

Plant Powered Recipes

Inspired by

Foods from Around the World

Quantity Recipes for Food Service



COALITION
for **HEALTHY**
SCHOOL FOOD

The Coalition for Healthy School Food (CHSF) is a 501 (c) (3) nonprofit that introduces plant-based foods and nutrition education in schools to educate the whole school community about the health, environmental, and social justice issues of our food choices.

www.healthyschoolfood.org



COOL SCHOOL FOOD: PLANT POWERED ENTREES FROM AROUND THE WORLD

This is a USDA compliant M/MA recipe. It was created for the school meal program and is healthy, sustainable, and delicious. More and more kids are eating plant-based, and plant-based recipes are a healthy option for all students. These recipes are 100% plant-based, scratch-made, cholesterol-free, low in total and saturated fat, high fiber, and full of phytonutrients. Reducing meat, dairy, and eggs will reduce the number of students who go on to develop high cholesterol, high blood pressure, heart disease (as adults), type 2 diabetes, and diet related cancers. Eating fewer animal products is being called the most important thing any individual can do to address climate change. Use local ingredients when possible, for a farm to school experience.

Awesome Bean Burgers

These yummy, nutrient dense, versatile veggie burgers are great on a whole grain bun with all the fixings, served on top of brown rice with salsa, or as the filling of a great burrito or enchilada!

Ingredients for 22:

- 1 #10 can black beans, drained
- 2 cups mashed sweet potato
- ¼ cup tomato paste
- 2 cups quick-cooking oats (or rolled oats briefly whirled in a blender)
- ¼ cup soy sauce (*wheat-free and low-sodium are fine*)
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon Dijon-style mustard
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Ingredients for 44:

- 2 #10 cans black beans, drained
- 4 cups mashed sweet potato
- ½ cup tomato paste
- 4 cups quick-cooking oats (or rolled oats briefly whirled in a blender)
- ½ cup soy sauce (*wheat-free and low-sodium are fine*)
- 2 tablespoons ground cumin
- 2 tablespoons chili powder
- 2 tablespoons garlic powder
- 2 tablespoons Dijon-style mustard
- 2 teaspoons salt
- 2 teaspoons ground black pepper

Procedure:

1. Preheat the oven to 350° F. Line baking sheets with pan liner or lightly oil.
2. In a food processor or mixer, blend the black beans, mashed sweet potato, tomato paste, and oats just until well combined, not pureed: some beans and oats still whole. Mix the remaining ingredients in a bowl, then add to the bean mixture and blend again just until evenly mixed.
3. Form the mixture into patties (either 22 or 44, ¾ cup mixture each patty) and place on the prepared baking sheets. Bake until brown on top, 8 to 10 minutes. Flip and bake for 10 more minutes.

4. Serve immediately or hold at 135-160° F.

Serving size: ¾ cup

Yield: 16.5 cups – 22 servings, 33 cups – 44 servings

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

~ Recipe developed by Chef Wynnie Stein of Moosewood Restaurant for Coalition for Healthy School Food.



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Baked Tofu

This recipe makes cakes of dense, creamy, flavored baked tofu that can sliced or cubed and used in so many ways – sliced for a snack or a sandwich filling, or cubed include in a stir-fry or to top a main-dish salad.

Ingredients for 25:

7 pounds firm or extra-firm tofu blocks*
½ cups soy sauce or tamari (*optionally wheat-free and/or low-sodium*)
½ cup pure maple syrup or brown sugar
2 quarts hot water

*Tofu ingredient must contain at least 5 grams of protein in a 2.2 oz serving by weight (1/4 cup volume equivalent).

Ingredients for 50:

14 pounds firm or extra-firm tofu blocks*
3 cups soy sauce or tamari (*optionally wheat-free and/or low-sodium*)
1 cup pure maple syrup or brown sugar
1 gallon hot water

*Tofu ingredient must contain at least 5 grams of protein in a 2.2 oz serving by weight (1/4 cup volume equivalent).

Procedure

Press tofu:

- Drain the tofu.
- Arrange the blocks of tofu in a flat pan.
- Place another flat pan on top of the tofu.
- Place heavy items, such as two #10 cans, in the top pan and press the tofu for 1 hour.
- Remove the cans and top pan and drain the tofu.

