



Farm to School Recipes

Multiple Batch Sizes



By Kate Idzorek

The goal of the Farm to School program is to use locally produced foods/products in school lunch programs. The success of these programs nationwide depends on their ability to meet the diverse needs of the geography, community and culture within each state. States like Alaska — with extreme climatic and geographic conditions — need to be especially creative and resourceful.

The following recipes were developed to use Alaska Grown foods. Each recipe makes from four to 100 servings to be used at home or in any size school kitchen. These recipes were developed with the help of school food service professionals in accordance with their resource and kitchen needs. Included are a full nutritional breakdown and national meal pattern components for each recipe.

Barley Flour Pizza Crust

This recipe was requested by the Delta Greeley School Nutrition Director. It contains 51 percent whole grain. Serving size: about 2 ounces; Meal Pattern Requirement(s) met: 2-ounce serving 51% whole grain crust

Ingredients	4 Servings Volume	20 Servings Weight (Volume)	50 Servings Weight (Volume)	100 Servings Weight (Volume)
All-purpose flour	½ cup	10.5 ounces (2 cups)	1 pound 10 ounces (5 cups)	3 pounds 4 ounces (10 cups)
Whole wheat flour	¼ cup	4 ounces (1 cup)	10 ounces (2½ cups)	1 pound 4 ounces (5 cups)
Barley flour	½ cup	7 ounces (1⅔ cups)	1 pound 1.5 ounces (4 cups)	2 pounds 3 ounces (8 cups)
Salt	¼ teaspoon	0.25 ounces (¾ teaspoon)	0.7 ounces (2 teaspoons)	1.4 ounces (4 teaspoons)
Sugar	1 teaspoon	0.6 ounces (2½ teaspoons)	1.2 ounces (2 tablespoons)	2.4 ounces (¼ cup)
Instant yeast	2¼ teaspoons (1 packet)	0.3 ounces (2 tablespoons + 1 teaspoon)	0.6 ounces (¼ cup + 2 table- spoons)	1.2 ounces (¾ cup)
Water (70°F)	¾ cup	1 pound (2 cups)	2.5 pounds (5 cups)	5 pounds (10 cups)
Vegetable oil	1¼ teaspoons	1 ounce (1 tablespoon + 2 teaspoons)	2.5 ounces (¼ cup)	5 ounces (½ cup)

- In a mixer bowl fitted with a dough hook, mix all ingredients together on low, then knead on medium for 12 minutes.
- Place into lightly greased bowl, cover tightly with plastic and allow to rise until doubled in size, about 1 hour.
- Punch down and roll into ¼-inch-thick sheets and top as desired.
- Bake at 350°F for about 20 minutes. Final bake time will be dependent on toppings.

Note for 4 servings: Makes 2 15-ounce dough balls, enough for about 2 medium pizzas, depending on thickness of crust.

Nutrition Facts		Amount / Serving		% Daily Value*		Amount / Serving		% Daily Value*		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Serving Size (57g) Servings Per Container Calories 130 Calories from Fat 20		Total Fat 2.5g		4%		Total Carbohydrate 24g		8%						
		Saturated Fat 0g		0%		Dietary Fiber 3g		12%		Total Fat	Less than 65g	80g		
		Trans Fat 0g				Sugars 1g				Saturated Fat	Less than 20g	25g		
		Cholesterol 0mg		0%		Protein 4g				Cholesterol	Less than 300mg	300mg		
		Sodium 160mg		7%						Sodium	Less than 2,400mg	2,400mg		
										Total Carbohydrate	300g	375g		
										Dietary Fiber	25g	30g		
										Calories per gram:				
										Fat 9		Carbohydrate 4	Protein 4	
										Vitamin A 0%		Vitamin C 0%	Calcium 0%	Iron 6%

Breakfast Muffins

This muffin was requested by the Fairbanks North Star Borough School Nutrition Services and developed by Danielle Flaherty. It uses Alaska Grown barley flour and zucchini. **Serving size:** 1 muffin; **Meal Pattern Requirement(s) met:** ½ cup vegetables and 2 ounces protein per serving

Ingredients	4 servings Volume	20 Servings Weight (Volume)	50 Servings Weight (volume)	100 Servings Weight (Volume)
Vegetable oil	¼ cup	3 ounces (1¼ cup)	8 ounces (3 cups 2 table- spoons)	1 pound (6¼ cups)
Zucchini, shredded*	1½ cup	7 ounces (6¾ cups)	1 pound 13 ounces (16¾ cups)	3 pounds 10 ounces (33¾ cups)
Vanilla extract	1 teaspoon	0.5 ounces (5 teaspoons)	1.25 ounces (¼ cup)	2.5 ounces (½ cup)
Orange juice	⅓ cup	6.5 ounces (1⅓ cups)	1 pound (4½ cups)	2 pounds (9 cups)
Eggs	2	4 ounces (10 count)	10 ounces (30 count)	1 pound 4 ounces (60 count)
Rolled oats	1 cup	7 ounces (5 cups)	1 pound 1.5 ounces (12½ cups)	2 pounds 3 ounces (25 cups)
Brown sugar	½ cup	5.5 ounces (2½ cups)	14 ounces (6¼ cups)	1 pound 10 ounces (12½ cups)
Baking soda	½ teaspoon	0.25 ounces (2½ teaspoons)	0.5 ounces (2 tablespoons)	1 ounce (1¼ cups)
Baking powder	1 teaspoon	0.5 ounces (5 teaspoons)	1 ounce (3 tablespoons + 1 teaspoon)	2 ounces (¼ cup)
Cinnamon	¼ teaspoon	0.25 ounces (1¼ teaspoons)	0.5 ounces (1 tablespoon)	1 ounce (2 tablespoons)
Salt	pinch	0.05 ounces (½ teaspoon)	0.1 ounce (1¼ teaspoons)	0.2 ounce (1½ teaspoons)
All-purpose flour (**omit for 100% whole grain)	⅓ cup	2 ounces (1⅓ cups)	5 ounces (4 cups + 2 table- spoons)	10 ounces (8¼ cups)
Whole wheat flour	¼ cup	2.5 ounces (1¼ cups)	6 ounces (3 cups + 2 table- spoons)	12 ounces (6¼ cups)
**Whole wheat flour for 100% whole grain	½ cup	3.5 ounces (2½ cups)	8.5 ounces (6¼ cups)	17 ounces (12½ cups)
Barley flour	¼ cup	2.5 ounces (1¼ cups)	6 ounces (3 cups + 2 table- spoons)	12 ounces (6¼ cups)
**Barley flour for 100% whole grain	⅓ cup	3.5 ounces (1⅓ cups)	8 ounces (4 cups + 2 table- spoons)	1 pound (8¼ cups)
Dried fruit mix	1 cup	9.5 ounces (5 cups)	1 pound 8 ounces (12½ cups)	3 pounds (25 cups)
Shredded 2% mild cheddar	1⅓ cups	9 ounces (8½ cups)	1 pound 6 ounces (21 cups)	2 pounds 13 ounces (42 cups)

** For a 100% whole grain muffin, omit all purpose flour and increase whole wheat flour and barley flour to quantities indicated.

