.com](http://www.uscranberries.com)

# Cranberries: A Reason for Every Season

## Using and Storing Cranberries throughout the School Year

Supplying *big* nutrition in a *little* package, cranberries are a versatile fruit that's easy to add to school foodservice dishes to meet fruit serving requirements. Whether dried, in sauce, frozen or fresh, cranberries can count toward daily fruit requirements, with dried cranberries crediting at twice their volume.<sup>3</sup>

### Cooking and Preparing Cranberries

Cranberries are simple to use in any form, making them a perfect fit for meals and recipes that need a little extra flavor or additional fruit credits.

#### Canned Cranberry Sauce<sup>4</sup>

- ✓ Use a clean cloth to wash the lids before opening
- ✓ Use a sanitized can opener
- ✓ Cranberry sauce can be used in recipes or served alone at room temperature or chilled

#### Dried Cranberries<sup>5</sup>

- ✓ Pour onto a salad bar right from the bag, decreasing labor time and costs
- ✓ Do not require soaking before use in recipes

#### Fresh or Frozen Cranberries

- ✓ Chop in a food processor using the "pulse" setting
- ✓ Frozen cranberries do not need to be defrosted before use
- ✓ When cooking cranberries, remove from heat as soon as they pop to keep a firm texture

### Storing Cranberries

Cranberries are readily available year-round and are easy to keep on-hand. Dried and canned cranberries can be stored at room temperature, saving refrigerator and freezer space. They also have a long shelf life, minimizing spoilage and the associated costs. To ensure safe food practices, always use the First-In-First-Out (FIFO) storage procedure, which is designed to make use of older products first.<sup>2, 4-6</sup>

#### Shelf Storage

- ✓ Store unopened cans, bottles of juice, and dried cranberries in a cool, dry place not exceeding 65°F<sup>4, 5, 6</sup>
- ✓ Never expose cans to extreme temperatures; do not store above a stove, under a sink, or in a damp area<sup>4</sup>
- ✓ Shelf life of dried cranberries is extended to 18 months if stored below 45°F<sup>5, 7</sup>

#### Refrigerated Storage

- ✓ Refrigerate opened cranberry sauce, juice and fresh or thawed cranberries in a covered, labeled and dated nonmetallic container<sup>2, 4, 6</sup>
- ✓ Use thawed cranberries within 2 days<sup>2</sup>

#### Freezer Storage

- ✓ Keep frozen cranberries in a freezer at 0°F or below<sup>2</sup>
- ✓ Keep off the floor and away from walls<sup>2</sup>
- ✓ Store for up to 18 months<sup>7</sup>

### EQUIVALENCIES

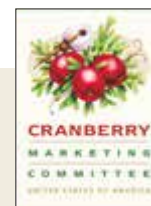
¼ cup of dried cranberries	=	½ cup of fruit toward the daily requirement
½ cup cranberry sauce	=	½ cup of fruit
½ cup frozen cranberries	=	½ cup of fruit
½ cup fresh cranberries	=	½ cup of fruit
⅛ cup cranberry sauce or 1 Tbsp dried cranberries	=	the ⅛ cup minimum creditable amount of fruit

### References:

- <sup>1</sup> Food & Nutrition Service, United States Department of Agriculture. USDA Foods Available List for Schools and Institutions. Updated December 2012. Retrieved from [http://www.fns.usda.gov/fdd/foods/SY13-Foods\\_Available\\_List-Enhanced.pdf](http://www.fns.usda.gov/fdd/foods/SY13-Foods_Available_List-Enhanced.pdf)
- <sup>2</sup> Food and Nutrition Service, United States Department of Agriculture. A306 – Cranberries, Whole, Frozen, 40 lb. USDA Commodity Food Fact Sheet for Schools & Child Nutrition Instructions. Updated 11 May 2007 Retrieved from [http://www.fns.usda.gov/fdd/schfacts/FV/A306\\_CranberriesWholeFrz\\_40lb.pdf](http://www.fns.usda.gov/fdd/schfacts/FV/A306_CranberriesWholeFrz_40lb.pdf)
- <sup>3</sup> "Nutrition Standards in the National School Lunch and School Breakfast Programs; Final Rule." 77 Federal Register 17 (26 January 2012), pp. 4088-4167.
- <sup>4</sup> Food and Nutrition Service, United States Department of Agriculture. 100214 – Cranberry Sauce, Canned, #10. USDA Foods Fact Sheet for Schools & Child Nutrition Institutions. Updated 7 November 2011. Retrieved from [http://www.fns.usda.gov/fdd/schfacts/FV/FVnew2012schfactsheets/100214\\_CranberrySauceCnd\\_No10\\_November%202011.pdf](http://www.fns.usda.gov/fdd/schfacts/FV/FVnew2012schfactsheets/100214_CranberrySauceCnd_No10_November%202011.pdf)
- <sup>5</sup> Food and Nutrition Service, United States Department of Agriculture. A291 – Cranberries, Dehydrated, Sweetened, Whole, 5 lb. USDA Commodity Food Fact Sheet for Schools & Child Nutrition Instructions. Updated 11 May 2007. Retrieved from [http://www.fns.usda.gov/fdd/schfacts/FV/A291\\_CranberriesDehySweetenedWhole.pdf](http://www.fns.usda.gov/fdd/schfacts/FV/A291_CranberriesDehySweetenedWhole.pdf)
- <sup>6</sup> Food and Nutrition Service, United States Department of Agriculture. A296 - Cranberry Juice Concentrate, Bottled, 64 oz. USDA Commodity Food Fact Sheet for Schools & Child Nutrition Instructions. Updated 11 May 2007. Retrieved from [http://www.fns.usda.gov/fdd/schfacts/FV/A296\\_CranberryJuiceConcentrate\\_64oz.pdf](http://www.fns.usda.gov/fdd/schfacts/FV/A296_CranberryJuiceConcentrate_64oz.pdf)
- <sup>7</sup> Cape Cod Cranberry Growers Association. Types, Availability and Usage of Cranberries. Retrieved June 4, 2013, from <http://www.cranberries.org/cranberries/health.html>

<sup>1</sup> Supplier list available through the US Cranberry Marketing Committee [www.uscranberries.com](http://www.uscranberries.com).

