

<b>Station</b>	<b>Menu Item Name</b>	<b>Webtrition Number</b>	<b>Label Type</b>	<b>Price</b>	<b>Icon</b>	<b>Barcode</b>
Bowls	Energy Egg & Farro Bowl with Soy Ginger Dressing	108018	Rectangle	\$0.00	EW, V	886721960911
Bowls	Mexican Burrito Bowl with Guacamole	103776	Rectangle	\$0.00	VG	886721535133
Bowls	Power Brown Rice Bowl with Charred Chicken and Spicy Maple Dressing	107962	Rectangle	\$0.00		886721961086
Bowls	Puttanesca Polenta Bowl with Tomato Caper Sauce	103659	Rectangle	\$0.00	VG	886721535126
Bowls	Quinoa Chili Bowl with Vegan Sour Cream	103780	Rectangle	\$0.00	EW, VG	886721535119
Bowls	Quinoa Yogi Bowl with Basil Ranch Dressing	108025	Rectangle	\$0.00	VG	886721961413
Bowls	Superfood Bowl with Tempeh & Lemon Hummus	103783	Rectangle	\$0.00	VG	886721535379
Bowls	Wheat Berry Bowl with Turkey Meatballs & Cucumber Mint Yogurt Sauce	108023	Rectangle	\$0.00	EW	886721961802



**CulinArt Energy Egg and Farro Bowl with Soy Ginger Dressing (108018)**

Revision Date: May 15, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
420	15	3	52	19	9	560	12

Step	Ingredients		12 Servings	24 Servings	48 Servings
1	Tomatoes, Cherry	AP	1 qt, 1/2 cup	2 qt, 1 cup	1 gal, 2 cup
	Oil, Olive	AP	1 tbsp	2 tbsp	1/4 cup
	Ground Black Pepper	AP	1/4 tsp	1/2 tsp	1 tsp
2	Soy Nut Butter	AP	1 cup	2 cup	1 qt
	Unseasoned Rice Wine Vinegar	AP	1 cup	2 cup	1 qt
	Less Sodium, Gluten Free Soy Sauce	AP	1/2 cup	1 cup	2 cup
	Ginger Root, Fresh, Grated	EP	1 tbsp	2 tbsp	1/4 cup
	Minced Garlic Cloves, Fresh	AP	1/2 oz	1 oz	2 oz
	Light Brown Sugar	AP	1 tbsp	2 tbsp	1/4 cup
3	Sweet Potatoes, 120 Count, Fresh	AP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	Spinach, Fresh	EP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	Oil, Olive	AP	1 tbsp	2 tbsp	1/4 cup
4	Farro Grain, Dry	AP	12 oz	1 lb, 8 oz	3 lb
	Egg, Hard Cooked, Peeled	AP	12 ea	24 ea	48 ea






Step	Method
1	<p><u>Roasted Cherry Tomatoes</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service Pre-Heat oven to 375 degrees. In a large bowl toss cherry tomatoes with olive oil, salt and pepper. Lay out evenly on a sheet pan and roast in the oven for about 15 minutes or until lightly browned. Flash chill to below 41 degrees F.</p>
2	<p><u>Soy-Ginger Dressing</u> Whisk together Soy Nut Butter, Rice vinegar, soy sauce, ginger, garlic and brown sugar. Whisk well to combine all ingredients. Hold cold for service.</p>
3	<p><u>Vegetables</u> Preheat oven to 350 degrees. Steam the fresh spinach. Thoroughly wash the sweet potatoes, cut into medium diced pieces. Spread evenly on a large baking sheet, roast in oven until tender, about 1 hour.</p>
4	<p><u>Cook Farro and Eggs</u> Cook Farro according to manufacturers instructions. Hard cook 24 eggs, remove shell and cut each egg in half. Hold at or below 41 degrees F for service.</p>
5	<p><u>For Service</u> To Assemble Individual Bowls: In a plastic bowl, mound 3 ounces of cooked farro, 3 ounces of spinach, 3 ounces of roasted sweet potatoes, and 3 ounces of roasted cherry tomatoes separately around the bowl. Top with two halved, hard cooked eggs. Place 2 ounces of Soy-Ginger dressing in a soufflé cup. Place cover and label on container. Hold at or below 41 degrees F.</p>

# CulinArt Mexican Burrito Bowl with Guacamole (103776)

Revision Date: May 15, 2024

**Portion: 1 serving(s)** **Minimum Batch:**  
**Maximum Production:**

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
550	20	2.5	73	24	15	1070	5

Step	Ingredients	12 Servings	24 Servings	48 Servings
1	 CulinArt Guacamole (102218)	1 lb, 8 oz	3 lb	6 lb
	 CulinArt Chipotle Tofu (93935)	3 lb	6 lb	12 lb
	Tomatoes, Grape <span style="float: right;">EP</span>	1 lb, 8 oz	3 lb	6 lb
	 CulinArt Spicy Black Beans (93982)	2 lb, 4 oz	4 lb, 8 oz	9 lb
	 CulinArt Charred Corn (93988)	12 oz	1 lb, 8 oz	3 lb
	 CulinArt Cilantro Lime Brown Rice (106835)	3 lb	6 lb	12 lb

Step	Method
1	<p><u>Prepare Ingredients, Assemble Bowl</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.</p> <p>Prepare Guacamole according to recipe. Prepare Chipotle Tofu according to recipe. Prepare Spicy Black Beans according to recipe. Prepare Charred Corn according to recipe. Prepare Cilantro lime Brown Rice according to recipe. Flash chill and hold all components cold.</p> <p>To Assemble Individual Bowls: In a plastic bowl, mound tofu, tomatoes, rice, beans, and corn separately around the bowl. Place 2 ounces of Guacamole in a soufflé cup inside the bowl. Place cover and label on container. Hold at or below 41 degrees F.</p>



**CulinArt Charred Corn (93988)**

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Mexican Burrito Bowl with Guacamole (103776)	<b>12 Servings</b> 12 oz	<b>24 Servings</b> 1 lb, 8 oz	<b>48 Servings</b> 3 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 2 ounce**

Step	Ingredients		7 Servings	13 Servings	25 Servings
1	Fresh Corn Kernels	AP	1 qt	1 qt, 3-1/3 cup, 2 tbsp	3 qt, 2-1/4 cup, 1 tbsp
	Oil, Olive	AP	1 tbsp, 1-1/2 tsp	2 tbsp, 2-1/4 tsp	1/3 cup, 1/8 tsp
	Kosher Salt	AP	1 tsp	1-3/4 tsp	1 tbsp, 1/2 tsp
	Chili Powder	AP	1-1/2 tsp	2-3/4 tsp	1 tbsp, 2-1/4 tsp