- Grease muffin tins or line with paper cups and preheat oven to 350°F.
- Combine vegetable oil, zucchini, vanilla extract, orange juice and eggs. Set aside. Combine oats, brown sugar, baking soda, baking powder, cinnamon, salt, all purpose flour, whole wheat flour and barley flour in a mixer bowl fitted with a paddle and mix on low 1 minute to blend. Dried fruit mix and shredded cheddar should be weighed and ready to combine.
- Pour liquid ingredients into dry ingredients and mix on low until just combined. Add in fruit and cheese and mix just enough to incorporate, taking care not to over mix.
- Using a ⅓-cup scoop, fill greased or paper-lined muffin tin.

Nutrition Facts		Amount / Serving		% Daily Value*		Amount / Serving		% Daily Value*		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500
Total Fat 9g		14%		Total Carbohydrate 34g		11%				
Saturated Fat 2g		10%		Dietary Fiber 3g		12%		Total Fat Less than 65g 80g		
Trans Fat 0g				Sugars 17g				Saturated Fat Less than 20g 25g		
Cholesterol 95mg		32%		Protein 9g				Cholesterol Less than 300mg 300mg		
Sodium 135mg		6%						Sodium Less than 2,400mg 2,400mg		
Vitamin A 4%		Vitamin C 6%		Calcium 8%		Iron 10%		Total Carbohydrate 300g 375g		
Calories from Fat 80								Dietary Fiber 25g 30g		
								Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

- Bake immediately at 350°F for 25–30 minutes.
- Remove from oven and allow to cool on rack for 5–10 minutes before removing from tin. Allow to cool completely before freezing.

Variations:

*For less visible green specks, zucchini may be pureed. Volume for pureed zucchini has not been tested; please refer to weight.

Hamburger Buns

Developed for the Fairbanks North Star Borough School District Central Kitchen to be 51 percent whole grain and use Alaska Grown barley flour.

Ingredients	30 Weight (Volume)	60 Weight (Volume)	100 Weight (Volume)	750 Weight	1,500 Weight
All-purpose flour	1 pound (3½ cups)	2 pounds (6⅔ cups)	3 pounds 4.25 ounces (11 cups)	24.5 pounds	49 pounds
Whole wheat flour	11.5 ounces (2¼ cups + 2 tablespoons)	1 pound 7 ounces (4¼ cups)	2 pounds 6.5 ounces (7¼ cups + 2 tablespoons)	18 pounds	36 pounds
Barley flour	4.75 ounces (1 cup)	9.5 ounces (2 cups)	1 pound (3½ cups)	7.5 pounds	15 pounds
Sugar, granulated	3.25 ounces (½ cup)	6.5 ounces (1 cup)	10.75 ounces (1⅓ cups)	5 pounds	10 pounds
Salt	0.25 ounce (1½ teaspoons)	0.5 ounce (1 tablespoon)	1 ounce (1 tablespoon + 2 teaspoons)	0.5 pounds	1 pounds
Milk, nonfat, dry	1.25 ounces (½ cup)	2.5 ounces (1 cup)	4.25 ounces (1⅓ cups)	2 pounds	4 pounds
Honey	1 ounce (1 tablespoon)	2 ounces (2 tablespoons)	3.25 ounces (3 table- spoons + 1 teaspoon)	1.5 pounds	3 pounds
Vegetable oil	3.25 ounces (¼ cup + 2 tablespoons)	6.5 ounces (¾ cup)	10.75 ounces (1¼ cups)	5 pounds	10 pounds
Water, local 90°F	1 pound (2 cups)	2 pounds (4 cups)	3 pounds 5 ounces (6⅔ cups)	25 pounds	50 pounds
Active dry yeast	1 ounce (2 tablespoons + 2 teaspoons)	2 ounces (¼ cup + 4 teaspoons)	3.25 ounces (½ cup + 2 teaspoons)	1.5 pounds	3 pounds

Mix all ingredients for 5 minutes on lowest setting of electric mixer (Hobart, etc.) using dough hook. Increase speed to medium/medium-high and knead for 15 minutes.

Remove dough and let set 20 minutes on floured surface.

Process into hamburger buns/rolls and let rise at 100°F for 1 hour.

Preheat oven to 350°F. Bake for 10 minutes or until golden brown.

Nutrition Facts	
Serving Size (55g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pumpkin Pie

This recipe was requested by the Gateway School District Nutrition Services. The district is purchasing local pumpkins and the students will make pies for their fall festival. The crust for this recipe is an easy crumb crust that does not have to be rolled out, and, to top it off, it uses Alaska Grown barley flour.