1. Stir together the soy sauce, sweetener, and water.
2. Slice each block of tofu horizontally into two slabs. Arrange the tofu slabs in a single layer with at least an inch between slabs in baking pans. Pour the marinade over the tofu.
3. Bake at 350° F. After 30 minutes, turn the slabs over and spoon some marinade on top. Repeat every 20 minutes until all the liquid has been absorbed, about 1½ to 2 hours. Watch carefully toward the end and remove from the oven just as there is no more liquid to absorb.
4. Cool the tofu at room temperature; it will firm up as it cools. Store in a sealed container in the refrigerator for up to a week.

5. To serve, cut the slabs into slices or cubes.

Serving size: 4.4 oz.

Yield: 7 pounds

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

~ Recipe developed by Chef Nancy Lazarus of Moosewood Restaurant, inspired by Ithaca Soy's Tofu Kan.



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Best Beet Hummus

Ingredients for 21:

5 cups cooked diced beets, drained (½ #10 can / or 2 lb, 10 oz fresh beets without tops)*

1¾ cups tahini

2 teaspoons chopped garlic (roasted garlic gives great flavor)

1¾ cups fresh lemon juice

2 tablespoons salt

2 teaspoons ground black pepper

1 #10 can of garbanzo beans (chickpeas), drained (10½ cups cooked beans)

½ - 1 cup aquafaba (chickpea cooking liquid), if needed

Ingredients for 63:

15 cups cooked diced beets, drained (1½ #10 cans / or 7 lb, 14 oz fresh beets without tops)*

5¼ cups tahini

2 tablespoons chopped garlic (roasted garlic gives great flavor)

5¼ cups fresh lemon juice

6 tablespoons salt

2 tablespoons ground black pepper

3 #10 cans of garbanzo beans (chickpeas), drained (31½ cups cooked beans)

1½ - 3 cups aquafaba (chickpea cooking liquid), if needed

Procedure:

1. Whirl all the ingredients except the chickpeas in a food processor for 2 or 3 minutes, until very smooth. Add the chickpeas and process until smooth. Add aquafaba as needed until a good consistency is reached.

Recipe Note

*Instead of beets, you could use sweet potatoes: orange, yellow, or purple. It's fun to make two or more batches of different colors and flavors of hummus. They make a beautiful presentation on a main dish salad with mixed lettuces, multi-colored shredded carrots, sliced cucumbers, microgreens, and walnuts, drizzled with flavored balsamic vinegar.

Serving size: $\frac{2}{3}$ cup

Yield: 18.5 cups – 21 servings, 55.5 cups – 63 servings

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

~ Recipe developed by Tim Mooney and further developed by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food.



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North African Red Lentils

This incredibly delicious recipe comes together quickly with lentils and vegetables simmering together in a fragrant, spicy sauce. Couscous is tiny pasta, not a grain.

Ingredients for 25:

Lentil/Vegetable Mixture Ingredients:

¼ cup vegetable oil (optional)
6 cups chopped onions
½-1 teaspoon red pepper flakes (optional)
½ cup minced garlic
½ cup peeled and grated fresh ginger
6 cups diced carrots
3 tablespoons ground cumin
3 tablespoons ground coriander
2 teaspoons turmeric
1 teaspoon ground black pepper
1 teaspoon salt
1 quart water
4 cups diced potatoes
4 cups diced or crushed tomatoes (#3 can, 33-ounces)
4¼ cups dry red lentils, rinsed
2 quarts water (more if needed)
½ cup fresh lemon juice
1½ cups chopped fresh cilantro

Ingredients for 50:

Lentil/Vegetable Mixture Ingredients:

½ cup vegetable oil (optional)
12 cups chopped onions
1-2 teaspoons red pepper flakes (optional)
1 cup minced garlic
1 cup peeled and grated fresh ginger
12 cups diced carrots
⅓ cup ground cumin
⅓ cup ground coriander
1 tablespoon turmeric
2 teaspoons ground black pepper
2 teaspoons salt
2 quarts water
8 cups diced potatoes
8 cups diced or crushed tomatoes (2 #3 cans, 66-ounces)
8½ cups dry red lentils, rinsed
4 quarts water (more if needed)
1 cup fresh lemon juice
3 cups fresh cilantro, chopped

Couscous Ingredients:

1 quart + 2 cups water
4 cups dry whole wheat couscous
1 teaspoon salt

Optional: *For a gluten-free version, use millet or quinoa. You will need to look up measurements and cooking instructions as they are not the same as for couscous.*

Couscous Ingredients:

