



A Passion for Nutrition, Health and Wellness

Nestlé Professional® Nutrition, Health and Wellness

RECIPE BOOK

Amazing Taste. Full of Promise.

At Nestlé Professional®, we keep our commitment to balanced choices so your customers can keep theirs. And we make it easy for you to offer the options today's patients and patrons demand across a wide range of categories.

Use this recipe e-book to discover incredible, full-flavored, trendsetting ideas with the health profiles you need. You'll find recipes that fit your nutrition requirements—and that work across your cafeteria, patient feeding or take-away venues. Just download the recipe e-book to your digital recipe folder—or print and go!

Choose recipes with the health focus you demand—

CUSTOMIZABLE OPTIONS

VEGAN/VEGETARIAN

BALANCED CHOICES

GLUTEN FREE

Nestlé Professional® Nutrition, Health and Wellness Pledge

We are committed to creating shared value and making a positive impact on our society through every product we sell and everything we do. We do this by promoting Nutrition, Health and Wellness through our products and support resources. From research to emerging trends and creative ideas, we work with our partners to turn nutritional knowledge and ingredients into competitive advantage.

To learn more about the Nestlé Professional commitment to Nutrition, Health and Wellness, as well as for recipes and creative ways to integrate nutritious solutions into your operation, visit www.nestleprofessional.com. For product information, contact your Nestlé Professional sales representative, call us at 1-800-288-8682 or visit www.nestleprofessional.com.