	1 9-inch pie, 8 servings Weight (Volume)	9x13 pan, 16 servings Weight (Volume)	Full sheet pan, 64 bars Weight (Volume)
Crust			
Barley flour	4 ounces (1 cup)	8 ounces (2 cups)	2 pounds (8 cups)
Powdered sugar	2 ounces (½ cup)	4 ounces (1 cup)	1 pound (4 cups)
Salt	0.02 ounces (⅛ teaspoon)	0.04 ounces (¼ teaspoon)	0.2 ounces (1 teaspoon)
Vegetable oil (melted butter)	¼ cup (5–6 tablespoons)	½ cup (10–11 tablespoons)	2 cups (2¼ cups)
Filling: sweetened with honey			
Pumpkin puree	4 ounces (1 cup)	8 ounces (2 cups)	2 pounds (8 cups)
Milk (evaporated or regular)	6.5 ounces (1 cup)	13 ounces (2 cups)	3 pounds 4 ounces (8 cups)
Eggs	3.5 ounces (2 count)	7 ounces (4 count)	1 pound 12 ounces (16 count)
Honey	3 – 3.5 ounces (¼ – ½ cup)	5.5 – 11 ounces (½ – 1 cup)	2 pounds 2 ounces – 2 pounds 13 ounces (3 – 4 cups)
Molasses	1.5 ounces (2 tablespoons)	3 ounces (¼ cup)	12 ounces (1 cup)
Salt	0.1 ounce (½ teaspoon)	0.25 ounce (1 teaspoon)	1 ounce (1 tablespoon + 1 teaspoon)
Nutmeg	pinch	0.05 ounce (⅛ teaspoon)	0.2 ounce (¼ – ½ teaspoon)
Cinnamon	0.25 ounce (1 teaspoon)	0.5 ounce (2 teaspoons)	2.5 ounces (2½ – 3 tablespoons)
Allspice (optional)	0.01 ounce (⅛ teaspoon)	0.02 ounce (¼ teaspoon)	0.1 ounce (1 teaspoon)
Ginger (optional)	0.02 ounce (¼ teaspoon)	0.04 ounce (½ teaspoon)	0.2 ounce (1½ – 2 teaspoons)
Filling: sweetened with sugar			
Pumpkin puree	4 ounces (1 cup)	8 ounces (2 cups)	2 pounds (8 cups)
Milk (evaporated or regular)	6.5 ounces (1 cup)	13 ounces (2 cups)	2 pounds (8 cups)
Eggs	3.5 ounces (2 count)	7 ounces (4 count)	1 pound 12 ounces (16 count)
White sugar	1.75 ounces (¼ cup)	3.5 ounces (½ cup)	14 ounces (2 cups)
Brown sugar	2.25 ounces (¼ cup)	4.5 ounces (½ cup)	1 pound 2 ounces (2 cups)
Salt	0.1 ounce (½ teaspoon)	0.25 ounce (1 teaspoon)	1 ounce (1 tablespoon + 1 teaspoon)
Nutmeg	pinch	0.05 ounce (⅛ teaspoon)	0.2 ounce (¼ – ½ teaspoon)
Cinnamon	0.25 ounce (1 teaspoon)	0.5 ounce (2 teaspoons)	2.5 ounces (2½ – 3 tablespoons)
Allspice (optional)	0.01 ounce (⅛ teaspoon)	0.02 ounce (¼ teaspoon)	0.2 ounce (¼ – ½ teaspoon)
Ginger (optional)	0.02 ounce (¼ teaspoon)	0.04 ounce (½ teaspoon)	0.2 ounce (1½ – 2 teaspoons)

1. Preheat oven to 350°F. Mix barley flour, powdered sugar and salt; add oil or melted butter and stir until fully combined. The dough should stick together but be fairly crumbly.
2. Pour into 9-inch pie plate, spreading it evenly and then pressing with your fingertips to evenly distribute over the whole surface of the pan up to the rim (do not try to press onto the rim).
3. Bake for 15 minutes until golden brown. Remove from oven. Cool for about 5 minutes.
4. Meanwhile, combine pumpkin, milk, eggs, honey, molasses, salt and spices and beat until smooth. (Or pumpkin, milk, eggs, white sugar, brown sugar, salt and spices.)

- Pour into crust. Return pan to oven and bake about 50 minutes until filling has set. Baking time will increase for larger batch sizes.
- Remove from oven and cool. Refrigerate or serve.

Variation: Substitute squash puree for pumpkin puree.

Nutrition Facts	
Serving Size (98g) Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 360mg	15%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 4g	
Vitamin A 25% • Vitamin C 2%	
Calcium 8% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Sweetened with honey

Nutrition Facts	
Serving Size (91g) Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 350mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 19g	
Protein 4g	
Vitamin A 25% • Vitamin C 2%	
Calcium 8% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Sweetened with sugar

Kale Chips

Each cup of kale will weigh about 1–2 ounces. One bunch of kale will yield about 3 cups of largely chopped kale.

	4 (about 5 ¾-cup servings)	20 (about 27 ¾-cup servings)	50 (about 67 ¾-cup servings)	100 (about 133 ¾-cup servings)
Kale, rib and stems removed	6–8 ounces (4 cups)	About 2 pounds (20 cups)	4½–5 pounds (50 cups)	9–10 pounds (100 cups)
Cooking spray	Lightly coat	Lightly coat	Lightly coat	Lightly coat
Salt	Lightly sprinkle	Lightly sprinkle	Lightly sprinkle	Lightly sprinkle

- Preheat oven to 350°F. Rib and stem kale.
- Chop or tear into large pieces and place on sheet pans.
- Lightly coat kale with cooking spray and sprinkle with salt.
- Bake 10–15 minutes until crispy but not brown.

Cool and serve or store in airtight container until ready to use.

Nutrition Facts		Nutrition Facts		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500																					
Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*																						
Total Fat 0g	0%	Total Carbohydrate 1g	0%	<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> <tr> <td colspan="3">Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</td> </tr> </table>	Total Fat	Less than 65g	80g	Saturated Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
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Saturated Fat 0g	0%	Dietary Fiber 0g	0%																						
Trans Fat 0g		Sugars 0g																							
Cholesterol 0mg	0%	Protein 0g																							
Sodium 65mg	3%																								
Vitamin A 35%	Vitamin C 25%	Calcium 2%	Iron 2%																						

Winter Squash and Root Vegetables

Winter squash and root vegetables grow extremely well in Alaska and farmers have an abundance of these crops, but it can sometimes be hard to know what to do with them. **Serving size: 1 cup. Meal Plan Requirement(s): 1 cup vegetables**

Roasted Winter Squash and Root Vegetables

Roasting squash and root vegetables whole or cubed in the oven is one of the easiest and most delicious ways to prepare these nutritious vegetables.

One pound of squash or root vegetable pieces will yield about two 1-cup servings or four ½-cup servings.

	4 servings	20 servings	50 servings	100 servings
Serving size = 1 cup	about 2 pounds	about 10 pounds	about 25 pounds	about 50 pounds
Serving size = ½ cup	about 1 pound	about 5 pounds	about 12½ pounds	about 25 pounds

Wash all vegetables and remove necessary skins, rinds, etc. Cut squash and/or root vegetables of choice into ½-inch to ⅝-inch cubes. Place each type on a separate sheet tray (i.e., squash on one sheet pan, beets on a separate pan).