3 quarts water
8 cups dry whole wheat couscous
2 teaspoons salt

Optional: *for a gluten-free version, use millet or quinoa. You will need to look up measurements and cooking instructions as they are not the same as for couscous.*

Procedure

1. Sauté the onions with the red pepper flakes until the onions are soft, but not browned. To eliminate oil, cook the onions in a small amount of water on medium-high heat.
2. Add the garlic, ginger, carrots, spices, and salt if using. Stir to coat the vegetables with the spices. Cook for about 5 minutes, until carrots have softened.
3. Stir in the water, potatoes, and tomatoes. Bring to a boil, lower heat and simmer for 15 minutes.
4. Add the lentils and additional water. Return to a boil, then reduce the heat and simmer for 15-20 minutes, stirring occasionally and adding more water if necessary, until the lentils are soft.
5. Stir in the lemon juice and cilantro.
6. To make the couscous: Bring the water to a boil. Add the couscous and salt if using, remove from the heat, and cover. Let stand for 5 minutes, then toss and stir to fluff.
7. Serve about 1 ¼ cup of the lentils on a ½ cup bed of couscous.

Serving size: ½ cup couscous, 1¼ cup lentils

Yield: 4 gallons – 25 servings, 8 gallons – 50 servings

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

Grains (ounce equivalents): 1

Vegetables (cups): ¾ **c total** - other

~ Recipe developed for Coalition for Healthy School Food by Chef Wynnie Stein of Moosewood Restaurant.



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Pasta Fagioli

This Italian recipe, pronounced "fah-zjo-lee", is a huge hit with the students. We put our recipe on the back of the monthly lunch menus, and during the taste testing in elementary schools, many students told us that their parents had already made the recipe at home and they loved it! The name "pasta fagioli" means "pasta and beans".

Ingredients for 44:

1 cup olive oil
11 cups chopped onions
7 cups diced carrots
½ cup minced garlic
1 tablespoon ground black pepper
2 tablespoons dried oregano
¼ cup dried basil
2 tablespoons ground fennel seeds
2 teaspoons crushed red pepper flakes (optional)
7 cups crushed tomatoes
7 cups tomato sauce
2 #10 cans White beans, cannellini, Navy, or Great Northern, drained
2 pounds kale, stems removed, leaves chopped
2 lbs. 12 oz. short, chunky pasta (shells, elbows, or fusilli)

Ingredients for 88:

2 cups olive oil
22 cups chopped onions
14 cups diced carrots
1 cup minced garlic
2 tablespoons ground black pepper
¼ cup dried oregano
½ cup dried basil
¼ cup ground fennel seeds
1 tablespoon crushed red pepper flakes (optional)
14 cups crushed tomatoes
14 cups tomato sauce
4 #10 cans White beans, cannellini, Navy, or Great Northern, drained
4 pounds kale, stems removed, leaves chopped
5lbs. 8 oz. short, chunky pasta (shells, elbows, or fusilli)

Procedure:

1. Cook the onions, carrots and garlic in oil until onions have softened.
2. Add seasonings and cook until carrots have softened.
3. Add crushed tomatoes, tomato sauce and drained beans and bring to a simmer.
4. Stir in the chopped kale and simmer until tender but still bright green.
5. Cook the pasta until al dente. Drain and add to sauce.

Note:

For Next Day Service: Cook pasta until al dente, drain, cool and refrigerate. Follow above directions up to adding kale. Refrigerate. On day of service, reheat sauce to 165 degrees. Add kale and pasta, reduce heat and simmer until kale is tender but still bright green.

Serving size: 1 $\frac{2}{3}$ cups

Yield: 4 gallons + 1 $\frac{1}{2}$ quarts – 44 servings, 8 gallons + 3 quarts – 88 servings

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

Grains (ounce equivalents): 1

Vegetables (cups): $\frac{3}{4}$ **cup total** – other

~ Recipe developed by Chef Wynnie Stein of Moosewood Restaurant for Coalition for Healthy School Food.



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Power Hummus

Hummus is a Middle Eastern recipe that is a favorite of children. Hummus can be served as a dip, in sandwiches, and on salads. You can experiment with the color and flavor of this basic hummus recipe by adding about a cup of cooked vegetables, such as beets, winter squash, or orange, yellow, or purple sweet potatoes.