<sup>ii</sup> If you would like the USDA Foods Available List to contain more cranberry products, please encourage the USDA to add fresh or frozen cranberries to the list.





# Cranberries: Eat 'Em a Different Way Every Day to Meet School Lunch Guidelines!

Cranberries are a versatile fruit that help schools meet the USDA daily National School Lunch Program (NSLP) guidelines. They offer variety—dried, sauced, frozen and fresh—and add great taste and health benefits to everything from breakfast parfaits and oatmeal to lunchtime salads and BBQ sandwiches. Here are the details on how cranberries can help meet NSLP guidelines:

## **NSLP Guideline: Fruit requirements are separate from vegetables to encourage fruit and vegetable intake<sup>1</sup>**

Cranberries are a nutrient-rich fruit that can count toward the daily fruit requirements in many forms. They can be served on their own or added to dishes to boost flavor and variety.

## **NSLP Guideline: Minimum serving of fruit that can credit toward the fruit requirements is 1/8 cup<sup>1</sup>**

Since dried fruit is creditable at twice its volume, even 1 Tbsp (1/16 cup) of dried cranberries per serving counts toward daily fruit requirements.

## **NSLP Guideline: Increase the variety of vegetables offered throughout the week<sup>1</sup>**

NSLP guidelines already promote a variety of vegetables, so be a forward-looking operation and do the same with fruit! Providing students a variety of fruit, including nutrient-rich cranberries, throughout the week will help increase student interest in a variety of foods.

## **NSLP Guideline: Schools may use salad bars to help kids meet fruit and vegetable requirements<sup>1</sup>**

Dried cranberries make an excellent salad topper, adding texture, flavor, color and nutrients to meals in the form of a creditable fruit. Students can experiment with different salad combinations while consuming their required fruits and vegetables. As a bonus, adding dried cranberries to salad bars requires no extra preparation—saving your operation time and money.

## **NSLP Guideline: Reduce sodium in meals and adhere to weekly average sodium restrictions<sup>1</sup>**

Adding cranberries, which are naturally low in sodium, to meals enhances nutrient content and flavor. Canned cranberry sauce contains just 40 mg of sodium per 1/2 cup serving and dried cranberries have only 1 mg per 1/4 cup serving.<sup>2, 3, 4</sup>

## **NSLP Guideline: Follow *trans* fat limits of zero grams per serving (<0.5 g/serving) and saturated fat limits of <10% total calories from saturated fat over the week<sup>1</sup>**

Cranberries are *trans* fat free and low in saturated fat, helping schools add unique flavor to meal offerings without the *trans* or saturated fats.

## **NSLP Guideline: Meals must fit within the designated calorie range for each age group<sup>1</sup>**

One-quarter cup of dried cranberries has a similar calorie content to other dried fruit, making it a suitable choice while staying within calorie limits.

### **Consider these great dried fruit choices.**

**Apricots**, dried<sup>5</sup>  
1/4 cup  
78 calories

**Cranberries**, dried<sup>4</sup>  
1/4 cup  
93 calories

**Plums**, dried<sup>6</sup>  
1/4 cup  
104 calories

**Raisins**, seedless<sup>7</sup>  
1/4 cup  
108 calories

*Hungry for more cranberry information? [www.uscranberries.com](http://www.uscranberries.com)*

# Cranberries: A Reason for Every Season

Cranberries can add great flavor and nutrients to an endless array of sweet and savory foods any time of year. Below are a few ideas for incorporating cranberries into existing dishes and recipes.

## Summer and Back-to-School

- ✓ Sprinkle 1 Tbsp dried cranberries over fruit and yogurt parfaits
- ✓ Use ¼ cup cranberry sauce as the base of a fruit salsa
- ✓ Add flavor to barbecue sauces by stirring in ¼ cup of cranberry sauce per serving

## Fall

- ✓ Substitute dried cranberries in place of other dried fruits in recipes
- ✓ Use ⅓ - ¼ cup cranberry sauce as a spread on chicken or turkey sandwiches and wraps
- ✓ Use ¼ cup of cranberry sauce as a side for any poultry, pork or beef dish

## Winter

- ✓ Add dried cranberries to casseroles (1 Tbsp per serving)
- ✓ Add 1 Tbsp dried cranberries to each serving of chicken or turkey salads
- ✓ Add dried cranberries to muffin and bread mixes (1 Tbsp per serving)

## Spring

- ✓ Add ⅓ cup of dried cranberries to individual servings of pasta and whole grain salads
- ✓ Include ¼ cup of dried cranberries in every serving of trail mix
- ✓ Add 1 Tbsp dried cranberries to salads or offer them on salad bars

## Cranberries: The Shelf-Stable Salad Staple

Just 1 Tbsp of dried cranberries adds ⅓ cup of creditable fruit to the meal.

Mixed dishes of fruits and vegetables can count toward daily fruit and vegetable requirements<sup>8</sup>, so combine the two in salads! Pair dried cranberries with other popular salad toppers to add color and nutrients to your school's pre-packaged salads and salad bars with no added preparation. There is no need to wash, dry, peel or chop these berries. Here are six tasty salad topping combos to add to your packaged salads or salad bar.