Step	Method
1	<p><u>Cook Corn</u>  Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Preheat oven to 350 Degrees  Toss corn kernels with olive oil and salt. Spread out onto a sheet pan. Place in preheated oven and roast, turning pan and stirring kernels every 5 minutes. Roast until golden browned, 15 minutes. Remove kernels and toss with Chili Powder. Transfer to a hotel pan and hold hot at 145 Degrees for service.</p> <p>Portion Size: 2 oz portion</p>



## CulinArt Chipotle Tofu (93935)

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Mexican Burrito Bowl with Guacamole (103776)	<b>12 Servings</b> 3 lb	<b>24 Servings</b> 6 lb	<b>48 Servings</b> 12 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 4 oz portion**

Step	Ingredients		11 Servings	22 Servings	43 Servings
1	Tofu, Extra Firm	AP	2 lb, 12 oz	5 lb, 8 oz	10 lb, 12 oz
2	Chipotle Peppers, Canned	AP	5-1/2 oz	11 oz	1 lb, 5-1/2 oz
	Kosher Salt	AP	1 tsp	1-3/4 tsp	1 tbsps, 1/2 tsp
	Fine Ground Black Pepper	AP	1 tsp	1-3/4 tsp	1 tbsps, 1/2 tsp

Step	Method
1	<u>Prep</u> Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Preheat Oven to 325 Degrees. Slice tofu blocks in half and place on a sheet pan.
2	<u>Marinate</u> Puree chipotle in adobo and rub onto tofu. Season with Salt and Pepper
3	<u>Cook</u> Roast Tofu in the oven for 15-20 minutes. Let cool slightly. Crumble tofu into small pieces. Hold Hot at 145 Degrees for service.  Portion Size: 4 oz portion

 **CulinArt Cilantro Lime Brown Rice (106835)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Mexican Burrito Bowl with Guacamole (103776)	<b>12 Servings</b> 3 lb	<b>24 Servings</b> 6 lb	<b>48 Servings</b> 12 lb

**Minimum Batch:**

**Maximum Production:**

**Portion: 1/2 cup**

Step	Ingredients		13 Servings	26 Servings	52 Servings
1	Lime Juice, Fresh	AP	1-1/4 ea	2-1/2 ea	5-1/4 ea
	Tap Water	AP	3-1/3 cup, 2 tbsp, 1/2 tsp	1 qt, 2-3/4 cup, 3 tbsp	3 qt, 1-3/4 cup, 2 tbsp
	Kosher Salt	AP	1-1/4 tsp	2-1/2 tsp	1 tbsp, 2-1/4 tsp
	Oil, Olive	AP	1 tbsp, 2-1/4 tsp	3 tbsp, 1-1/2 tsp	1/3 cup, 1 tbsp, 1-3/4 tsp
	Parboiled Brown Rice, Dry	AP	2-1/2 cup, 1 tbsp, 1-3/4 tsp	1 qt, 1 cup, 3 tbsp	2 qt, 2-1/3 cup, 1 tbsp
	Cilantro, Fresh, Minced	AP	1/2 cup, 2 tsp	1 cup, 1 tbsp, 1 tsp	2 cup, 2 tbsp, 2 tsp

Step	Method
1	<p><u>Steam Rice</u> Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Divide water, salt and rice in half. In two separate 12"x20"x2" hotel pans, steam rice for 20-25 minutes or until rice is tender but firm. Fluff rice with a fork and transfer to a mixing bowl. Combine the chopped cilantro, lime juice, oil and rice. Toss until completely mixed. Hold hot for service at 145 degrees F. For storage chill and hold at or below 41 degrees F. Portion Size: 4oz.</p>



**CulinArt Guacamole (102218)**

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Mexican Burrito Bowl with Guacamole (103776)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 2 ounce**

Step	Ingredients		14 Servings	28 Servings	56 Servings
1	Avocado Pulp, Frozen	AP	1 lb, 3-1/2 oz	2 lb, 7 oz	4 lb, 14 oz
	Spanish Onions, Diced	AP	3/4 cup, 1 tbsp	1-1/2 cup, 2 tbsp	3 cup, 3 tbsp, 2-3/4 tsp
	Jalapeno Peppers, Fresh, Minced	AP	2/3 oz	1-1/4 oz	2-1/3 oz
	Lime Juice, Fresh	AP	1-1/4 oz	2-1/3 oz	4-3/4 oz
	Cilantro, Fresh, Chopped	AP	3 tbsp, 3/4 tsp	1/3 cup, 1 tbsp, 1/2 tsp	3/4 cup, 1 tbsp
	Kosher Salt	AP	1-3/4 tsp	1 tbsp, 3/4 tsp	2 tbsp, 1-1/4 tsp

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. In a large stainless steel bowl combine all ingredients and mix well. Cover and hold cold for service.  Portion size: 2 ounces.



## CulinArt Spicy Black Beans (93982)

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Mexican Burrito Bowl with Guacamole (103776)	<b>12 Servings</b> 2 lb, 4 oz	<b>24 Servings</b> 4 lb, 8 oz	<b>48 Servings</b> 9 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 2 ounce**

Step	Ingredients		16 Servings	32 Servings	63 Servings
1	Black Beans, Dry	AP	1 lb	2 lb	3 lb, 15 oz
2	Oil, Olive	AP	2 tbsp	1/4 cup	1/3 cup, 2 tbsp, 1-3/4 tsp
	Spanish Onions, Diced	EP	1/2 cup	1 cup	1-3/4 cup, 3 tbsp, 1-1/2 tsp
	Minced Garlic Cloves, Fresh	AP	1 tbsp	2 tbsp	3 tbsp, 2-3/4 tsp
	Jalapeno Peppers, Fresh, Minced	EP	1 tbsp	2 tbsp	3 tbsp, 2-3/4 tsp
	Ground Cumin	AP	2-1/4 tsp	1 tbsp, 1-1/2 tsp	2 tbsp, 2-3/4 tsp
	Dried Mexican Oregano	AP	1-1/2 tsp	1 tbsp	2 tbsp
	Water	AP	2 cup	1 qt	1 qt, 3-3/4 cup, 2 tbsp
3	Kosher Salt	AP	1-1/2 tsp	1 tbsp	2 tbsp
	Fine Ground Black Pepper	AP	3/4 tsp	1-1/2 tsp	1 tbsp

Step	Method
1	<u>Preparation</u> Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Soak black beans overnight
2	<u>Saute &amp; Cook Beans</u> In a large 10 Qt heavy bottomed pot heat olive oil over medium-low flame. Add onions and garlic and cook until tender. Add Jalapenos and sauté for 1 minute. Add cumin, oregano, black beans and water. Turn up heat to medium-high flame, stirring occasionally until beans come to a boil. Lower to a simmer and cook beans stirring occasionally until beans are very tender.
3	<u>Season</u> Stir in Salt and Pepper. Transfer to a stainless steel baine marie and hold hot at 145 Degrees for Service.  Portion size: 2 oz.