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Cafeteria

C

RECIPE	CUSTOMIZABLE OPTIONS	BALANCED CHOICES	VEGAN/VEGETARIAN	GLUTEN FREE	SERVING SIZE (g)	SERVING SIZE (oz)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A % DV	VITAMIN C % DV	CALCIUM % DV	IRON % DV
Autumn Minestrone Soup with Orzo			●		331	10	150	10	1.0	0	0.0	0	160	30	6	4	5	140%	30%	8%	15%
Chicken Enchiladas with Green Sauce		●			240	8.5	280	60	6.0	1	0.0	25	430	37	6	5	18	6%	20%	2%	15%
Creamy Tomato Soup		●			278	8	240	60	6.0	2	0.0	10	520	36	3	19	11	20%	20%	25%	10%
Beef Barley Soup with Rosemary		●			218	6	80	25	2.5	1	0.0	20	370	7	1	1	8	30%	4%	2%	6%
Primavera Orzo Stuffed Tomatoes		●	●		332	6	400	45	5.0	2.5	0.0	15	430	72	10	9	16	35%	50%	15%	20%
Roasted Cauliflower Soup	●	●		●	340	8	90	40	4.5	1.5	0.0	5	330	12	3	6	3	2%	80%	6%	4%
Six Cheese Lasagna with Steamed Vegetables and Mixed Greens	●				401	13	440	220	25.0	6	0.0	20	760	44	5	11	13	120%	120%	30%	15%
Smoky Black Bean Soup		●			225	7	340	20	2.0	0	0.0	0	105	63	15	4	21	10%	60%	15%	30%
Garlic Roasted Mushrooms		●	●	●	116	4	150	80	9.0	1.5	0.0	0	310	14	4	5	6	4%	4%	2%	8%
Grilled Vegetable Lasagna with Tomato Cucumber Salad	●				355	13	350	70	8.0	3	0.0	15	710	54	9	13	19	110%	70%	25%	40%
Curried Acorn Squash Soup		●		●	234	6	60	20	2.0	0	0.0	0	320	10	1	3	1	6%	15%	4%	4%
Herbed Pork Chops with Apple Slaw and Barley Risotto		●			561	85	420	100	12.0	5	0.5	80	570	46	8	12	30	170%	120%	20%	15%
Lasagna Stuffed Zucchini	●				408g	14	300	60	6.0	2.5	0.0	15	720	49	4	12	13	15%	60%	30%	15%
Macaroni and Cheese with Charred Corn-Cherry Tomato Salad	●				459	16	440	170	19.0	4.5	0.0	15	730	57	5	12	17	20%	35%	30%	10%
Turkey Chili con Carne	●	●			114	6	80	35	3.5	1	0.0	15	210	7	1	1	6	4%	6%	2%	6%
Mushroom Polenta	●	●		●	111	4	60	20	2.5	1	0.0	5	400	9	1	0.5	2	2%	0%	6%	4%
Walnut Crusted Turkey with Yams and Orange Cranberry Sauce		●			275	725	440	150	17.0	2	1.0	40	530	45	5	16	29	280%	4%	6%	15%
Lobster Risotto	●	●		●	128	4	160	50	6.0	2.5	0.0	10	280	23	1	3.5	4	2%	0%	4%	0%
Macaroni and Cheese with Sundried Tomatoes, Onion and Spinach		●			235	8	280	100	11.0	3	0.0	5	350	39	6	14	11	15%	30%	20%	20%
Whole Grain Lasagna with Grilled Panzanella Salad	●	●			320	12	330	130	14.0	4	0.0	20	530	35	4	9	16	15%	20%	20%	10%
Whole Wheat Penne with Butternut Squash	●	●			276	9	440	70	8.0	2	0.0	10	290	81	11	7	16	340%	60%	20%	20%
Zucchini Bisque		●	●	●	198	10	60	45	5.0	0.5	0.0	0	510	4	1	1	1	15%	10%	2%	2%
Sweet and Sour Chicken with Red Quinoa		●			295	10	340	100	11.0	1.5	0.0	15	260	49	4	25	12	40%	80%	4%	10%
Cilantro Lime Corn		●	●	●	256	9	290	70	8.0	3	0.0	10	360	50	6	12	12	15%	20%	10%	6%
Garlic Herb Carrots		●		●	116	3	80	45	5.0	2.5	0.0	0	110	8	2	4	1	250%	8%	2%	2%
Tomato Avocado Salad with Flank Steak		●			441	15	390	180	20.0	6	0.0	60	310	27	4	10	28	6%	70%	8%	20%
Wheat Berry and Spinach Salad with Minted Cucumber Vinaigrette		●			319	825	240	130	15.0	2	0.0	0	590	25	5	3	4	4%	8%	4%	6%
Creamy Sweet Potato Soup	●	●			201	6	100	35	4.0	1.5	0.0	10	380	13	1	5	3	130%	2%	8%	2%
Shrimp Fra Diavolo		●			416	14	340	70	7.0	1.5	0.0	120	400	38	7	7	28	45%	20%	10%	10%

RECIPE	CUSTOMIZABLE OPTIONS			SERVING SIZE (g)	SERVING SIZE (oz)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A % DV	VITAMIN C % DV	CALCIUM % DV	IRON % DV
	BALANCED CHOICES	VEGAN/VEGETARIAN	GLUTEN FREE																	
Autumn Minestrone Soup with Orzo		●		331	10	150	10	1.0	0	0.0	0	160	30	6	4	5	140%	30%	8%	15%
Creamy Tomato Soup		●		278	8	240	60	6.0	2	0.0	10	520	36	3	19	11	20%	20%	25%	10%
Beef Barley Soup with Rosemary		●		218	6	80	25	2.5	1	0.0	20	370	7	1	1	8	30%	4%	2%	6%
Primavera Orzo Stuffed Tomatoes		●	●	332	6	400	45	5.0	2.5	0.0	15	430	72	10	9	16	35%	50%	15%	20%
Smoky Black Bean Soup		●		225	7	340	20	2.0	0	0.0	0	105	63	15	4	21	10%	60%	15%	30%
Garlic Roasted Mushrooms		●	●	116	4	150	80	9.0	1.5	0.0	0	310	14	4	5	6	4%	4%	2%	8%
Curried Acorn Squash Soup		●		234	6	60	20	2.0	0	0.0	0	320	10	1	3	1	6%	15%	4%	4%
Whole Wheat Penne with Butternut Squash	●	●		276	9	440	70	8.0	2	0.0	10	290	81	11	7	16	340%	60%	20%	20%
Sweet and Sour Chicken with Red Quinoa		●		295	10	340	100	11.0	1.5	0.0	15	260	49	4	25	12	40%	80%	4%	10%
Cilantro Lime Corn		●	●	256	9	290	70	8.0	3	0.0	10	360	50	6	12	12	15%	20%	10%	6%
Garlic Herb Carrots		●		116	3	80	45	5.0	2.5	0.0	0	110	8	2	4	1	250%	8%	2%	2%
Tomato Avocado Salad with Flank Steak		●		441	15	390	180	2.0	6	0.0	60	310	27	4	10	28	6%	70%	8%	20%
Creamy Sweet Potato Soup	●	●		201	6	100	35	4.0	1.5	0.0	10	380	13	1	5	3	130%	2%	8%	2%