Bake in preheated 325°F oven according to the following times:

- Squash: 20–25 minutes
- Beets: 45–50 minutes
- Turnips: 35–40 minutes
- Rutabaga: 40–45 minutes
- Parsnips: 40–45 minutes

Baked Whole Winter Squash

Winter squash can easily be roasted whole. Preheat oven to 400°F. Place whole squash on baking sheet and bake until skin is browned and papery and a fork inserted reveals very tender flesh, about 45-60 minutes.

Baked Cut Winter Squash

Cut squash in half or into pieces. Remove seeds and “strings,” unless it’s spaghetti squash (for spaghetti squash, the “strings” are the squash). Put squash halves or pieces in the baking dish, cut side down. Add about ¼ inch of water to baking dish. Bake uncovered at 350°F, until tender, about 45 minutes.

Microwaved Whole Winter Squash

Pierce squash several times with a knife and place in microwave-safe dish. Microwave on high power for 6 to 7 minutes. Rotate squash and turn over. Microwave another 6 to 7 minutes. Let stand for 5 minutes.

Microwaved Cut Winter Squash

Cut squash in half. Remove seeds and “strings.” Put about ¼ inch of water in a microwave-safe baking dish.

Steamed Squash or Root Vegetables

Peel and seed desired squash or root vegetables. Cut into pieces. Bring about 2 inches of water to a boil in a large pot with a lid; place vegetables in steamer basket and put into boiling water. Cover and steam until tender, about 12–25 minutes.

Boiled Root Vegetables

Peel desired root vegetables (turnips, rutabagas, etc.), cut into quarters. Place in large pot. Add water to fully submerge vegetable pieces. Boil about 10–15 minutes, until vegetables are fork tender but not falling apart.

Mashed or Pureed Squash or Root Vegetables

Roasted, boiled or steamed squash and root vegetables can be mashed or pureed.

One pound of mashed or pureed squash will yield about 1.5 1-cup servings or three ½-cup servings.

	4 servings	20 servings	50 servings	100 servings
Serving size = 1 cup	about 2½ – 3 pounds	about 13½ pounds	about 33½ pounds	about 67 pounds
Serving size = ½ cup	about 1½ pounds	about 7 pounds	about 17 pounds	about 33½ pounds

To make pureed or mashed root vegetables, turnips, rutabagas and parsnips can easily be boiled. Remove skin and chop into quarters. Boil for about 10-12 minutes.

Serving ideas for pureed squash and/or root vegetables:

Add the following ingredients. Mix and match or try your own ideas:

- Olive oil, salt and pepper
- Olive oil and Parmesan cheese
- Sour cream and chives
- Butter or oil and honey with cinnamon (a pinch of nutmeg and/or allspice)
- Butter or oil and brown sugar with cinnamon (a pinch of nutmeg and/or allspice)
- Cinnamon and applesauce

For all cooking methods, times will vary depending on the size and variety of vegetable.

Roasted Squash and Beets

Preheat oven to 325°F. Evenly distribute beets one layer deep on sheet pans. Drizzle generously with olive oil. Sprinkle with salt and pepper. Toss lightly. Roast for 45–50 minutes, stirring occasionally.

Evenly distribute squash one layer deep on sheet pans. Drizzle generously with olive oil. Sprinkle with salt and pepper. Toss lightly. Roast for 20–25 minutes, stirring occasionally.

Place ¾ cup squash and ¼ cup beets per tray and gently toss together.

Roasted Squash with Parmesan Cheese

Preheat oven to 325°F. Evenly distribute root vegetables one layer deep on sheet pans. Drizzle generously with canola or olive oil. Sprinkle with Parmesan cheese, pepper and garlic. Toss lightly. Roast according to cooking times above. Stir occasionally.

Evenly distribute squash one layer deep on sheet pans. Drizzle generously with olive oil. Sprinkle with Parmesan cheese, pepper and garlic. Toss lightly. Roast for 20–25 minutes, stirring occasionally.

Place ¾ cup squash and ¼ cup root vegetable per tray and gently toss together.

Superfood Salad

There have been many requests by farmers and food services alike to find a way for kids to eat kale. This superfood salad was developed by Danielle Flaherty and tested and approved by both kids and parents. It is also a great way to use up that kale in your school gardens. This recipe is great because it holds well. **Serving size: 1 cup; Meal Pattern Requirement(s) met: 1 cup mixed vegetables**

Dressing:

Ingredients	4 Servings Volume	20 servings (27 ¾-cup servings) Weight (Volume)	50 Servings (67 ¾-cup servings) Weight (Volume)	100 Servings (133 ¾-cup servings) Weight (Volume)
Sugar	2 tablespoons	2.25 ounces (½ cup + 2 tablespoons)	5.5 ounces (1¾ cup + 2 tablespoons)	11 (3¾ cups)
Vinegar	1 tablespoon	1.25 ounces (¼ cup + 1 tablespoon)	3 oz. (¾ cup + 1 tablespoon)	6 (1½ cups + 2 tablespoons)
Water	¼ cup	5 ounces (1¼ cups)	12½ ounces (3 cups + 2 tablespoons)	1 pound 9 ounces (6¼ cups)
Cornstarch	1 teaspoon	0.25 ounces (1 tablespoon + 2 teaspoons)	1 ounce (¼ cup)	1.5 ounces (½ cup)
Salt	⅞ teaspoon	0.05 ounces (½ teaspoon)	0.25 ounce (1¼ teaspoons)	0.5 ounces (2½ teaspoons)
Poppy seeds (optional)	1 teaspoon	0.25 ounces (1 tablespoon + 2 teaspoons)	0.75 ounce. (3 tablespoons)	1.5 ounces (¼ cup + 2 tablespoons)
Vegetable oil	2 tablespoons	2.5 ounces (½ cup + 2 tablespoons)	6 ounces. (1¼ cup)	12.5 ounces 2½ cups)
Lemon juice	1 teaspoon	0.5 ounces (1 tablespoon + 2 teaspoons)	1 ounce (3 tablespoons + 1 teaspoon)	2 ounces (¼ cup + 3 tablespoons)

Combine all ingredients, whisking well to incorporate cornstarch. Bring to a boil, reduce heat and simmer 2 minutes. Cool before adding to salad. May be made up to 2 days in advance.