# CulinArt Puttanesca Polenta Bowl with Tomato Caper Sauce (103659)

Revision Date: Jul 08, 2024





Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
480	14	2	66	25	11	840	4+

+ Indicates partial nutritional value

Step	Ingredients		12 Servings	24 Servings	48 Servings
1	Yellow Polenta (Cornmeal)	AP	1 lb, 8 oz	3 lb	6 lb
2	 CulinArt Tomato Caper Sauce (94317.1)		1 lb, 8 oz	3 lb	6 lb
	 CulinArt Sicilian Tempeh (94381)		2 lb, 4 oz	4 lb, 8 oz	9 lb
	 CulinArt Garlic Spinach (94323)		1 lb, 8 oz	3 lb	6 lb
	 CulinArt Spaghetti Squash (94383)		1 lb, 8 oz	3 lb	6 lb
	Pitted Kalamata Olives	AP	3 oz	6 oz	12 oz

Step	Method
1	<p><u>Prepare Polenta</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.</p> <p>Refrigerate polenta for at least 24 hours. Cut into 1/2" cubes. Preheat fryer to 325 degrees F. Fry polenta for 2-3 minutes or until polenta is golden in color.</p>
2	<p><u>Assemble Bowl</u> Prepare Tomato Caper Sauce according to recipe. Prepare Sicilian Tempeh according to recipe. Prepare Garlic Spinach according to recipe. Prepare Spaghetti Squash according to recipe.</p> <p>To Assemble Individual Bowls: In a plastic bowl, mound Sicilian tempeh, garlic spinach, spaghetti squash, and Kalamata olives, separately around the bowl. Place 2 ounces of Tomato Caper Sauce in a soufflé cup inside the bowl. Place cover and label on container. Hold at or below 41 degrees F.</p>



**CulinArt Garlic Spinach (94323)**

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Puttanesca Polenta Bowl with Tomato Caper Sauce (103659)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 4 ounce**

Step	Ingredients		7 Servings	13 Servings	26 Servings
1	Oil, Olive	AP	1-1/8 tsp	2-1/8 tsp	1 tbsp, 1-1/4 tsp
	Minced Garlic Cloves, Fresh	AP	1-1/8 tsp	2-1/8 tsp	1 tbsp, 1-1/4 tsp
	Kosher Salt	AP	2-1/4 tsp	1 tbsp, 1-1/8 tsp	2 tbsp, 2-1/4 tsp
	Ground Black Pepper	AP	1/2 tsp	1-1/8 tsp	2-1/8 tsp
	Spinach, Fresh	AP	2 lb, 4 oz	4 lb, 2 oz	8 lb, 4 oz

Step	Method
1	<p><u>Cook Spinach</u>  Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Heat oil in a large pan; add garlic and sauté until fragrant. Add spinach and seasonings, cover and cook until leaves wilt. Transfer spinach to a serving pan and hold hot at or above 145 degrees F for service.</p> <p>Portion size: 4 oz</p>



**CulinArt Sicilian Tempeh (94381)**

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Puttanesca Polenta Bowl with Tomato Caper Sauce (103659)	<b>12 Servings</b> 2 lb, 4 oz	<b>24 Servings</b> 4 lb, 8 oz	<b>48 Servings</b> 9 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 4 ounce**

Step	Ingredients		9 Servings	18 Servings	35 Servings
1	Tempeh Soy Original	AP	2 lb, 4 oz	4 lb, 8 oz	8 lb, 12 oz
	Oregano Bunch, Fresh, Chopped	AP	1 tbsp, 1-1/2 tsp	3 tbsp	1/3 cup, 1-1/2 tsp
	Thyme, Fresh Leaves	AP	2-1/4 tsp	1 tbsp, 1-1/2 tsp	2 tbsp, 2-3/4 tsp
	Oil, Olive	AP	1-1/2 oz	3 oz	5-3/4 oz
	Kosher Salt	AP	3/4 tsp	1-1/2 tsp	1 tbsp
	Ground Black Pepper	AP	1-1/2 tsp	1 tbsp	1 tbsp, 2-3/4 tsp

Step	Method
1	<p><u>Cook Tempeh</u>  Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Preheat oven to 325 degrees F.  Rub tempeh with olive oil, herbs, salt, and pepper. Place tempeh in oven for 15 to 20 minutes or until tempeh develops a golden color.  Hold hot at or above 145 degrees F for service.</p> <p>Portion Size: 4 oz</p>



## CulinArt Spaghetti Squash (94383)

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Puttanesca Polenta Bowl with Tomato Caper Sauce (103659)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 1/2 cup**

Step	Ingredients		8 Servings	16 Servings	31 Servings
1	Spaghetti Squash, Fresh	EP	1 lb, 5-1/2 oz	2 lb, 11 oz	5 lb, 4 oz
	Warm Water	AP	1/3 cup	2/3 cup	1-1/4 cup, 2 tsp
2	Oil, Olive	AP	2 tsp	1 tbsp, 1 tsp	2 tbsp, 1-3/4 tsp
	Minced Garlic Cloves, Fresh	AP	2 tsp	1 tbsp, 1 tsp	2 tbsp, 1-3/4 tsp
	Ground Basil	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
	Kosher Salt	AP	1/2 tsp	1 tsp	2 tsp
	Ground Black Pepper	AP	1/4 tsp	3/4 tsp	1-1/4 tsp

Step	Method
1	<p><u>Prep Squash</u> Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Pre-Heat Oven to 350 Degrees Prepare the spaghetti squash by cutting in half, lengthwise. Scoop out the seeds. Place cut side down on a Sheet Pan. Add 1 cup of water. Bake in oven 20 minutes or until tender. Use a fork to peel the stringy squash noodles out of the squash and reserve in a bowl.</p>
2	<p><u>Saute Squash</u> In a large saute pan, sweat garlic in olive oil for 8 to 10 minutes. Add squash and season with salt, pepper, and basil. Saute for about 5 minutes. Remove from stove and hold hot at or above 145° F for service or chill at or below 41 degrees F for storage.</p> <p>Portion Size: 2 oz</p>