Patient Feeding

PF

RECIPE	CUSTOMIZABLE OPTIONS	BALANCED CHOICES	VEGAN/VEGETARIAN	GLUTEN FREE	SERVING SIZE (g)	SERVING SIZE (oz)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A % DV	VITAMIN C % DV	CALCIUM % DV	IRON % DV
Autumn Minestrone Soup with Orzo		●	●		331	10	150	10	1.0	0	0.0	0	160	30	6	4	5	140%	30%	8%	15%
Creamy Tomato Soup		●			278	8	240	60	6.0	2	0.0	10	520	36	3	19	11	20%	20%	25%	10%
Beef Barley Soup with Rosemary		●			218	6	80	25	2.5	1	0.0	20	370	7	1	1	8	30%	4%	2%	6%
Primavera Orzo Stuffed Tomatoes		●	●		332	6	400	45	5.0	2.5	0.0	15	430	72	10	9	16	35%	50%	15%	20%
Smoky Black Bean Soup		●			225	7	340	20	2.0	0	0.0	0	105	63	15	4	21	10%	60%	15%	30%
Garlic Roasted Mushrooms		●	●	●	116	4	150	80	9.0	1.5	0.0	0	310	14	4	5	6	4%	4%	2%	8%
Curried Acorn Squash Soup		●		●	234	6	60	20	2.0	0	0.0	0	320	10	1	3	1	6%	15%	4%	4%
Whole Wheat Penne with Butternut Squash	●	●			276	9	440	70	8.0	2	0.0	10	290	81	11	7	16	340%	60%	20%	20%
Sweet and Sour Chicken with Red Quinoa		●			295	10	340	100	11.0	1.5	0.0	15	260	49	4	25	12	40%	80%	4%	10%
Garlic Herb Carrots		●		●	116	3	80	45	5.0	2.5	0.0	0	110	8	2	4	1	250%	8%	2%	2%
Creamy Sweet Potato Soup	●	●			201	6	100	35	4.0	1.5	0.0	10	380	13	1	5	3	130%	2%	8%	2%