Salad:

Ingredients	4 Servings Volume	20 servings Weight (Volume)	50 Servings Weight (Volume)	100 Servings Weight (Volume)
Kale, finely shredded, tough ribs removed	2 cups	4 ounces (5 cups)	10 ounces (10 cups)	20 ounces (20 cups)
Purple cabbage, finely shredded	1 cup	8 ounces (5 cups)	1 pound 4 ounces (10 cups)	2 pounds 8 ounces (20 cups)
Red onion, very thinly sliced	¼ cup	2 ounces (1¼ cups)	4.5 ounces (3 cups)	9 ounces (6 cups)
Carrot, shredded	½ cup	5 ounces (2½ cups)	12.5 ounces (6 cups)	1 pound 9 ounces (12 cups)
Sliced almonds (optional)	½ cup	5 ounces (2½ cups)	15 ounces (6¼ cups)	1 pound 14 ounces (12½ cups)
Fresh blueberries	¾ cup	10 ounces (3¾ cups)	1 pound 9 ounces (9½ cups)	3 pounds 2 ounces (19 cups)

Toss all ingredients together with dressing. Allow to sit 12 to 36 hours before serving.

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Total Fat 37g		57%	Total Carbohydrate 44g
Saturated Fat 2.5g		13%	Dietary Fiber 7g	28%
Trans Fat 0g			Sugars 27g	
Cholesterol 0mg		0%	Protein 9g	
Sodium 500mg		21%		
Vitamin A 210% • Vitamin C 120% Calcium 15% • Iron 10%				

Serving Size (315g)
Servings Per Container
Calories 520
Calories from Fat 330

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Alaska Grown Beef Stew

This recipe was requested by the Fairbanks North Star Borough School District Nutrition Services to make in and serve from a large-scale central kitchen. It can be made with local beef or precooked frozen beef crumbles to suit all types of kitchens. **Serving size:** about 2 cups; **Meal Pattern Requirement(s) met:** ½ cup mixed vegetables and 2 ounces protein per 2-cup serving

Ingredients	4 servings Volume	20 Servings Weight (Volume)	50 Servings Weight (Volume)	100 Servings Weight (Volume)
Vegetable oil	1½ tablespoons	4 ounces (½ cup)	10 ounces (1¼ cups)	1 pound 4 ounces (2½ cups)
Celery, ¼-inch dice	¾ cup	1 pound (3½ cups)	2 pounds 10 ounces (8¾ cup)	5 pounds 4 ounces (17½ cups)
Onion, ¼-inch dice	¾ cup	1 pound (3½ cups)	2 pounds 10 ounces (8¾ cup)	5 pounds 4 ounces (17½ cups)
Carrots, ¼-inch dice	¾ cup	1 pound 5 ounces (3½ cups)	3 pounds 5 ounces (8¾ cup)	6 pounds 10 ounces (17½ cup)
Salt	¼ teaspoons	0.5 ounce (1½ teaspoons)	1 ounce (1¼ teaspoons)	2 ounces (2½ teaspoons)
Tomato paste	¼ cups	13 ounces (1⅓ cups)	2 pounds 1 ounce (3 cups)	4 pounds 2 ounces (6 cups)
Sugar	⅔ teaspoon	0.5 ounce (1 tablespoon)	1 ounce (2 tablespoons + 2 teaspoons)	2.5 ounces (¼ cup + 1 table- spoon)
Barley flour	2½ teaspoons	1 ounce (¼ cup)	3 ounces (½ cup + 2 table- spoons)	6 ounces (1¼ cups)
Ground thyme	⅛ teaspoon	0.5 ounce (½ teaspoon)	0.05 ounce (1¼ teaspoons)	0.1 ounce (2½ teaspoons)
Oregano	⅛ teaspoon	0.5 ounce (½ teaspoon)	0.05 ounce (1¼ teaspoons)	0.1 ounce (2 ½ teaspoon)
Black pepper	¼ teaspoon	0.5 ounce (1 teaspoon)	0.1 ounce (2½ teaspoons)	0.3 ounce (1 tablespoon + 2 teaspoons)
Parsley flakes	⅔ teaspoon	0.5 ounce (1 tablespoon)	0.1 ounce. (2½ tablespoons)	0.3 ounce (1 tablespoon + 2 teaspoons)
Onion powder	⅔ teaspoon	0.5 ounce(1 tablespoon)	1 ounce (2½ tablespoons)	2 ounces (1 tablespoon + 2 teaspoons)
Garlic powder	⅔ teaspoon	0.5 ounce (1 tablespoon)	1 ounce (2½ teaspoons)	2 ounces (1 tablespoon + 2 teaspoons)
Kale, finely chopped	⅔ cup	7 ounces (3 cups)	1 pound 2 ounces (7½ cups)	2 pounds 4 ounces (15 cups)
Beef broth	2½ quarts	91 ounces (12 cups)	14 pounds 3 ounces (30 cups)	28 pounds 6 ounces (60 cups)
Cornstarch	1 tablespoon	2 ounces (⅓ cup)	5 ounces (¾ cup)	10 ounces (1½ cups)
Water	⅓ cup	12 ounces (1½ cups)	2 pounds. (4 cups)	4 pounds (8 cups)
Peas	⅔ cup	1 pound (3 cups)	2½ pounds (7½ cups)	5 pounds (15 cups)
Ground beef, cooked	1 cups	2 pounds 8 ounces (9 cups)	6 pounds. 8 ounces (22½ cups)	13 pounds (45 cups)

1. Heat oil in pot over medium heat. Add onion, celery, carrot and salt. Cook, stirring occasionally, until vegetables just start to brown, about 10 minutes.
2. Add tomato paste, sugar, barley flour, spices and kale to vegetable mixture in pot, stirring constantly, until flour is incorporated and tomato paste begins to brown, 1–2 minutes.
3. Stir broth in gradually, scraping bottom of pot to dissolve browned bits. (This step allows the final product to be very flavorful while meeting sodium requirements for 2022.) Bring to a boil.
4. Mix together cornstarch and water thoroughly to make a slurry. Stir into pot with peas. Return to a boil, reduce heat, and simmer 20 minutes.

Amount / Serving		% Daily Value*	Amount / Serving		% Daily Value*
Total Fat	16g	25%	Total Carbohydrate	50g	17%
Saturated Fat	4g	20%	Dietary Fiber	4g	16%
Trans Fat	0g		Sugars	6g	
Cholesterol	50mg	17%	Protein	20g	
Sodium	480mg	20%			
Vitamin A 140% • Vitamin C 35% Calcium 6% • Iron 20%					

Nutrition Facts
Serving Size (376g)
Servings Per Container
Calories 430
Calories from Fat 150

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

5. Stir in beef and simmer about 20 minutes or until stew has reached desired consistency.

Variations: Substitute any ground, precooked Alaska Grown meat, such as reindeer, elk or buffalo, for beef. Spinach or Swiss chard may be substituted for kale by adding with the beef instead of with the spices.