 **CulinArt Tomato Caper Sauce (94317.1)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Puttanesca Polenta Bowl with Tomato Caper Sauce (103659)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb

**Minimum Batch:**

**Maximum Production:**

**Portion: 1 ladle-2oz**

Step	Ingredients		7 Servings	14 Servings	28 Servings
	Chopped Vidalia Onions, Fresh	EP	1-3/4 oz	3-3/4 oz	7-1/2 oz
1	Roma Tomatoes, Fresh	EP	4-3/4 ea	9-1/4 ea	18-3/4 ea
	Garlic Cloves, Peeled, Fresh	AP	1-1/4 ea	2-1/4 ea	4-3/4 ea
	Basil, Fresh	EP	1 tbsp, 3/4 tsp	2 tbsp, 1-1/2 tsp	1/4 cup, 1 tbsp
2	Capers, Drained	AP	1-1/2 tsp	2-3/4 tsp	1 tbsp, 2-1/2 tsp
	Vegetable Pho Concentrated Broth	AP	1-3/4 oz	3-3/4 oz	7-1/2 oz
	Oil, Olive	AP	1 tbsp, 2-1/2 tsp	3 tbsp, 2-1/4 tsp	1/3 cup, 2 tbsp, 1/2 tsp
	Carrots, Fresh, Minced	EP	3 tbsp, 2-1/4 tsp	1/3 cup, 2 tbsp, 1/2 tsp	3/4 cup, 2 tbsp, 2-3/4 tsp
	Crushed Red Pepper Flakes	AP	1/2 tsp	1 tsp	1-3/4 tsp
	Kosher Salt	AP	3/4 tsp	1-1/2 tsp	2-3/4 tsp
	Ground Black Pepper	AP	3/4 tsp	1-1/2 tsp	2-3/4 tsp
	Fresh Lemon, Zested	AP	3/4 tsp	1-1/2 tsp	2-3/4 tsp

Step	Method
1	<p><u>Prepare Ingredients for Sauce</u>  Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.  Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Remove top from tomatoes. Cut tomatoes into medium dice. Finely mince garlic. Remove basil leaves from stems and coarsely chop.</p>
2	<p><u>Prepare Sauce</u>  In a large heavy bottomed pot heat 1/4 cup of the olive oil over medium heat.  Add onion and carrot, saute until lightly softened, add garlic and saute for one minute. Add red pepper flakes, saute and add tomatoes, vegetable stock, salt and pepper.  Turn heat to a low simmer and let tomatoes cook, stirring occasionally for about 30 minutes. Add the remaining 1/4 cup of olive oil and let simmer for another 30 minutes until sauce thickens and tomatoes are falling apart tender.  Remove from heat and stir in lemon zest, capers, and basil. Transfer to a bain marie and hold hot at 145 degrees for service or hold in an ice bath at or below 41 degrees to chill.</p> <p>Portion Size: 2 oz</p>

**CulinArt Quinoa Chili Bowl with Vegan Sour Cream  
(103780)**





Revision Date: May 15, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
270	13	1.5	32	11	6	520	7+
+ Indicates partial nutritional value							

Step	Ingredients	12 Servings	24 Servings	48 Servings
1	 CulinArt Vegan Sour Cream (94535)	1 lb, 8 oz	3 lb	6 lb
	 CulinArt Dirty Lentils (94395)	1 lb, 8 oz	3 lb	6 lb
	 CulinArt Spiced Quinoa (94362)	1 lb, 8 oz	3 lb	6 lb
	 CulinArt "Bacon" Mushrooms (94398)	12 oz	1 lb, 8 oz	3 lb
	Carrots, Shredded	AP 1 lb, 8 oz	3 lb	6 lb
	Green Bell Peppers, Fresh, Julienne Sliced	EP 12 oz	1 lb, 8 oz	3 lb
	Red Bell Peppers, Fresh, Julienne Sliced	EP 12 oz	1 lb, 8 oz	3 lb
	Yellow Bell Peppers, Julienne Sliced, 1/4"	EP 12 oz	1 lb, 8 oz	3 lb

Step	Method
1	<p><u>Prepare Ingredients, Assemble Bowl</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.</p> <p>Prepare Vegan Sour Cream according to recipe. Prepare Dirty Lentils according to recipe. Prepare Spiced Quinoa according to recipe. Prepare "Bacon" Mushrooms according to recipe. Flash chill and hold all components at or below 41 degrees F.</p> <p>To Assemble Individual Bowls: In a plastic bowl, mound lentils, quinoa, "bacon" mushrooms, carrots, and peppers separately around the bowl. Place 2 ounces of Vegan sour cream in a soufflé cup inside the bowl. Place cover and label on container. Hold at or below 41 degrees F.</p>

 **CulinArt "Bacon" Mushrooms (94398)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Quinoa Chili Bowl with Vegan Sour Cream (103780)	<b>12 Servings</b> 12 oz	<b>24 Servings</b> 1 lb, 8 oz	<b>48 Servings</b> 3 lb

**Minimum Batch:**

**Maximum Production:**

**Portion: 1 oz portion**

Step	Ingredients		4 Servings	7 Servings	14 Servings
1	Pure Maple Syrup	AP	1-1/4 tsp	2-1/4 tsp	1 tbsp, 1-3/4 tsp
	Oil, Olive	AP	1/3 cup	1/2 cup, 1 tbsp, 1 tsp	1 cup, 2 tbsp, 2 tsp
	Fresh Sliced Crimini Mushrooms	EP	10-1/2 oz	1 lb, 2-1/2 oz	2 lb, 5-1/2 oz
	Kosher Salt	AP	1-1/4 tsp	2-1/4 tsp	1 tbsp, 1-3/4 tsp
	Ground Black Pepper	AP	3/4 tsp	1-1/8 tsp	2-1/4 tsp
	Granulated Garlic	AP	1 tsp	1-3/4 tsp	1 tbsp, 1/2 tsp
	Smoked Paprika	AP	2 tsp	1 tbsp, 1/2 tsp	2 tbsp, 1 tsp

Step	Method
1	<p>Make "Bacon"</p> <p>Refer to HACCP Plan Form HFS# 006: Non-Refrigerated Baked Goods.</p> <p>Preheat oven to 325 degrees F.</p> <p>In a large stainless steel bowl, combine all ingredients. Arrange mushrooms on a large sheet tray lined with parchment paper. Place in oven for 20-25 minutes.</p> <p>Remove from oven and cool immediately. Hold at room temperature for service.</p>





**CulinArt Dirty Lentils (94395)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Quinoa Chili Bowl with Vegan Sour Cream (103780)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb

**Minimum Batch:**

**Maximum Production:**

**Portion: 3 ounce**

Step	Ingredients		8 Servings	15 Servings	29 Servings
1	Lentils, French, Green	AP	1/3 cup	1/2 cup, 2 tbsp	1 cup, 3 tbsp, 1 tsp
	Black Lentils	AP	1/3 cup	1/2 cup, 2 tbsp	1 cup, 3 tbsp, 1 tsp
	Water	AP	2 cup	3-3/4 cup	1 qt, 3-1/4 cup
2	Oil, Olive	AP	1/2 tsp	1 tsp	1-3/4 tsp
	Chopped Vidalia Onions, Fresh	AP	2 oz	3-3/4 oz	7-1/4 oz
	Green Bell Peppers, Fresh 1/2" Medium Diced	AP	1-1/3 oz	2-1/2 oz	4-3/4 oz
	Red Bell Peppers, Fresh, 1/2" Medium Diced	AP	1-1/3 oz	2-1/2 oz	4-3/4 oz
	Minced Garlic Cloves, Fresh	AP	1 tsp	2 tsp	1 tbsp, 3/4 tsp
	Thyme, Fresh Leaves	EP	1/4 tsp	3/4 tsp	1-1/4 tsp
	Ground Oregano	AP	1/4 tsp	3/4 tsp	1-1/4 tsp
	Dried Basil, Crushed	AP	1/4 tsp	3/4 tsp	1-1/4 tsp
	Kosher Salt	AP	1/4 tsp	3/4 tsp	1-1/4 tsp
	Ground Black Pepper	AP	1/4 tsp	3/4 tsp	1-1/4 tsp
	Chili Powder	AP	1/2 tsp	1 tsp	1-3/4 tsp
	Tabasco Sauce	AP	1 tbsp, 2-1/4 tsp	3 tbsp, 1 tsp	1/3 cup, 1 tbsp, 1/4 tsp

Step	Method
1	<p><b>Cook Lentils</b> Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.</p> <p>Fill two large stock pots, each with 6 cups of water and bring to a boil. Add green lentils to one pot and black lentils to the other pot. Lower to a simmer and cook lentils for 15-20 minutes or until lentils are tender and fully cooked.</p>
2	<p><b>Saute Lentils</b> In a medium rondeau, sweat onion and garlic in oil. Allow onion to become translucent and fragrant. Add peppers and saute for 7 more minutes. Season with herbs, chili powder, salt, and pepper. Gently cook for 10 minutes. Add lentils and tabasco. Gently cook for 5 more minutes.</p> <p>Hold at or above 145 degrees F for service or chill at or below 41 degrees F for storage.</p> <p>Portion size: 3 oz</p>





## CulinArt Spiced Quinoa (94362)

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Quinoa Chili Bowl with Vegan Sour Cream (103780)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 3 ounce**

Step	Ingredients		8 Servings	16 Servings	32 Servings
1	Red Quinoa, Dry	AP	1 cup	2 cup	1 qt
	Water	AP	2 cup	1 qt	2 qt
2	Oil, Olive	AP	2/3 oz	1-1/3 oz	2-1/2 oz
	Minced Garlic Cloves, Fresh	AP	2 tsp	1 tbsp, 1 tsp	2 tbsp, 2 tsp
	Ground Cumin	AP	2 tsp	1 tbsp, 1 tsp	2 tbsp, 2 tsp
	Kosher Salt	AP	1/4 tsp	3/4 tsp	1-1/4 tsp
	Ground Black Pepper	AP	1/4 tsp	3/4 tsp	1-1/4 tsp

Step	Method
1	<p><u>Prepare Quinoa</u>  Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.  Refer to HACCP Plan Form ACS# 004: Prepared Hot for Cold Storage.  Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.  Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.</p> <p>Bring water to boil in a medium stock pot. Add quinoa and let simmer. Allow quinoa to cook for 10 to 15 minutes. Fluff with a fork and reserve. Flash Chill to 45 Degrees or Hold Hot at 145 Degrees for Service.</p>
2	<p><u>Prepare Quinoa for Service</u>  In a large sauce pan, sweat garlic in olive oil. Allow garlic to become translucent and fragrant. Add cumin and saute for 2 minutes. Add quinoa, salt, and pepper. Saute for 5 more minutes. Hold hot at or above 145 degrees F or chill at or below 41 degrees F for storage.</p> <p>Portion Size: 3 oz</p>



## CulinArt Vegan Sour Cream (94535)

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Quinoa Chili Bowl with Vegan Sour Cream (103780)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 1-1/8 ounce**

Step	Ingredients		24 Servings	47 Servings	93 Servings
1	Regular Tofu, 1/2"x1/2" Cubed	AP	1 lb, 4 oz	2 lb, 7-1/2 oz	4 lb, 14 oz
	Kosher Salt	AP	1-1/4 tsp	2-1/2 tsp	1 tbsp, 2 tsp
	Granulated Sugar	AP	2 tsp	1 tbsp, 3/4 tsp	2 tbsp, 1-1/4 tsp
	Lemon Juice, Fresh	AP	1/3 cup, 2 tbsp, 3/4 tsp	3/4 cup, 2 tbsp, 2-1/2 tsp	1-3/4 cup, 1 tbsp, 1 tsp
	Apple Cider Vinegar	AP	2 tbsp, 1-1/2 tsp	1/4 cup, 2-3/4 tsp	1/2 cup, 1 tbsp, 2-1/4 tsp
	Canola Oil	AP	2 tbsp, 1-1/2 tsp	1/4 cup, 2-3/4 tsp	1/2 cup, 1 tbsp, 2-1/4 tsp

Step	Method
1	<p><u>Make Sour Cream</u>  Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.  Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.</p> <p>Place all ingredients in a food processor. Puree mixture on high speed until it reaches a smooth consistency. Hold at or below 41° F for service.</p> <p>Portion Size: 1 oz</p>

# CulinArt Quinoa Yogi Bowl with Basil Ranch Dressing (108025)

Revision Date: May 15, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
660	24	3.5	91	29	25	390	8+