- ✓ Dried cranberries, garbanzo beans and carrots
- ✓ Dried cranberries, orange slices and chopped broccoli
- ✓ Dried cranberries, cucumbers and feta cheese
- ✓ Dried cranberries, green peppers and black beans
- ✓ Dried cranberries, black beans and corn kernels
- ✓ Dried cranberries, chopped pears and celery



## References:

- <sup>1</sup> "Nutrition Standards in the National School Lunch and School Breakfast Programs; Final Rule." 77 Federal Register 17 (26 January 2012), pp. 4088-4167.
- <sup>2</sup> United States Food and Drug Administration. Guidance for Industry: A Food Labeling Guide (9. Appendix A: Definitions of Nutrient Content Claims). Updated October 2009. Retrieved from <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>
- <sup>3</sup> Food and Nutrition Service, United States Department of Agriculture. 100214 – Cranberry Sauce, Canned, #10. USDA Foods Fact Sheet for Schools & Child Nutrition Institutions. Updated 7 November 2011. Retrieved from [http://www.fns.usda.gov/fdd/schfacts/FV/FVnew2012schfactsheets/100214\\_CranberrySauceCnd\\_No10\\_November%202011.pdf](http://www.fns.usda.gov/fdd/schfacts/FV/FVnew2012schfactsheets/100214_CranberrySauceCnd_No10_November%202011.pdf)
- <sup>4</sup> Food and Nutrition Service, United States Department of Agriculture. A291 – Cranberries, Dehydrated, Sweetened, Whole, 5 lb. USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions. Updated 11 May 2007. Retrieved from [http://www.fns.usda.gov/fdd/sschfacts/FV/A291\\_CranberriesDehySweetenedWhole.pdf](http://www.fns.usda.gov/fdd/sschfacts/FV/A291_CranberriesDehySweetenedWhole.pdf)
- <sup>5</sup> U.S. Department of Agriculture, Agricultural Research Service. 2011. Nutrient data for 09032, Apricots, dried, sulfured, uncooked. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>
- <sup>6</sup> U.S. Department of Agriculture, Agricultural Research Service. 2011. Nutrient data for 09291, Plums, dried (prunes), uncooked. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>
- <sup>7</sup> Food and Nutrition Service, United States Department of Agriculture. 100294 – Raisins, Regular Moisture, Seedless, 30 lb. USDA Foods Fact Sheet for Schools & Child Nutrition Institutions. Updated 26 January 2012. Retrieved from [http://www.fns.usda.gov/fdd/schfacts/FV/FVnew2012schfactsheets/100294\\_RaisinsSeedless\\_30lb\\_November%202011.pdf](http://www.fns.usda.gov/fdd/schfacts/FV/FVnew2012schfactsheets/100294_RaisinsSeedless_30lb_November%202011.pdf)
- <sup>8</sup> Food and Nutrition Service, United States Department of Agriculture. Final Rule, Nutrition Standards in the National School Lunch and School Breakfast Programs, Questions & Answers for Program Operators. Updated 25 January 2013. Retrieved from <http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP10-2012ar6.pdf>



# Cranberry Harvest Parfait

*A recipe for every season.*

One parfait provides

1 oz. equivalent  
grains

1 oz. equivalent  
meat/meat  
alternate

$\frac{3}{4}$  cup fruit







# Cranberry Harvest Parfait

Yield: 48 servings

Serving Size: 1 parfait

Prep Time: 15 minutes

A recipe for every season.

## INGREDIENTS

Yogurt, non-fat, plain  
Cranberry sauce, whole-berry

## WEIGHT

7 lb. 5 oz.

## MEASURE

1 ½ gal.  
3 qt.

## DIRECTIONS

1. In a bowl or container with a lid, whisk together yogurt and cranberry sauce until smooth. Cover and refrigerate until ready to use. CCP: Hold cold at 40°F or below.

Granola, whole-grain, no-nuts  
Dried sweetened cranberries

3 lb.  
1 lb. 12 oz.

3 qt.  
1 ½ qt.

2. In a container with a lid, mix granola and dried cranberries. Cover and hold.

Pears, canned, in juice or light syrup,  
drained, diced

3 qt.

3. **To Serve:** For each parfait, layer the following in a 10 oz. cup or bowl in this order:

- 3 Tbsp. (#20 scoop) granola-cranberry mixture
- ¼ cup (#16 scoop) chopped pears
- ⅔ cup (#6 scoop) cranberry-yogurt mixture
- 3 Tbsp. (#20 scoop) granola-cranberry mixture

4. Cover and refrigerate until ready to serve. CCP: Hold cold at 40°F or below.

**Variations:** Try different ingredients, including, plain non-fat Greek yogurt, sliced bananas, pineapple chunks, peach slices, etc.

**Option:** Cranberry sauce and yogurt may be layered separately instead of mixed together for a variation.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One parfait provides 1 oz. eq. grains, 1 oz. eq. meat/meat alternate, ¾ cup fruit

## NUTRIENTS PER SERVING:

Calories 365 kcal  
Total Fat 2.5 g

Saturated Fat 0.5 g  
Trans Fat 0 g

Cholesterol 2.5 mg  
Sodium 156 mg

Carbohydrate 80 g  
Dietary Fiber 6 g

Protein 10 g  
Vitamin C 4 mg

Calcium 271 mg  
Iron 1.5 mg

Vitamin A 19 IU  
1% Calories from Saturated Fat

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# Cranberry Spinach Salad

*A recipe for every season.*

One salad provides

2 oz. equivalent  
meat/meat  
alternate

¼ cup fruit

½ cup dark green  
vegetables





# Cranberry Spinach Salad

Yield: 48 servings

Serving Size: 1 salad

Prep Time: 25 minutes

A recipe for every season.