Alaska Grown Fish “Chowder”

This recipe was created after multiple requests for a chowder recipe that would meet the meal pattern requirements. To achieve a healthier outcome, we used a puree made out of roasted cauliflower in place of the traditional heavy cream base. This recipe makes use of Alaska Grown vegetables and Alaska harvested fish. For school districts not interested in using local fish, ham may be substituted. Substitutions are noted at the bottom of the recipe.

Serving size: 2 cups; **Meal Pattern Requirement(s) met:** 2 ounces protein and ½ cup vegetable per serving

Ingredients	4 servings Volume	20 Servings Weight (Volume)	50 Servings Weight (Volume)	100 Servings Wight (Volume)
Vegetable oil	2 tablespoons	5 ounces (¾ cup)	12.5 ounces (1⅓ cups)	1 pound 9 ounces (3⅓ cups)
Onion, ¼-inch dice	1 cup	1 pound 4 ounces (5 cups)	3 pounds 2 ounces (12½ cups)	6 pounds 4 ounces (25 cups)
Celery, ¼-inch dice	¾ cup	1 pound 4 ounces (4 cups)	3 pounds 2 ounces (10 cups)	6 pounds 4 ounces (20 cups)
Carrots, ¼-inch dice	¾ cup	1 pound 4 ounces (4 cups)	3 pounds 2 ounces (10 cups)	6 pounds 4 ounces (20 cups)
Salt	½ teaspoon	0.05 ounces (½ teaspoon)	0.12 ounces (1¼ teaspoons)	0.24 ounce (2½ teaspoons)
Barley flour	2 tablespoons	4 ounces (¾ cup)	7.5 ounces (1⅓ cups)	15 ounces (3⅓ cups)
Chicken broth	2 cups	4 pounds (8 cups)	10 pounds (20 cups)	20 pounds (40 cups)
Ground thyme	½ teaspoon	0.05 ounces (1 tablespoon)	0.1 ounce (2½ tablespoons)	0.2 ounce (5 tablespoons)
Black pepper	¼ teaspoon	0.1 ounce (1 teaspoon)	0.25 ounce (2½ teaspoons)	0.5 ounce (1 tablespoon + 2 teaspoons)
Garlic powder	¼ teaspoon	0.1 ounce (1½ teaspoons)	0.25 ounce (2½ teaspoons)	0.5 ounce (1 tablespoon + 2 teaspoons)
Coriander	⅓ teaspoon	0.1 ounce (1½ teaspoons)	0.25 ounce (2½ teaspoons)	0.5 ounce (1 tablespoon + 2 teaspoons)
Dill	⅓ teaspoon	0.05 ounce (1½ teaspoons)	0.12 ounce (1 tablespoon + 1 teaspoon)	0.25 ounce (2 tablespoons + 2 teaspoons)
Parsley flakes	½ teaspoon	0.05 ounce (1½ teaspoons)	0.12 ounce (1 tablespoon + 1 teaspoon)	0.25 ounce (2 tablespoons + 2 teaspoons)
Onion powder	½ teaspoon	0.5 ounce (2½ teaspoons)	1.2 ounces (2 tablespoons)	2.5 ounces (¼ cup)
Sugar	¾ teaspoon	0.5 ounce (3¾ teaspoons)	1.2 ounces (3 tablespoons)	3 ounces (6 tablespoons)
Powdered milk	2 tablespoons	3.5 ounces (1 cup)	8.5 ounces (2½ cups)	1 pound 1 ounce (5 cups)
Cauliflower puree	1¼ cups	3 pounds 4 ounces (8 cups)	8 pounds 2 ounces (20 cups)	16 pounds 4 ounces (40 cups)
Fat-free sour cream	⅓ cup	14 ounces (1⅓ cup)	2 pounds 3 ounces (4 cups + 2 tablespoons)	4 pounds 6 ounces (8¼ cups)
Shredded 2% mild cheddar	¼ cup	5 ounces (1½ cups)	12.5 ounces (3¾ cups)	1 pound 9 ounces (6½ cups)
Peas	¾ cup	15 ounces (3 cups)	2 pounds 5 ounces (7½ cups)	4 pounds 10 ounces (15 cups)
Salmon or white fish, ¼-inch dice	½ pound (1½ – 2 cups)	2 pounds 8 ounces (10 cups)	6 pounds 4 ounces (25 cups)	12 pounds 8 ounces (50 cups)
Lemon juice	1 teaspoon	0.75 ounce (2 tablespoons)	2 ounces (5 tablespoons)	4 ounces (½ cup + 2 table- spoons)

1. Heat oil in an appropriately large pot over medium heat. Add carrot, onion, celery and salt. Cook, stirring occasionally, until vegetables just start to brown, about 10 minutes.
2. Add barley flour, stirring constantly until incorporated and beginning to brown, about 2 minutes. Take care not to burn in this step.
3. Add chicken broth slowly, stirring constantly while scraping pan to dissolve browned bits.
4. Blend together thyme, black pepper, garlic powder, coriander, dill weed, parsley flakes, onion powder, bay leaf, sugar and powdered milk to break up powdered milk clumps. Pour into liquid while stirring, bring to boil then reduce heat and simmer about 7 minutes, until vegetables are cooked “al dente.”
5. Stir in Alaska Grown cauliflower puree (prepared as instructed below), sour cream, shredded cheddar cheese, peas and wild Alaska fish and return to simmer. Cook until fish is done, about 10 minutes, stirring occasionally.
6. Remove from heat and stir in lemon juice.
7. Add more broth or water if chowder is too thick.

Nutrition Facts	
Serving Size (443g)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 340
% Daily Value*	
Total Fat 38g	58%
Saturated Fat 4.5g	23%
Trans Fat 1g	
Cholesterol 30mg	10%
Sodium 360mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 20g	
Vitamin A 110% • Vitamin C 60%	
Calcium 15% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Variations:

Substitute ham for the fish. Omit salt from recipe.