+ Indicates partial nutritional value

Step	Ingredients		12 Servings	24 Servings	48 Servings
1	Butternut Squash, Diced	EP	1 lb, 8 oz	3 lb	6 lb
	Spanish Onions, Diced	EP	12 oz	1 lb, 8 oz	3 lb
	Oil, Olive	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
	Kosher Salt	AP	1/2 tsp	1 tsp	2 tsp
	Ground Black Pepper	AP	1/2 tsp	1 tsp	2 tsp
2	CulinArt Vegan Basil Ranch Dressing (112346)		1 lb, 8 oz	3 lb	6 lb
3	Red Quinoa, Dry	AP	12 oz	1 lb, 8 oz	3 lb
	Kale, Fresh, Chopped	EP	2 lb, 4 oz	4 lb, 8 oz	9 lb
4	Black Beans, Dry	AP	2 lb	4 lb	8 lb
	Oil, Olive	AP	2 tbsp	1/4 cup	1/2 cup
	Spanish Onions	EP	8 oz	1 lb	2 lb
	Jalapeno Peppers, Fresh	EP	2 ea	4 ea	8 ea
	Minced Garlic Cloves, Fresh	AP	2 tbsp	1/4 cup	1/2 cup
	Ground Cumin	AP	1 tbsp, 1-1/2 tsp	3 tbsp	1/3 cup, 2 tsp
	Oregano, Dried, Crumbled	AP	1 tbsp	2 tbsp	1/4 cup
	Kosher Salt	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
	Ground Black Pepper	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
Water	AP	2 qt	1 gal	2 gal	
5	Avocado	EP	6 ea	12 ea	24 ea
	Lemon Juice	AP	1-1/2 tsp	1 tbsp	2 tbsp

Step	Method
1	<u>Butternut Squash and Onions</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Pre-Heat Oven to 425 Degrees F. In a large bowl toss butternut squash with olive oil, salt and pepper. Spread evenly on a sheet pan and roast in oven 25 minutes, stirring occasionally until browned and tender. Flash chill.
2	<u>Basil Ranch Dressing</u> Prepare Basil Ranch Dressing according to recipe. Hold at or below 41 degrees F.
3	<u>Cook Quinoa, Kale</u> Cook quinoa according to manufacturers instructions. Flash chill. Steam kale until tender-firm. Flash chill.

Step	Method
4	<p><u>Black Beans</u>            Allow beans to soak in water overnight.            Slice the onions in half.            Slice the jalapeno peppers in half.            In a large pot, add beans water to cover 1 inch above beans, garlic, cumin, oregano, onion and jalapeno. Bring to a boil then lower to a simmer, stirring occasionally until beans are tender-firm - about 1 - 1 1/2 Hours.            Remove Onion, jalapenos. Stir in salt and pepper.            Flash chill.</p>
5	<p><u>For Service</u>            Slice avocado, place in a bowl and gently toss in lemon juice.</p> <p>To Assemble Individual Bowls: In a plastic bowl, mound 3 ounces of cooked quinoa, 3 ounces of butternut squash &amp; onions, 3 ounces of black beans, and 3 ounces of kale separately around the plate. Place 1/2 of a sliced avocado on the plate. Place 2 ounces of Basil Ranch Dressing in a soufflé cup. Place cover and label on container. Hold at or below 41 degrees F.</p>

**Recipe Notes:**

This recipe requires beans to soak in water overnight.

 **CulinArt Vegan Basil Ranch Dressing (112346)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Quinoa Yogi Bowl with Basil Ranch Dressing (108025)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb

**Minimum Batch:**

**Maximum Production:**

**Portion: 2 oz portion**

Step	Ingredients		12 Servings	23 Servings	46 Servings
1	Soft Tofu	AP	9-1/4 oz	1 lb, 2 oz	2 lb, 3-1/2 oz
	Soy Milk, Plain	AP	1-1/3 cup, 1 tsp	2-1/2 cup, 1 tbsp, 1-3/4 tsp	1 qt, 1 cup, 3 tbsp
	Vinegar, Red Wine	AP	3 tbsp, 1/4 tsp	1/3 cup, 1-3/4 tsp	2/3 cup, 1 tbsp, 1/2 tsp
	Oil, Olive	AP	3 tbsp, 1/4 tsp	1/3 cup, 1-3/4 tsp	2/3 cup, 1 tbsp, 1/2 tsp
	Basil, Fresh, Minced	EP	3/4 oz	1-1/2 oz	3 oz
	Kosher Salt	AP	1/2 tsp	3/4 tsp	1-1/2 tsp
	Ground Black Pepper	AP	1/4 tsp	1/4 tsp	3/4 tsp
	Less Sodium, Gluten Free Soy Sauce	AP	2-1/4 tsp	1 tbsp, 1-1/2 tsp	3 tbsp

Step	Method
1	<p><u>Basil Ranch Dressing</u> Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage. Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.</p> <p>Place tofu, soy milk, vinegar, olive oil, and soy sauce in a blender. Blend until smooth. Add salt, pepper, and basil and stir to combine. Hold at or below 41 degrees F for service/storage.</p>

# CulinArt Rice Bowl with Charred Chicken and Spicy Maple Dressing (107962)

Revision Date: May 20, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
950	65	9	62	31	5+	960	24+
+ Indicates partial nutritional value							

Step	Ingredients		12 Servings	24 Servings	48 Servings
1	Boneless, Skinless Chicken Breast, Random	AP	4 lb, 8 oz	9 lb	18 lb
	Oil, Olive	AP	3 tbsp	1/3 cup, 2 tsp	3/4 cup
	Kosher Salt	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
	Ground Black Pepper	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
2	Short Grain Brown Rice, Dry	AP	1 lb, 2 oz	2 lb, 4 oz	4 lb, 8 oz
3	Swiss Chard, Green, Fresh	EP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	Beets, Red, Fresh	EP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	Oil, Olive	AP	1-1/2 tsp	1 tbsp	2 tbsp
4	Pure Maple Syrup	AP	8 oz	1 lb	2 lb
	Water	AP	4 oz	8 oz	1 lb
	Vinegar, Balsamic	AP	12 oz	1 lb, 8 oz	3 lb
	Mustard, Dijon	AP	4 oz	8 oz	1 lb
	Cayenne Pepper	AP	1/2 tsp	1 tsp	2 tsp
	Kosher Salt	AP	1/2 tsp	1 tsp	2 tsp
	Oil, Olive	AP	1 lb, 8 oz	3 lb	6 lb
	Ground Black Pepper	AP	1/2 tsp	1 tsp	2 tsp

Step	Method
1	<p><u>Charred Chicken Breast</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Pre-Heat oven to 375 degrees F. In a large bowl toss chicken breast with olive oil, salt and pepper. Lay out evenly on a sheet pan and roast in the oven for about 15 minutes or until internal temperature reaches 165 for 15 seconds.</p>
2	<p><u>Brown Rice</u> Steam Brown Rice according to manufacturers instructions.</p>
3	<p><u>Vegetables</u> In a large pot, steam Swiss chard until tender. Medium dice fresh beets. Place in a roasting pan and drizzle with olive oil. Roast at 425 degrees F until tender.</p>
4	<p><u>Spicy Maple Dressing</u> Whisk together Maple Syrup, water, balsamic vinegar, Dijon mustard, cayenne, salt, olive oil, and black pepper. Whisk well to combine all ingredients and set aside until ready to use.</p>

Step	Method
5	<u>For Service</u> To Assemble Individual Bowls: In a plastic bowl, mound 6 ounces of Chicken, 3 ounces cooked brown rice, 3 ounces of Swiss chard, 3 ounces of beets separately around the bowl. Place 2 ounces of Maple Dressing in a soufflé cup inside the bowl. Place cover and label on container. Hold at or below 41 degrees F.