Ingredients for 29:

- 1 #10 can garbanzo beans (chickpeas), drain and reserve liquid
- 2 tablespoons minced garlic
- 2 cups tahini or sunflower seed butter
- 2 cups finely chopped fresh parsley
- 2 cups lemon juice
- 1 tablespoon salt
- ½ teaspoon ground cayenne pepper (optional)
- 1 tablespoon ground cumin

Optional:

- 1 cup peeled and chopped beets, steamed
- 1 cup baked winter squash
- 1 cup baked orange, yellow, or purple sweet potato

Ingredients for 58:

- 2 #10 cans garbanzo beans (chickpeas), drain and reserve liquid
- ¼ cup minced garlic
- 4 cups tahini or sunflower seed butter
- 4 cups finely chopped fresh parsley
- 4 cups lemon juice
- 2 tablespoons salt
- 1 teaspoon ground cayenne pepper (optional)
- 2 tablespoons ground cumin

Optional:

- 2 cups peeled and chopped beets, steamed
- 2 cups baked winter squash
- 2 cups baked orange, yellow, or purple sweet potato

Procedure

1. Add all of the ingredients, except the reserved bean liquid, to a food processor and process to a smooth consistency. If using optional vegetables, add, and continue to process while slowly adding reserved bean liquid, if needed, until smooth and the color is evenly distributed.

Recipe Notes:

Serving suggestions: Hummus is great as a dip for carrots, celery, cucumber sticks, peppers, zucchini, broccoli, and other vegetables. It can also be served with whole wheat pita bread cut into triangles. For gluten-free children, it could be served with rice crackers or gluten-free bread. It is also great served in a whole wheat pita pocket, cut in half, with lettuce, shredded carrots, and sliced cucumbers. A ½ cup scoop makes a great addition to a main dish salad in place of meat, eggs, or cheese.

Serving size: ½ cup

Yield: 7.25 quarts – 29 servings, 14.5 quarts – 58 servings

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

~ Recipe developed for Coalition for Healthy School Food by Chef Wynnne Stein of Moosewood Restaurant.



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Sweet & Sour Power Bowl

In this bowl, the “sweet & sour” comes from the orange-ginger sauce and the “power” is delivered by plant-based protein. You could swap out baked winter squash for sweet potatoes or another green vegetable for the broccoli.

Ingredients for 25:

Tofu Bites Ingredients

7 pounds (112 oz.) firm or extra firm tofu, pressed (see instructions below)

½ cup soy sauce (*optionally wheat-free and/or low-sodium*)

½ cup vegetable oil (optional)

½ cup cornstarch (*organic preferred*)

Orange Ginger Sauce Ingredients

2 quarts orange or pineapple juice

¼ cup peeled and grated fresh ginger

½ cup soy sauce (*optionally wheat-free and/or low-sodium*)

½ cup apple cider vinegar or rice vinegar

1 cup brown sugar

⅔ cup cornstarch, dissolved in ½ cup cold water

For the Bowl:

12½ cups cooked brown rice

1 pound, 12 oz. fresh broccoli cut into florets

3 pounds sweet potatoes, cut into chunks

Ingredients for 50:

Tofu Bites Ingredients

14 pounds (224 oz.) firm or extra firm tofu, pressed (see instructions below)

1 cup soy sauce (*optionally wheat-free and/or low-sodium*)

1 cup vegetable oil (optional)

1 cup cornstarch (*organic preferred*)

Orange Ginger Sauce Ingredients

4 quarts orange or pineapple juice

½ cup peeled and grated fresh ginger

1 cup soy sauce (*optionally wheat-free and/or low sodium*)

1 cup apple cider vinegar or rice vinegar

2 cups brown sugar

1⅓ cups cornstarch, dissolved in 1 cup cold water

For the Bowl:

25 cups cooked brown rice

3 pounds, 8 oz. fresh broccoli cut into florets

6 pounds sweet potatoes, cut into chunks

Procedure

Press tofu:

1. Drain tofu.
2. Place tofu in flat pan.
3. Place another flat pan on top of tofu.
4. Place heavy items in top pan such as two #10 cans, and allow tofu to press for 30 to 60 minutes.
5. Remove cans and top pan and drain tofu.
6. Slice into half-inch cubes.

Make the tofu bites: Preheat the oven to 400° F. Line a baking sheet with parchment paper or lightly oil. In a mixing bowl, drizzle tofu cubes with the soy sauce and optional oil. Toss to combine. Sprinkle the cornstarch over the tofu and toss to coat (the cornstarch will be absorbed and will not be visible).