## INGREDIENTS      WEIGHT      MEASURE      DIRECTIONS

### **Cranberry Dressing\*** (1 ½ qt.)

Vinegar, cider		2 cups
Cranberry sauce	14 oz.	1 ½ cups
Mustard, Dijon-style		3 Tbsp.
Black pepper, ground		1 tsp.
Oil, canola		2 ½ cups

Baby spinach leaves	8 lb.	3 gal.
Turkey, breast, deli-style, cooked, sliced and julienned	4 lb. 12.8 oz.	
Eggs, hard-cooked, chopped	3 lb.	24 large eggs
Dried sweetened cranberries	1 lb. 12 oz.	1 ½ qt.

Cranberry Dressing\*      1 ½ qt.

**Variation:** Try baby kale or chopped romaine leaves instead of spinach.

1. In a bowl, whisk together vinegar, cranberry sauce, mustard and pepper until smooth. While continuing to whisk, slowly drizzle in oil until incorporated and smooth. Place in a covered container and refrigerate until ready to use. CCP: Refrigerate below 40°F.

2. **To Serve:** In a bowl or plate, place 1 cup spinach. Top with the following in this order:

- 1.6 oz. turkey
- 2 Tbsp. (#30 scoop) chopped egg
- 2 Tbsp. (#30 scoop) dried sweetened cranberries

3. Serve each salad with 2 Tbsp. (#30 scoop) Cranberry Dressing\*.

**Note:** For a vegetarian option, replace turkey with 2 Tbsp. sunflower seeds per serving.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One salad provides 2 oz. eq. meat/meat alternate, ¼ cup fruit, ½ cup dark green vegetables

### NUTRIENTS PER SERVING:

Calories 281 kcal	Saturated Fat 2.5 g	Cholesterol 134 mg	Carbohydrate 20 g	Protein 14 g	Calcium 98 mg	Vitamin A 7263 IU
Total Fat 17 g	Trans Fat 0 g	Sodium 477 mg	Dietary Fiber 3 g	Vitamin C 24 mg	Iron 3 mg	8% Calories from Saturated Fat

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# Cranzy Chicken Taco

*A recipe for every season.*

One taco provides

1 ¾ oz. grains  
equivalent

1 ½ oz. meat  
equivalent

½ cup fruit

¼ cup dark green  
vegetables

¼ cup vegetables  
– beans and peas  
(legumes)





# Cranzy Chicken Taco

Yield: 48 servings

Serving Size: 1 taco

Prep Time: 30 minutes

Cook Time: 15 minutes

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

### Chicken

Cranberry sauce, whole-berry

1 ½ qt.

Honey

⅓ cup

Chicken, cooked, diced, thawed

4 ½ lb.

Cheese, Parmesan, grated

¾ cup

### Bean Salad\* (6 qt.)

Beans, Northern, canned, drained  
rinsed, reduced-sodium

3 qt.

Dried sweetened cranberries

3 qt.

Juice, apple, 100%

1 ½ cups

Scallions or onions, red, chopped

1 cup

Garlic, fresh, minced

1 Tbsp.

Pepper, black, ground

1 tsp.

### Cranberry Mayo\*\* (3 cups)

Mayonnaise, reduced-fat

1 ½ cups

Cranberry sauce, whole-berry

1 ½ cups

Scallions, minced

¼ cup

Pepper, black, ground

1 tsp.

Spinach, fresh, chopped

6 qt.

Tortilla, whole-grain, 8-in.

48

1. In a large sauce pan, melt cranberry sauce with honey, about 2 minutes.

2. Add chicken and cheese to cranberry-honey mixture and toss to coat well.

3. Lay chicken pieces on parchment-covered sheetpans in a single layer. Bake in 350°F convection oven for 6 to 8 minutes or until internal temperature reaches 165°F. Hold hot for service.

4. In a bowl, toss together all Bean Salad\* ingredients; mix well, cover and refrigerate at least 2 hours before serving.

5. In a bowl, whisk together mayonnaise, cranberry sauce, scallions and pepper until combined; place in a wide mouth squeeze bottle, replace lid and hold at 40°F until ready to serve.

6. **To Serve:** Set up food bar to Build Your Own. Portion ¼ cup chicken, ½ cup Bean Salad\* and ½ cup spinach onto a tortilla. Drizzle with 1 Tbsp. Cranberry Mayo\*\*. Wrap to serve.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One taco provides 1 ¾ oz. grains equivalent, 1 ½ oz. meat equivalent, ½ cup fruit, ¼ cup dark green vegetables, ¼ cup vegetables – beans and peas (legumes)

## NUTRIENTS PER SERVING:

Calories 471 kcal

Saturated Fat 1.69 g

Cholesterol 40.37 mg

Carbohydrate 77.88 g

Protein 22.92 g

Calcium 169.64 mg

Vitamin A 103.90 RE (1429.54 IU)

Total Fat 8.12 g

Trans Fat 0 g

Sodium 526.88 mg

Dietary Fiber 7.74 g

Vitamin C 8.63 mg

Iron 4.34 mg

3.24% Calories from Saturated Fat

Created by Ingrid Rockwell of Deerfield Elementary School in Deerfield, WI for the Cranberry Marketing Committee USA / Wisconsin School Foodservice Cranberry Recipe Contest

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# Cranberry & Cilantro Quinoa Salad