# CulinArt Superfood Bowl with Tempeh & Lemon Hummus (103783)

Revision Date: May 15, 2024

*Herb Roasted Tempeh, Lemon Hummus, Brussels Sprouts, Kale, Butternut Squash, Kidney Beans*





Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
610	25	3	65	39	24	840	9+

+ Indicates partial nutritional value

Step	Ingredients	12 Servings	24 Servings	48 Servings
1	Beans, Red Kidney, Low Sodium, Canned, Drained, Rinse AP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	Sliced Brussels Sprouts, Fresh AP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	 CulinArt Lemon Hummus (103039)	1 lb, 8 oz	3 lb	6 lb
	 CulinArt Sautéed Kale (94373)	2 lb, 4 oz	4 lb, 8 oz	9 lb
	 CulinArt Slow Roasted Butternut Squash (4656.8)	3 lb	6 lb	12 lb
	 CulinArt Sicilian Tempeh (94381)	3 lb	6 lb	12 lb

Step	Method
1	<p><u>Prepare Ingredients, Assemble Bowl</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.</p> <p>Prepare Lemon Hummus according to recipe. Prepare Sautéed Kale according to recipe. Prepare Slow Roasted Butternut Squash according to recipe. Prepare Sicilian Tempeh according to recipe. Flash chill and hold all components at or below 41 degrees F.</p> <p>To Assemble individual Bowls: In a plastic bowl, mound Kidney Beans, Brussels Sprouts, kale, squash, and Sicilian tempeh in their own separately around the bowl. Place 2 ounces of Hummus in a soufflé cup inside the bowl. Place cover and label on container. Hold at or below 41 degrees F.</p>





**CulinArt Lemon Hummus (103039)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Superfood Bowl with Tempeh & Lemon Hummus (103783)	<b>12 Servings</b> 1 lb, 8 oz	<b>24 Servings</b> 3 lb	<b>48 Servings</b> 6 lb

**Minimum Batch:**

**Maximum Production:**

**Portion: 2 oz portion**

Step	Ingredients		13 Servings	25 Servings	50 Servings
1	Beans, Garbanzo, Low Sodium, Canned, Drained, Rinsed	AP	1/4 Can#10	1/2 Can#10	1-1/4 Can#10
	Minced Garlic Cloves, Fresh	EP	1/2 tsp	1-1/8 tsp	2-1/4 tsp
	Sesame Paste (Tahini)	AP	2 tbsp, 1-1/8 tsp	1/4 cup, 1-3/4 tsp	1/2 cup, 1 tbsp, 1/4 tsp
	Kosher Salt	AP	1/2 tsp	1-1/8 tsp	2-1/4 tsp
	Ground Cumin	AP	1/4 tsp	1/2 tsp	1-1/8 tsp
	Ground Paprika	AP	1/4 tsp	1/2 tsp	1-1/8 tsp
	Lemon Juice	AP	1 tbsp, 1-3/4 tsp	3 tbsp, 1/8 tsp	1/3 cup, 2-1/8 tsp
	Canola Oil	AP	1/4 cup, 2-1/8 tsp	1/2 cup, 1 tbsp, 1/4 tsp	1 cup, 2 tbsp, 1/2 tsp
	Fresh Lemon, Zested	AP	1 tsp	1-3/4 tsp	1 tbsp, 1/2 tsp

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. Place all ingredients in a large food processor and puree until smooth and creamy. Place in a container, cover and chill at or below 41 degrees for service.  Portion size: 2 ounces.

 **CulinArt Sautéed Kale (94373)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Superfood Bowl with Tempeh & Lemon Hummus (103783)	<b>12 Servings</b> 2 lb, 4 oz	<b>24 Servings</b> 4 lb, 8 oz	<b>48 Servings</b> 9 lb

**Minimum Batch:**

**Maximum Production:**

**Portion: 2 ounce**

Step	Ingredients		19 Servings	38 Servings	76 Servings
1	Kale, Fresh, Chopped	AP	3 lb, 9 oz	7 lb, 4 oz	14 lb, 4 oz
	Sliced Fresh Garlic	AP	4-3/4 ea	9-1/2 ea	19 ea
	Oil, Olive	AP	1 tbsp, 1/2 tsp	2 tbsp, 1-1/8 tsp	1/4 cup, 2-1/4 tsp
	Kosher Salt	AP	1-1/4 tsp	2-1/2 tsp	1 tbsp, 1-3/4 tsp

Step	Method
1	<p><u>Cook Kale</u> Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.</p> <p>In a large sauté pan, sweat garlic in olive oil. Allow garlic to become translucent and fragrant. Add kale and sauté for 7 minutes or until kale becomes wilted. Season with salt. Hold kale at or above 145 degrees F for service or chill at or below 41 degrees F for storage.</p> <p>Portion Size: 2 oz</p>



**CulinArt Sicilian Tempeh (94381)**

Revision Date: May 15, 2024

**Sub Recipe For**

CulinArt Superfood Bowl with Tempeh & Lemon Hummus (103783)	<b>12 Servings</b> 3 lb	<b>24 Servings</b> 6 lb	<b>48 Servings</b> 12 lb
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**Minimum Batch:**

**Maximum Production:**

**Portion: 4 ounce**

Step	Ingredients		12 Servings	23 Servings	46 Servings
1	Tempeh Soy Original	AP	3 lb	5 lb, 12 oz	11 lb, 8 oz
	Oregano Bunch, Fresh, Chopped	AP	2 tbsp	3 tbsp, 2-1/2 tsp	1/3 cup, 2 tbsp, 1 tsp
	Thyme, Fresh Leaves	AP	1 tbsp	1 tbsp, 2-3/4 tsp	3 tbsp, 2-1/2 tsp
	Oil, Olive	AP	2 oz	3-3/4 oz	7-1/2 oz
	Kosher Salt	AP	1 tsp	2 tsp	1 tbsp, 3/4 tsp
	Ground Black Pepper	AP	2 tsp	1 tbsp, 3/4 tsp	2 tbsp, 1-3/4 tsp