Take-Home

TH

RECIPE	CUSTOMIZABLE OPTIONS	BALANCED CHOICES	VEGAN/VEGETARIAN	GLUTEN FREE	SERVING SIZE (g)	SERVING SIZE (oz)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A % DV	VITAMIN C % DV	CALCIUM % DV	IRON % DV
Autumn Minestrone Soup with Orzo			●		331	10	150	10	1.0	0	0.0	0	160	30	6	4	5	140%	30%	8%	15%
Creamy Tomato Soup		●			278	8	240	60	6.0	2	0.0	10	520	36	3	19	11	20%	20%	25%	10%
Beef Barley Soup with Rosemary		●			218	6	80	25	2.5	1	0.0	20	370	7	1	1	8	30%	4%	2%	6%
Primavera Orzo Stuffed Tomatoes		●	●		332	6	400	45	5.0	2.5	0.0	15	430	72	10	9	16	35%	50%	15%	20%
Roasted Cauliflower Soup	●	●		●	340	8	90	40	4.5	1.5	0.0	5	330	12	3	6	3	2%	80%	6%	4%
Six Cheese Lasagna with Steamed Vegetables and Mixed Greens	●				401	13	440	220	25.0	6	0.0	20	760	44	5	11	13	120%	120%	30%	15%
Smoky Black Bean Soup		●			225	7	340	20	2.0	0	0.0	0	105	63	15	4	21	10%	60%	15%	30%
Garlic Roasted Mushrooms		●	●	●	116	4	150	80	9.0	1.5	0.0	0	310	14	4	5	6	4%	4%	2%	8%
Grilled Vegetable Lasagna with Tomato Cucumber Salad	●				355	13	350	70	8.0	3	0.0	15	710	54	9	13	19	110%	70%	25%	40%
Curried Acorn Squash Soup		●		●	234	6	60	20	2.0	0	0.0	0	320	10	1	3	1	6%	15%	4%	4%
Herbed Pork Chops with Apple Slaw and Barley Risotto		●			561	85	420	100	12.0	5	0.5	80	570	46	8	12	30	170%	120%	20%	15%
Macaroni and Cheese with Charred Corn-Cherry Tomato Salad	●				459	16	440	170	19.0	4.5	0.0	15	730	57	5	12	17	20%	35%	30%	10%
Turkey Chili con Carne	●	●			114	6	80	35	3.5	1	0.0	15	210	7	1	1	6	4%	6%	2%	6%
Mushroom Polenta	●	●		●	111	4	60	20	2.5	1	0.0	5	400	9	1	0	2	2%	0%	6%	4%
Walnut Crusted Turkey with Yams and Orange Cranberry Sauce		●			275	7.25	440	150	17.0	2	1.0	40	530	45	5	16	29	280%	4%	6%	15%
Lobster Risotto	●	●		●	128	4	160	50	6.0	2.5	0.0	10	280	23	1	0	4	2%	0%	4%	0%
Macaroni and Cheese with Sundried Tomatoes, Onion and Spinach		●			235	8	280	100	11.0	3	0.0	5	350	39	6	14	11	15%	30%	20%	20%
Whole Grain Lasagna with Grilled Panzanella Salad	●	●			320	12	330	130	14.0	4	0.0	20	530	35	4	9	16	15%	20%	20%	10%
Whole Wheat Penne with Butternut Squash	●	●			276	9	440	70	8.0	2	0.0	10	290	81	11	7	16	340%	60%	20%	20%
Sweet and Sour Chicken with Red Quinoa		●			295	10	340	100	11.0	1.5	0.0	15	260	49	4	25	12	40%	80%	4%	10%
Cilantro Lime Corn		●	●	●	256	9	290	70	8.0	3	0.0	10	360	50	6	12	12	15%	20%	10%	6%
Garlic Herb Carrots		●		●	116	3	80	45	5.0	2.5	0.0	0	110	8	2	4	1	250%	8%	2%	2%
Tomato Avocado Salad with Flank Steak		●			441	15	390	180	20.0	6	0.0	60	310	27	4	10	28	6%	70%	8%	20%
Wheat Berry and Spinach Salad with Minted Cucumber Vinaigrette		●			319	8.25	240	130	15.0	2	0.0	0	590	25	5	3	4	4%	8%	4%	6%
Creamy Sweet Potato Soup	●	●			201	6	100	35	4.0	1.5	0.0	10	380	13	1	5	3	130%	2%	8%	2%
Shrimp Fra Diavolo	●				416	14	340	70	7.0	1.5	0.0	120	400	38	7	7	28	45%	20%	10%	10%

A celebration of the fall season in itself features a soup with hearty potatoes, green beans, carrots, butternut squash and orzo pasta.