*A recipe for every season.*

One ½ cup  
serving provides

½ oz. grains  
equivalent

¼ cup fruit

⅛ cup red/orange  
vegetables





# Cranberry & Cilantro Quinoa Salad

Yield: 48 servings

Serving Size: 1/2 cup

Prep Time: 20 minutes

Cook Time: 15 minutes

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Water		1 1/2 qt.
Salt		1 tsp.
Quinoa, whole grain, rinsed (cooked yield = 12 cups)	1 1/2 lb. dry	
Dried sweetened cranberries	2 lb.	1 1/2 qt.
Carrots, minced		3 cups
Pepper, bell, red, chopped		1 1/2 qt.
Onion, red, finely chopped		1 cup
Cilantro, fresh, minced		1 cup
Juice, lime, fresh		1 cup
Oil, vegetable		1/2 cup
Salt		1 tsp.
Pepper, red, ground		1/2 tsp.

1. In a large pot, bring water and salt to a boil over high heat; stir in quinoa, reduce heat and bring to a simmer. Cover pot and cook until all liquid is absorbed (about 15 minutes).
2. Remove from heat and transfer quinoa to a hotel pan. Cool to room temperature. Cover and refrigerate until ready to use.
3. Add cranberries, carrots, peppers, onions and cilantro to chilled quinoa and stir to mix evenly.
4. In a small bowl, mix together lime juice, oil, salt and pepper and pour over quinoa-cranberry mixture. Cover and refrigerate at least 2 hours before serving.
5. **To Serve:** Scoop (#8) a 1/2 cup portion of salad into a bowl and serve. Does not need to be served cold.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One 1/2 cup serving provides 1/2 oz. grains equivalent, 1/4 cup fruit, 1/8 cup red/orange vegetables

## NUTRIENTS PER SERVING:

Calories 129 kcal	Saturated Fat 0.21 g	Cholesterol 0 mg	Carbohydrate 24.40 g	Protein 2.34 g	Calcium 23.21 mg	Vitamin A 336.87 RE (1739.96 IU)
Total Fat 2.46 g	Trans Fat 0 g	Sodium 107.21 mg	Dietary Fiber 2.45 g	Vitamin C 25.96 mg	Iron 0.90 mg	1.44% Calories from Saturated Fat

Created by Diane Swiontek of the Clayton School District in Clayton, WI for the Cranberry Marketing Committee USA / Wisconsin School Foodservice Cranberry Recipe Contest

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# Razzy Cranberry Grape Gelatin

*A recipe for every season.*

One ½ cup  
serving provides

½ cup fruit





# Razzy Cranberry Grape Gelatin

Yield: 48 servings

Serving Size: 1/2 cup

Prep Time: 20 minutes

Cook Time: 10 minutes

Set Time: 3 hours

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Grapes, seedless, red, off stem\*

6 lb.

5 qt.

1. Wash grapes thoroughly and remove stems.

2. Process grapes in food processor until finely chopped. Remove from processor bowl and hold.

Juice, grape or 100% grape blend  
Gelatin, raspberry-flavored\*\*

18 oz.

1 1/2 qt.

3. In a large stainless steel sauce pot, bring grape juice to a boil. Remove from heat. Stir in gelatin until dissolved.

Cranberry sauce, whole-berry

5 cups

4. Mix in cranberry sauce and mix/mash until dissolved.

5. Stir in grapes and mix thoroughly.

6. **To Serve:** Ladle or scoop (#8) 1/2 cup portions into 6 oz. cups or dishes and refrigerate. Chill at least 3 hours to set properly. Or place in a deep quarter hotel pan, chill and scoop after firm.

\*Other fruits may be stirred into gelatin base, including dried cranberries, mango, melon, berries, apples, pears, peaches, etc.

\*\*Use sugar-free gelatin as an alternative.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

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**SERVING:** One 1/2 cup serving provides 1/2 cup fruit

## NUTRIENTS PER SERVING:

Calories 142 kcal

Saturated Fat 0.06 g

Cholesterol 0 mg

Carbohydrate 34.20 g

Protein 1.19 g

Calcium 10.44 mg

Vitamin A 5.67 RE (57.95 IU)

Total Fat 0.20 g

Trans Fat 0 g

Sodium 57.61 mg

Dietary Fiber 0.54 g

Vitamin C 10.55 mg

Iron 0.22 mg

0.41% Calories from Saturated Fat

Created by Pamela Zuberbier of St. Peter's Lutheran School in Fond du Lac, WI for the Cranberry Marketing Committee USA / Wisconsin School Foodservice Cranberry Recipe Contest

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# Cranberry Turkey Picadillo

*A recipe for every season.*

One ½ cup  
serving provides

2 oz. meat  
equivalent

¼ cup fruit





# Cranberry Turkey Picadillo

Yield: 48 servings

Serving Size: 1/2 cup

Prep Time: 15 minutes

Cook Time: 35 minutes

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Oil, olive		3 Tbsp.
Onions, medium, diced small	1 1/4 lb.	1 qt.
Peppers, bell, green, diced small	1 1/4 lb.	1 qt.
Garlic, fresh, minced		3 Tbsp.
Turkey, ground	8 3/4 lb.	
Cumin, ground		2 Tbsp.
Cinnamon, ground		2 tsp.
Pepper, black, ground		2 tsp.
Pepper, red, flakes		2 tsp.
Cloves, ground		1 tsp.
Salt		1 tsp.
Tomatoes, Roma, canned, diced		1 qt.
Dried sweetened cranberries		1 1/2 qt.