Step	Method
1	<p><u>Cook Tempeh</u>  Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Preheat oven to 325 degrees F.  Rub tempeh with olive oil, herbs, salt, and pepper. Place tempeh in oven for 15 to 20 minutes or until tempeh develops a golden color.  Hold hot at or above 145 degrees F for service.</p> <p>Portion Size: 4 oz</p>

 **CulinArt Slow Roasted Butternut Squash (4656.8)**

Revision Date: May 15, 2024

Sub Recipe For			
CulinArt Superfood Bowl with Tempeh & Lemon Hummus (103783)	<b>12 Servings</b> 3 lb	<b>24 Servings</b> 6 lb	<b>48 Servings</b> 12 lb

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1/2 cup**

Step	Ingredients		12 Servings	23 Servings	46 Servings
1	Ginger Root, Fresh, Grated	AP	1/4 cup	1/3 cup, 2 tbsp, 1 tsp	3/4 cup, 3 tbsp, 1 tsp
	Oil, Olive	AP	1-1/2 oz	2-3/4 oz	5-3/4 oz
	Kosher Salt	AP	1 tsp	2 tsp	1 tbsp, 3/4 tsp
	Butternut Squash, Fresh, 1" Cubed	EP	3 lb	5 lb, 12 oz	11 lb, 8 oz
	Ground Black Pepper	AP	1 tsp	2 tsp	1 tbsp, 3/4 tsp

Step	Method
1	<p><u>Bake Squash</u> Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS #001: Prepared Hot for Hot Service.</p> <p>Preheat oven to 300 degrees F.</p> <p>In a large stainless steel bowl, combine squash, salt, pepper, ginger, and oil. Place the squash on a sheet pan lined with parchment paper and bake uncovered for approximately 25 -30 minutes or until squash is browned and tender. Hold hot at or above 145 degrees F for service or chill at or below 41 degrees F for storage.</p> <p>Portion Size: 4 oz</p>

# CulinArt Wheat Berry Bowl with Turkey Meatballs & Cucumber Mint Yogurt Sauce (108023)

Revision Date: May 15, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)
720	31	7	51	66	12	700	8+
+ Indicates partial nutritional value							

Step	Ingredients		12 Servings	24 Servings	48 Servings
1	Ground Paprika	AP	1 tbsp, 1-1/2 tsp	3 tbsp	1/3 cup, 2 tsp
	Minced Garlic Cloves, Fresh	AP	1 tbsp, 1-1/2 tsp	3 tbsp	1/3 cup, 2 tsp
	Ground Coriander	AP	1-1/2 tsp	1 tbsp	2 tbsp
	Jalapeno Peppers, Fresh, Minced	EP	2 ea	4 ea	8 ea
	Kosher Salt	AP	1/2 tsp	1 tsp	2 tsp
	Ground Black Pepper	AP	1/2 tsp	1 tsp	2 tsp
	Cilantro, Fresh, Chopped	EP	1/2 cup	1 cup	2 cup
	Oil, Olive	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
	Ground Turkey, 93% Lean	EP	4 lb, 8 oz	9 lb	18 lb
2	Wheat Berries, InHarvest, Dry	AP	1 lb, 2 oz	2 lb, 4 oz	4 lb, 8 oz
3	2% Greek Yogurt	AP	1 lb, 8 oz	3 lb	6 lb
	Mint Bunch, Fresh, Chopped	EP	1/2 cup	1 cup	2 cup
	Cucumbers, 1/4" Small Diced	EP	1 ea	2 ea	4 ea
	Apple Cider Vinegar	AP	1 tbsp	2 tbsp	1/4 cup
	Kosher Salt	AP	1/2 tsp	1 tsp	2 tsp
	Ground Black Pepper	AP	1/2 tsp	1 tsp	2 tsp
4	Brussels Sprouts, Fresh	AP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	Oil, Olive	AP	1 tbsp, 1-1/2 tsp	3 tbsp	1/3 cup, 2 tsp
	Kosher Salt	AP	1/2 tsp	1 tsp	2 tsp
	Ground Black Pepper	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
5	Carrots, Fresh, Julienne Sliced	EP	2 lb, 4 oz	4 lb, 8 oz	9 lb
	Oil, Olive	AP	1 tbsp, 1-1/2 tsp	3 tbsp	1/3 cup, 2 tsp
	Ground Cumin	AP	1 tbsp, 1-1/2 tsp	3 tbsp	1/3 cup, 2 tsp
	Ground Coriander	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
	Kosher Salt	AP	1-1/2 tsp	1 tbsp	2 tbsp
6	Pumpkin Seeds, Hulled	AP	6 oz	12 oz	1 lb, 8 oz

Step	Method
1	<p><u>Spicy Turkey Meatballs</u>  Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Preheat oven to 375 degrees F.  In a large bowl or mixer fitted with a paddle combine ground turkey, paprika, garlic, coriander, jalapeno peppers, salt, pepper and cilantro. Blend until well mixed.  Scoop one ounce portions, roll into meatballs and place on a sheet pan oiled with Olive Oil.  Bake in oven until well browned and internal temperature reaches 165 degrees for 15 seconds. Flash chill.</p>
2	<p><u>Wheat Berries</u>  Cook wheat berries according to manufacturers instructions. Flash chill.</p>
3	<p><u>Cucumber-Mint Yogurt Sauce</u>  In a mixing bowl, whisk Greek yogurt, mint, cucumbers, apple cider vinegar, salt and pepper.  Whisk well to combine all ingredients. Hold at or below 41 degrees F until use.</p>
4	<p><u>Brussels Sprouts</u>  Pre-Heat Oven to 425 Degrees F.  In a large bowl toss Brussels sprouts with olive oil, salt and pepper. Spread evenly on a sheet pan and roast in oven 25 minutes, stirring occasionally until browned and tender. Flash chill.</p>
5	<p><u>Cumin Carrot Fries</u>  Pre-Heat oven to 425 Degrees.  In a large bowl toss carrots with the olive oil, cumin and salt. Place evenly spaced on a sheet pan and bake uncovered for 10 minutes or until tender. Flash chill.</p>
6	<p><u>For Service</u>  To Assemble Individual Bowls: In a plastic bowl, mound Turkey meatballs, Brussels sprouts, carrot fries and cooked Wheat Berries separately around the bowl. Place 2 ounces of Cucumber-Yogurt sauce in a soufflé cup. Garnish each bowl with 1/2 ounce of pumpkin seeds. Place cover and label on container. Hold at or below 41 degrees F</p>