Alaska Grown Cauliflower Puree

Ingredients	4 servings Volume	20 servings Weight (Volume)	50 servings Weight (Volume)	100 servings Weight (Volume)
Cauliflower florets	1 small head	3 pounds (10 cup)	7½ pounds (25 cups)	15 pounds (50 cups)
Vegetable oil	2½ tablespoons	6.5 ounces (2 cups)	1 pound (5 cups)	2 pounds (10 cups)
Salt	¼ teaspoon	0.25 ounce (¼ teaspoon)	0.75 ounce (2 teaspoons)	1.25 ounces (1 tablespoon + 1 teaspoon)
Water	¾ cup	32 ounces (4 cups)	5 pounds (10 cups)	10 pounds (20 cups)

1. Preheat oven to 400°F.
2. Toss cauliflower with oil and salt to coat and spread in a single layer on sheet pans.
3. Roast at 400°F for 25–35 minutes, stirring halfway through, until cauliflower is browned and slightly dry.
4. Carefully transfer to a pot with water. Bring to boil and simmer, covered, 10 minutes. Transfer to food processor* and puree in batches to very smooth, about 3 minutes for each batch, scraping down sides of food processor as needed. More water may be added if necessary make a smooth puree.

* Alternatively, a blender, immersion blender or buffalo chopper may be used. If using a buffalo chopper, simmer cauliflower until water is evaporated and cauliflower is falling apart. Ideally, the final puree will be very smooth. Some equipment, such as a buffalo chopper, may yield a less smooth but still acceptable final result.

Salmon Perok Casserole

This recipe was requested by the head cook at the Bristol Bay Borough School District and created by Danielle Flaherty. Salmon Perok is a traditional Russian dish that has a long-standing history in Alaska. It is similar to a pot pie. The version created here uses many Alaska Grown vegetables, but feel free to experiment with any other vegetables you may have on. This type of recipe is very forgiving! **Serving size: 1 cups; Meal Pattern Requirement(s) met: ½ cup vegetables and 2 ounces protein per serving**

Ingredients	4 servings Volume	20 Servings Weight (Volume)	50 Servings Weight (Volume)	100 Servings Weight (Volume)
Margarine or butter, melted	1 tablespoon	3 ounces (½ cup)	8 ounces (¾ cup)	16.5 ounces (1½ cup)
Bread crumbs	¼ cup	5.5. ounces (1½ cups)	14 ounces (3½ cups)	1 pound 12 ounces (6½ cups)
Brown rice	½ cup	1 pounds (2 cups)	2 pounds 8 ounces (4 cups)	5 pounds (8 cups)
Salt	⅛ teaspoon	0.25 ounce (¼ teaspoon)	0.5 ounce (2 teaspoons)	1 ounce (1 tablespoon + 1 teaspoon)
Water	1 cups	3 pounds 5 ounces (5 cups)	8 pounds 4 ounces (12½ cups)	16 pounds 8 ounces (25 cups)
Onion, shredded	½ cups	10 ounces (2½ cups)	1 pounds 8 ounces (6¼ cups)	3 pounds (12½ cups)
Carrot, shredded	½ cups	10 ounces (2½ cups)	1 pounds 8 ounces (6¼ cups)	3 pounds (12½ cups)
Celery, shredded	½ cups	10 ounces (2½ cups)	1 pounds 8 ounces (6¼ cups)	3 pounds (12½ cups)
Zucchini, shredded	¾ cups	13 ounces (3½ cups)	2 pounds 2 ounces (8¾ cups)	4 pounds 4 ounces (17½ cups)
Peas	½ cups	6.5 ounces (1⅓ cups)	1 pounds (4 cups)	2 pounds (8 cups)
Salt	⅛ teaspoon	0.5 ounce (1⅓ teaspoons)	1 ounce (1 tablespoon + 1 teaspoon)	2 ounces (2 tablespoons + 2 teaspoons)
Sugar	1 teaspoon	0.5 ounce (2 tablespoons)	1.5 ounces (¼ cup + 1 tablespoon)	½ cup + 2 tablespoons)
Ground thyme	⅛ teaspoon	0.05 ounce (½ teaspoon)	0.1 ounce (1¼ teaspoons)	0.2 ounce (2½ teaspoons)
Dill	¼ teaspoon	0.05 ounce (¾ teaspoon)	0.1 ounce (2 teaspoons)	0.25 ounce (1 tablespoon + 1 teaspoon)
Parsley flakes	⅛ teaspoon	0.05 ounce (1⅓ teaspoons)	0.1 ounce (1 tablespoon + 1 teaspoon)	0.25 ounce (2 tablespoons + 2 teaspoons)
Garlic powder	⅛ teaspoon	0.25 ounce (1⅓ teaspoons)	0.5 ounce (1 tablespoon + 1 teaspoon)	1 ounce (2 tablespoons + 2 teaspoons)
Onion powder	⅛ teaspoon	0.25 ounce (1⅓ teaspoons)	0.5 ounce (1 tablespoon + 1 teaspoon)	1 ounce (2 tablespoons + 2 teaspoons)
Barley flour	2½ teaspoons	1.5 ounces (¼ cup)	4 ounces (½ cup + 2 tablespoons)	8 ounces (1¼ cups)
Shredded 2% mild cheddar	½ cup	6.5 ounces (2 cups)	1 pound (5 cups)	2 pounds (10 cups)
Salmon, roughly ¼-inch dice	½ pound (1¾ cups)	2 pounds 8 ounces (9 cups)	6 pounds 4 ounces (22½ cups)	12 pounds 8 ounces (45 cups)
Egg	2 count	1 pounds 2 ounces (10)	2 pounds 4 ounces (20 count)	4 pounds 8 ounces (40 count)
Lemon juice	1¼ teaspoons	1 ounces (2 tablespoons)	2.5 ounces (¼ cup + 1 tablespoon)	5 ounces (½ cup + 2 tablespoons)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size (205g) Servings Per Container Calories 400 Calories from Fat 120		Total Fat 13g	20%	Total Carbohydrate 46g	15%
		Saturated Fat 3.5g	18%	Dietary Fiber 4g	16%
		Trans Fat 0.5g		Sugars 5g	
		Cholesterol 55mg	18%	Protein 22g	
		Sodium 690mg	29%		
		Vitamin A 60% • Vitamin C 20% Calcium 15% • Iron 15%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Combine margarine with bread crumbs and set aside.
2. Combine water, rice and first portion of salt. Bring to a boil, reduce heat and simmer, covered, about 30 minutes to parcook.
3. Combine all ingredients well with parcooked rice. Pack lightly into greased pan. Top with crumb topping. Alternatively, pie crust may be used to top casserole. Bake at 375°F for 1 hour 15 minutes until topping is golden brown and internal temperature of casserole reaches 160°F. Allow to sit 10 minutes before serving.