### Optional accompaniments\*:

Cooked brown rice, optional	6 qt.
Tortillas, whole wheat, 8-inch, optional	48
Sour cream, reduced-fat, optional	3 cups
Cheese, cheddar, shredded, optional	3 cups

1. In a large skillet, rondo or tilting skillet, heat olive oil over medium heat; add onions, bell peppers and garlic and sauté. Stir often, until the onions soften, about 5 minutes.
2. Add ground turkey and cook until meat is browned.
3. Stir in cumin, cinnamon, ground black pepper, red pepper flakes, cloves and salt and cook several minutes.
4. Stir in tomatoes with juices and cranberries; reduce heat to medium-low. Continue cooking for 15-20 minutes; stir occasionally until cranberries are soft and mixture has thickened.
5. **To Serve:** For each serving, ladle 1/2 cup picadillo over 1/2 cup rice, if desired.  
Or, top a whole wheat tortilla with 1/2 cup picadillo along with 1 Tbsp. sour cream and 1 Tbsp. shredded cheese before wrapping to serve.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

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**SERVING\*:** One 1/2 cup serving of picadillo provides 2 oz. meat equivalent, 1/4 cup fruit

### NUTRIENTS PER SERVING\*:

Calories 246 kcal	Saturated Fat 2.59 g	Cholesterol 85.94 mg	Carbohydrate 14.99 g	Protein 22.90 g	Calcium 41.51 mg	Vitamin A 52.60 RE (287.47 IU)
Total Fat 10.55 g	Trans Fat 0 g	Sodium 161.70 mg	Dietary Fiber 1.22 g	Vitamin C 12.66 mg	Iron 1.79 mg	9.48% Calories from Saturated Fat

\*Accompaniments will alter nutrition information and crediting

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# Cranberry Chicken Salad on Flatbread

*A recipe for every season.*

One sandwich  
provides

2 ½ oz. grains  
equivalent

1 oz. meat  
equivalent

¼ cup fruit

⅛ cup dark green  
vegetables





# Cranberry Chicken Salad on Flatbread

Yield: 48 servings

Serving Size: 1 sandwich

Prep Time: 15 minutes

Cook Time: 5 minutes

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Dried sweetened cranberries  
Juice, cranberry, 100%

2 lb.

1 ½ qt.  
2 cups

1. Place cranberries and cranberry juice in a sauce pan and heat slightly. Remove from heat, cool to room temperature. Cranberries will absorb all liquid. Hold.

Mayonnaise, reduced-fat  
Dressing, poppy seed, fat-free  
Chicken, white meat, grilled, diced

3 lb.

2 ½ cups  
2 cups

2. In a bowl, whisk together mayonnaise and dressing.

Celery, sliced  
Scallions, thinly sliced

1 ½ qt.  
1 qt.

3. Stir in diced chicken, celery and scallions. Toss well to coat. Stir in reserved cranberries and mix well. Cover and refrigerate at least 4 hours before serving.

Flatbread rolls, whole-grain, split  
Spinach, fresh, shredded

48  
3 qt.

4. **To Serve:** Place ¼ cup spinach onto a split flatbread roll and portion ½ cup chicken salad (using a #8 scoop) on top of spinach. Replace top and serve.

**Variations:** Use additional seasonal fruits, including fresh pineapple, melon, peaches, pears, etc. in salad.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

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**SERVING:** One sandwich provides 2 ½ oz. grains equivalent, 1 oz. meat equivalent, ¼ cup fruit, ⅛ cup dark green vegetables

## NUTRIENTS PER SERVING:

Calories 371 kcal  
Total Fat 12.47 g

Saturated Fat 2.33 g  
Trans Fat 0 g

Cholesterol 29.47 mg  
Sodium 600.30 mg

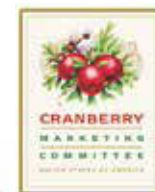
Carbohydrate 41.79 g  
Dietary Fiber 9.31 g

Protein 23.68 g  
Vitamin C 6.57 mg

Calcium 273.73 mg  
Iron 2.32 mg

Vitamin A 59.40 RE (863.58 IU)  
5.66% Calories from Saturated Fat

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# Cranberry BBQ Chicken Sandwich

*A recipe for every season.*

1 sandwich provides

2 oz. grains  
equivalent

1 ½ oz. meat  
equivalent

¼ cup fruit

¼ cup other  
vegetables





# Cranberry BBQ Chicken Sandwich

Yield: 48 servings

Serving Size: 1 sandwich

Prep Time: 20 minutes

Cook Time: 70-90 minutes

A recipe for every season.

## INGREDIENTS

### Cranberry BBQ Sauce\* (2 qt.)

Oil, vegetable		3 Tbsp.
Onions, yellow, minced	10 oz.	3 cups
Garlic, minced		¼ cup
Dry mustard		3 Tbsp.
Chili powder		2 Tbsp.
Tomato paste		¾ cup
Cranberry sauce		3 qt.
Vinegar, cider		2 cups
Molasses, dark		½ cup
Water, if needed		2-3 cups

Cooked white chicken meat	5 lb.	
Cranberry BBQ Sauce*, heated		2 qt.

Buns, whole-grain, split, 2 oz.		48
Prepared creamy coleslaw		3 qt.

## DIRECTIONS

1. In a large sauce pan, heat oil over medium-high heat; add onions and sauté 2 minutes. Mix in garlic, mustard and chili powder and continue cooking 1-2 minutes. Add tomato paste and cook 1 minute.

2. Add cranberry sauce, vinegar and molasses and bring to a simmer, whisking often until mixture becomes smooth. Lower heat and simmer 35-40 minutes or until mixture reduces and thickens. Add water to mixture if it gets too thick. Remove from heat and cool to room temperature. Place in a covered container and refrigerate until ready to use as directed. Reheat before using.