Spread the tofu on the prepared baking sheet and arrange it in an even layer, spaced so that the pieces are not touching. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges. Experiment with baking for longer to make the tofu bites extra crispy, since the baking time may differ among ovens.

Make the sauce: Bring the juice, grated ginger, soy sauce, vinegar, and brown sugar to a boil. Whisk in the dissolved cornstarch. Reduce the heat and stir the sauce until it becomes thick and clear.

Cook the rice, sweet potatoes, and broccoli:

Cook the rice.

Cook the sweet potatoes: Either bake and then cut into chunks or wedges, or peel (or not) and cut into chunks and steam, boil, or roast.

Lightly steam the broccoli, making sure that when broccoli is served, it won't be overcooked.

Fill the bowls: In each bowl, arrange the rice, broccoli, and sweet potato chunks. Sprinkle baked tofu cubes over all. Drizzle with the sauce.

Serving size: ½ cup rice, ½ cup broccoli, ¼ cup sweet potato, ½ cup tofu, 3 oz sauce

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

Grains (ounce equivalents): 1

Vegetables (cups): **¾ c total** - ¼ c Red/Orange, ½ c Dark Green

~ Recipe concept developed by Coalition for Healthy School Food. Crispy Tofu sourced from cookieandkate.com. Orange Ginger Sauce developed by Nancy Lazarus of Moosewood Restaurant.



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Tuscan Tomato Pie

The topping on this pizza is a white bean hummus. Topped with colorful chopped vegetables, it is beautiful to look at and it tastes great, too! We tell the students that this is a different type of pizza, sometimes called deep-dish pizza. We ask if they know where Tuscany is (Italy), and explain that this is a real Italian pizza. Red, white and green balloons (to represent the colors of the Italian flag) and Italian music are a great way to introduce it.

Ingredients for 24:

Pizza crust:

3 pizza crusts, 16" round (18-19 oz min) OR half sheets (24 oz min)

* The pizza crust should be substantial enough to hold the heavier-than-usual toppings.

White Bean Topping:

¾ cup minced garlic

2 tablespoons water or oil

1½ #10 cans cannellini, Great Northern, or other white beans, drained

1 tablespoon salt

1 tablespoon ground black pepper

1 cup lemon juice

¼ cup dried oregano

Tomato-Spinach Topping:

2 quarts + 1 cup chopped fresh tomatoes

1 quart + 1 cup chopped fresh spinach

Ingredients for 48:

Pizza crust:

6 pizza crusts, 16" round (18-19 oz min) OR half sheets (24 oz min)

* The pizza crust should be substantial enough to hold the heavier-than-usual toppings.

White Bean Topping:

1½ cup minced garlic

¼ cup water or oil

3 #10 cans cannellini, Great Northern, or other white beans, drained

1½ tablespoons salt

1½ tablespoons ground black pepper

2 cups lemon juice

½ cup dried oregano

Tomato-Spinach Topping:

4 quarts + 2 cups chopped fresh tomatoes

2 quarts + 2 cups chopped fresh spinach

3½ cups chopped fresh basil

1¾ cups chopped fresh basil
3 tablespoons olive oil

1/3 cup olive oil

Procedure

1. Bake crusts according to case instructions.
2. To prepare the white bean topping, briefly cook the garlic in water or olive oil. Combine the cooked garlic, drained beans, salt, pepper, lemon juice, and oregano, and mash until it holds together but is still chunky (until some of the beans are broken, not fully mashed).
3. To prepare the tomato-spinach topping, stir together all of the ingredients.
4. To assemble Tuscan Tomato Pie, for each pie, spread 5 cups of bean mixture evenly over each pre-baked pizza crust. Then spread 4¾ cups of the tomato-spinach topping evenly over the beans.
5. Bake at 475° F until heated through and edges browned, around 10-15 minutes.
6. Serve immediately or hold between 135-160° F degrees.

Serving size: 1/8 cut of round or ½ sheet

Yield: 3 pies – 24 servings, 6 pies – 48 servings

Meal Pattern Contribution:

Meat/meat alternates (ounce equivalents): 2

Grains (ounce equivalents): 2.25 min., 1/8 wedge OR 1/2 sheet = 3 oz. equivalent

Vegetables (cups): **3/8 c total** - other

~ Recipe created by Chef Wynnie Stein of Moosewood Restaurant for Coalition for Healthy School Food. Recipe inspired by Robin Robertson, from her book Vegan on the Cheap.