Salmon Burgers (or Balls)

*This recipe was developed for the Yukon Kuskokwim School District to add variety to the salmon served in its school meal program. These recipes were tested at the Tanana Valley State Fair. The salmon burger served on a 51% whole grain roll with local lettuce and tomato received gold star reviews! **Serving size:** 1.3-ounce ball or 2.6-ounce patty: **Meal Pattern Requirement(s):** 1 or 2 ounces protein per serving*

Ingredient	4 servings Weight (Volume)	20 servings Weight (Volume)	50 servings Weight (Volume)	100 servings Weight (Volume)
Salmon	8 ounces (about 1½ cups)	2 pounds 3 ounces (about 8 cups)	5 pounds 8 ounces.(about 20 cups)	11 pounds (about 40 cups)
Fresh, finely chopped onion	2 tablespoons	2.4 ounces (½ cup)	6 ounces (1¼ cups)	12 ounces (2½ cups)
Egg	1 count	6 ounces (4 count)	1 pound (10 count)	2 pounds (20 count)
Bread crumbs	¼ cup	4 ounces (1 cup)	10 ounces (2½ cups)	1 pound 4 ounces (5 cups)
Garlic powder	¾ teaspoon	0.35 ounce (1 tablespoon)	1 ounce (2½ tablespoons)	2 ounces (1 tablespoon + 2 teaspoons)
Mustard powder	¼ teaspoon	0.18 ounce (1 teaspoon)	0.5 ounce (2½ teaspoons)	1 ounce (1 tablespoon +2 teaspoons)
Salt	¼ teaspoon	0.18 ounce (1 teaspoon)	0.5 ounce (2½ teaspoons)	1 ounce (1 tablespoon +2 teaspoons)
Dried parsley flakes	1½ teaspoons	0.18 ounce (2 tablespoons)	0.5 ounce (2 tablespoons)	1 ounce (¼ cup)
Fresh, finely chopped celery	2 tablespoons	4.2 ounces (¾ cups)	8 ounces (2 cups)	1 pound (4 cups)

1. Bake boneless salmon fillets on sheet pan, covered in foil, until fully cooked.
2. Remove salmon from oven and cool enough to handle (or place in fridge until ready to use).
3. Remove flesh from skin and place the salmon meat into large bowl. Add all other ingredients on ingredient list. Mix by hand, in a mixer or with spoon until fully combined.

Preparation options:

- Patties (2 ounces of protein = 2.6-ounces patties)
- Balls (1 ounce of protein per ball = 1.3-ounce balls)
- For larger districts, spread a double batch evenly on sheet pan, score into 2.6-ounce portions or 1.3-ounce servings.

Cooking methods:

- Cook patties or balls on a hot griddle, lightly oiled, at 350°F.
- Bake all forms in the oven at 350°F for 20 minutes or until salmon reaches an internal temperature of 165°F and flesh bounces back when touched.

Nutrition Facts	
Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 55mg	18%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Sugars 1g	
Protein 12g	
Vitamin A 6%	Vitamin C 4%
Calcium 4%	Iron 4%
Not a significant source of trans fat and dietary fiber.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Alternative Ingredients:

Replace fresh onion with minced dried onion or onion powder:

- 0.2 ounce (5 grams) minced dried onion (about 2 teaspoons) or 0.1 ounce (3 grams) onion powder (about 1 teaspoon) for 20 servings
- 0.5 ounce (12.5 grams) minced dried onion (about 5 teaspoons) or 0.3 ounce (7.5 grams) onion powder (about 2.5 teaspoons) for 50 servings
- 1 ounce (25 grams) minced dried onion (about 3 tablespoons) or 0.6 ounce (15 grams) onion powder (about 5 teaspoons) for 50 servings

Replace celery with finely diced frozen red bell pepper:

- 2 ounces for 20 servings
- 5 ounces for 50 servings
- 10 ounces for 100 servings

Replace fresh-baked wild Alaska salmon with canned wild Alaska salmon

Serving Suggestions:

- Serve 1 2.6-ounce patty (from griddle, baked in oven or cut from sheet pan) on a 51% whole grain bun with lettuce, tomato and desired dressing.
- Serve 1 or 2 1.3-ounce balls on a bed of brown rice with sweet and sour sauce or teriyaki sauce.
- Serve 1 or 2 1.3-ounce slices from formed mixture baked in sheet pan in a whole-grain tortilla with brown rice and other desired ingredients to make a wrap, taco or burrito.

Serving Ideas for Salmon Fillets

Salmon fillets (approximately 2 pounds each), boneless, skin on. Makes about 16 2-ounce servings. Fulfills 2-ounce protein requirement for National School Nutrition Standards.

Place salmon fillets onto oiled sheet pans, skin-side down.

- Drizzle each fillet with canola or olive oil and honey. Sprinkle with salt and garlic powder.
- Drizzle each fillet with canola or olive oil. Generously sprinkle with brown sugar, garlic powder, salt, black pepper and dried dill weed.
- Lightly spread Dijon mustard over each fillet. Sprinkle with whole grain breadcrumbs, onion powder, salt and pepper.
- Brush fillets with a balsamic vinegar glaze.
- Drizzle each fillet with canola or olive oil. Sprinkle with brown sugar. Drizzle in lemon juice.
- Lightly spread mayonnaise over each fillet. Sprinkle with salt and pepper.
- Lightly spread mayonnaise over each fillet. Sprinkle generously with Parmesan cheese.
- Drizzle each fillet with canola or olive oil. Generously sprinkle with Parmesan cheese.
- Glaze each fillet with sweet and sour sauce.
- Glaze each fillet with teriyaki sauce.
- Glaze each fillet with brown sugar and soy sauce.

Dipping Sauce Ideas for Salmon

- Plain low-fat yogurt or low-fat sour cream with lemon juice, garlic and salt
- Plain low-fat yogurt or low-fat sour cream with lemon juice, dill, salt and pepper
- Mayonnaise and low-fat sour cream with garlic powder, lemon juice and black pepper
- Plain low-fat yogurt or low-fat sour cream with cucumber (pulverized or chopped), dried dill weed and lemon juice

These recipes were created with funds provided by the Alaska Department of Natural Resources Division of Agriculture in an effort to increase the number of recipes available to school district food services that use Alaska Grown foods. Thanks to Danielle Flaherty from the University of Alaska Community and Technical College Culinary Arts program for developing and testing many of these recipes.



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