3. Place chicken meat in bottom of a full-size shallow hotel pan and stir in hot Cranberry BBQ Sauce\* to mix. Cover and heat in a 350°F conventional or 300°F convection oven for 30 minutes or until chicken begins to break apart. Remove cover, stir and continue cooking 15 minutes or until mixture thickens. Remove from heat, cover and keep warm until ready to serve.

4. **To Serve:** For each serving, spoon/scoop 4 oz./½ cup BBQ chicken onto a bun and top with ¼ cup/2 oz. coleslaw. Replace bun top on sandwich and serve accompanied by cut raw vegetables and/or fresh apple wedges.

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**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

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**SERVING:** 1 sandwich provides 2 oz. grains equivalent, 1 ½ oz. meat equivalent, ¼ cup fruit, ¼ cup other vegetables

## NUTRIENTS PER SERVING:

Calories 362 kcal	Saturated Fat 1.32 g	Cholesterol 45.89 mg	Carbohydrate 59.47 g	Protein 20.39 g	Calcium 74.03 mg	Vitamin A 55.16 RE (300.51 IU)
Total Fat 6.73 g	Trans Fat 0 g	Sodium 320.11 mg	Dietary Fiber 4.67 g	Vitamin C 13.41 mg	Iron 4.03 mg	3.28% Calories from Saturated Fat

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# Cranberry & Turkey Stuffing Casserole

*A recipe for every season.*

1 cup serving  
provides

1 oz. grains  
equivalent

2 oz. meat  
equivalent

¼ cup fruit

¼ cup other  
vegetables







# Cranberry & Turkey Stuffing Casserole

Yield: 48 servings

Serving Size: 1 cup

Prep Time: 25 minutes

Cook Time: 1 hour

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Oil, vegetable		3 Tbsp.
Onion, minced	1 lb. 14 oz.	1 ½ qt.
Celery, minced	2 lb. 4 oz.	1 ½ qt.
Poultry seasoning		1 Tbsp.
Ground black pepper		1 tsp.
Chicken stock, low fat, reduced sodium, heated		2 qt.
Whole grain bread, cut into 1-in. pieces	3 lb.	1 ½ gal.
Cooked turkey pieces	6 lb.	3 qt.
Prepared turkey gravy		2 qt.
Cranberry sauce, divided		3 qt.

Broccoli, spears, steamed, optional

1. In a rondo or large skillet, heat oil over medium-high heat; add onions and celery and cook 3-4 minutes. Mix in poultry seasoning and pepper and continue to cook 1 minute. Pour in hot stock and heat through.
2. Stir in bread pieces and mix to combine. Cook until stuffing mixture is moist and heated through. Remove from heat and hold.
3. Combine turkey and gravy and spread evenly in the bottom of 2 full-size hotel pans. Portion 24 x 2-Tbsp. dollops of cranberry sauce evenly onto the top of the casserole.
4. Gently top the turkey-gravy mixture and cranberry sauce with stuffing in an even layer.
5. Bake in a 350°F conventional or 300°F convection oven for 45 minutes or until heated through and firm. Top will be slightly crunchy.
6. **To Serve:** For each serving, scoop/spoodle a 1 cup/8 oz. portion of casserole onto plate and serve with additional 2 Tbsp. of cranberry sauce on the side. Serve with steamed broccoli, if desired.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

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**SERVING:** 1 cup serving provides 1 oz. grains equivalent, 2 oz. meat equivalent, ¼ cup fruit, ¼ cup other vegetables

## NUTRIENTS PER SERVING:

Calories 314 kcal	Saturated Fat 1.65 g	Cholesterol 45.56 mg	Carbohydrate 43.17 g	Protein 21.84 g	Calcium 63.80 mg	Vitamin A 8.78 RE (128.14 IU)
Total Fat 6.03 g	Trans Fat 0 g	Sodium 675.83 mg	Dietary Fiber 3.45 g	Vitamin C 3.37 mg	Iron 2.33 mg	4.73% Calories from Saturated Fat

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# Cranberry Brown Rice with Veggies

*A recipe for every season.*

One  $\frac{2}{3}$  cup  
serving provides

1 oz. grains  
equivalent

$\frac{1}{8}$  cup fruit





# Cranberry Brown Rice with Veggies

Yield: 48 servings/1 ¾ gal.

Serving Size: 2/3 cup

Prep Time: 25 minutes

Cook Time: 1 hour

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Oil, vegetable		3 Tbsp.
Onion, yellow, minced	1 lb. 4 oz.	1 qt.
Carrots, diced	1 lb. 12 oz.	1 qt.
Green pepper, minced	15 oz.	3 cups
Brown rice, rinsed	3 lb.	1 ¾ qt. dry
Dried sweetened cranberries	15 oz.	3 cups
Chicken stock, low-fat, reduced sodium, heated		1 gal.
Soy sauce, reduced-sodium		1 ¼ cups
Peas, frozen, thawed	1 lb. 2 oz.	3 cups
Scallion, minced	4 oz.	2 cups

1. Heat oil in a large rondo over medium-high heat; add onions, carrots and peppers and sauté until tender, about 5-6 minutes.
2. Stir in rice and cranberries and heat through, about 1 minute.
3. Pour in stock and soy sauce. Bring to a boil.
4. Reduce the heat to very low, cover the pot tightly and cook for 45 to 60 minutes or until rice is tender and all liquid is absorbed. Remove pot from heat and let rest at least 15 minutes before serving.
5. Just before serving, gently stir in peas and scallions and keep warm.
6. **To Serve:** Scoop/spoodle 2/3 cup rice per serving. Serve with grilled vegetables, grilled chicken, or roasted meats, if desired.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

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**SERVING:** One 2/3 cup serving provides 1 oz. grains equivalent, 1/8 cup fruit

## NUTRIENTS PER SERVING:

Calories 169 kcal	Saturated Fat 0.30 g	Cholesterol 0.41 mg	Carbohydrate 34.53 g	Protein 3.76 g	Calcium 21.47 mg	Vitamin A 485.22 RE (3027.11 IU)
Total Fat 1.87 g	Trans Fat 0 g	Sodium 713.51 mg	Dietary Fiber 2.66 g	Vitamin C 11.26 mg	Iron 0.90 mg	1.60% Calories from Saturated Fat

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# Cranberry Harvest Pasta Salad with Veggies

*A recipe for every season.*

One  $\frac{3}{4}$  cup  
serving provides

1 oz. grains  
equivalent

$\frac{1}{8}$  cup fruit

$\frac{1}{8}$  cup red/orange  
vegetables

$\frac{1}{8}$  cup dark green  
vegetables





# Cranberry Harvest Pasta Salad with Veggies

Yield: 48 servings

Serving Size: ¾ cup

Prep Time: 40 minutes

Cook Time: 13-15 minutes (pasta cook time)

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

### Harvest Dressing\* (3 cups)

Prepared balsamic dressing  
Honey-Dijon mustard

3 cups  
¼ cup

1. In a bowl, whisk together dressing and mustard until smooth. Place in a covered container and refrigerate until ready to use. Bring to room temperature before using as directed.

Cooked short pasta  
(fusilli, penne), drained

3 lb. dry  
6 qt. cooked

2. Cook pasta according to package directions until just tender. Remove from hot water and drain well. Hold.

Broccoli florets, blanched  
Carrots, diced  
Dried sweetened cranberries  
Scallion, minced  
Harvest Dressing\*

1 lb. 14 oz.  
2 lb. 10 oz.  
15 oz.  
5 oz.  
3 cups

3. In a full-size, deep hotel pan, combine all ingredients except dressing. Toss gently to combine.

4. Stir in Harvest Dressing\* and toss to coat evenly. Cover and refrigerate at least 2 hours before serving.  
5. **To Serve:** Spoon/spoodle ¾ cup salad as a side dish.

**Note:** Change out vegetables to match the season.

**Option:** Top pasta with grilled chicken or turkey for an entrée salad.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

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**SERVING:** One ¾ cup serving provides 1 oz. grains equivalent, ½ cup fruit, ½ cup red/orange vegetables, ½ cup dark green vegetables

### NUTRIENTS PER SERVING:

Calories 126 kcal  
Total Fat 4.49 g

Saturated Fat 0.67 g  
Trans Fat 0 g

Cholesterol 0 mg  
Sodium 295.94 mg

Carbohydrate 20.03 g  
Dietary Fiber 2.82 g

Protein 2.31 g  
Vitamin C 18.24 mg

Calcium 25.24 mg  
Iron 0.72 mg

Vitamin A 739.02 RE (4337.86 IU)  
4.83% Calories from Saturated Fat

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# Cranberry Salsa Chicken Wrap

*A recipe for every season.*

1 wrap provides

1 ½ oz. grains  
equivalent

2 oz. meat  
equivalent

⅛ cup fruit

⅛ cup dark green  
vegetables







# Cranberry Salsa Chicken Wrap

Yield: 48 servings

Serving Size: 1 wrap

Prep Time: 45 minutes

Cook Time: 25 minutes

A recipe for every season.

## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

### Cranberry Salsa\* (1 1/2 qt.)

Oil, vegetable		1 Tbsp.
Sweet onions, minced	15 oz.	3 cups
Dried sweetened cranberries	15 oz.	3 cups
Canned pears in juice, drained, diced	10 oz.	2 cups
Reserved canned pear juice		2 cups
Vinegar, cider		1/4 cup
Ground red pepper		1/4 tsp.
Cilantro, fresh, minced		1 cup
Whole-grain wraps, 8-inch		48 wraps
Mayonnaise, low-fat		3 cups
Shredded romaine lettuce	1 1/2 lb.	3 qt.
Sliced/shredded cooked chicken meat	6 lb.	
Cranberry Salsa*		1 1/2 qt.

1. In a sauce pan, heat oil over medium-high heat; add onions and sauté for 2 minutes, making sure not to brown. Stir in cranberries, pears, pear juice, vinegar and red pepper and bring to a boil; reduce heat and simmer 20 minutes or until glazed.

2. Remove from the heat and stir in cilantro. Bring to room temperature. Cover and refrigerate until ready to serve.

3. For each sandwich, lay out wrap on a clean, flat, dry surface. Spread each wrap with 1 Tbsp. mayonnaise. Top with 1/4 cup lettuce, 2 oz. chilled chicken meat and 2 Tbsp. Cranberry Salsa\*. Fold up and secure. Cut in half and seal. Keep chilled until ready to serve.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** 1 wrap provides 1 1/2 oz. grains equivalent, 2 oz. meat equivalent, 1/8 cup fruit, 1/8 cup dark green vegetables

### NUTRIENTS PER SERVING:

Calories 321 kcal	Saturated Fat 2.41 g	Cholesterol 50.75 mg	Carbohydrate 31.27 g	Protein 20.73 g	Calcium 115.60 mg	Vitamin A 52.68 RE (1315.84 IU)
Total Fat 12.03 g	Trans Fat 0 g	Sodium 498.74 mg	Dietary Fiber 3.84 g	Vitamin C 1.27 mg	Iron 1.92 mg	6.75% Calories from Saturated Fat

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