Autumn Minestrone Soup with Orzo



C SL PF TH

YIELD	80 oz
PORTION SIZE	10 oz
NUMBER OF PORTIONS	8 servings
SERVING STATION	Exhibition, Pizza/Pasta, Soup, To-Go
PREP TIME	30 minutes
COOK TIME	25 minutes

INGREDIENTS	MEASURE
Olive oil	1 Tbsp
Onion, yellow, diced	1 ½ cup
Garlic, minced	1 Tbsp
Oregano, dried	2 tsp
Water	6 cups
<i>Minor's</i> ® Low Sodium Vegetable Base	3 Tbsp
Butternut squash, peeled, diced	3 ¼ cups
Potato, Idaho, diced	3 ¼ cups
Green beans, short cut, frozen	2 cups
Carrot, peeled, diced	¾ cup
Orzo, whole wheat, dry	¾ cup
Spinach, fresh	6 cups
Whole wheat French bread, sliced	8 slices

Procedure

1. Heat olive oil in a large soup pot over medium heat. Add onion, garlic and oregano, and cook until tender, about 5 minutes.
2. Add water, *Minor's* Low Sodium Vegetable Base, butternut squash, potatoes, green beans, carrots and orzo.
3. Simmer until orzo is cooked and vegetables are tender, about 15 minutes.
4. Add spinach and allow to cook, about 5 minutes.
5. Lightly grill French bread slices.
6. Serve one cup of soup with one slice of bread.

Chicken Enchiladas with Green Sauce

Tender white meat chicken is tossed with mushrooms and black beans and wrapped in a whole-wheat tortilla. Topped with fresh tomatillo and cilantro green sauce.



C

YIELD	170 oz
PORTION SIZE	8.5 oz
NUMBER OF PORTIONS	20 servings
SERVING STATION	Entrées, Exhibition, Small Plates, To-Go
PREP TIME	45 minutes
COOK TIME	30 minutes

INGREDIENTS	MEASURE
<i>Lean Cuisine</i> ® Glazed Chicken, cooked, chilled	1 (76 oz) tray
Black beans, dry, prepared using package directions	3 cups
Onion, chopped	2 cups
Jalapeño, cut in half lengthwise	3 each
Tomatillo, cut in half	1 qt
Cilantro, stems removed	2 cups
Tortilla, whole wheat, 8 inches	20 each

Procedure

1. Separate the chicken and mushrooms from the *Lean Cuisine* Glazed Chicken tray and reserve sauce. Toss the chicken and mushrooms with black beans in a bowl.
2. Roast onion, jalapeño and tomatillo for 15 minutes in a convection oven on 450°F. Refrigerate immediately. Once roasted vegetables are below 40°F, purée in blender with remaining sauce from *Lean Cuisine* Glazed Chicken and cilantro.
3. Fill tortillas with bean and chicken mixture. Place stuffed tortillas in a baking dish and top with green sauce. Bake in a convection oven at 350°F for 15–18 minutes or until the internal temperature has reached 165°F.
4. Serve immediately.

A classic favorite where bright, savory tomatoes meld with cream soup and savory vegetable broth.

Creamy Tomato Soup



C SL PF TH

YIELD	192 oz (1½ gallons)
PORTION SIZE	8 oz
NUMBER OF PORTIONS	24 servings
SERVING STATION	Soups, Exhibition, To-Go
PREP TIME	15 minutes
COOK TIME	20 minutes

INGREDIENTS	MEASURE
Water, hot	3 qt
Milk, 2%	1 qt
Tomato paste, no salt added	3 cups
<i>Minor's</i> ® Low Sodium Vegetable Base	⅓ cup
Sugar	¼ cup
<i>Trio</i> ® Cream Soup Base	29 ¾ oz
Tomatoes, canned, no salt added, purée in juice	5 ¼ cups

Procedure

1. In a soup kettle, combine water, milk, tomato paste, *Minor's* Low Sodium Vegetable Base and sugar. Bring to a simmer.
2. Slowly add *Trio* Cream Soup Base, stirring constantly. Add tomatoes. Bring to a gentle boil for approximately 3–5 minutes.

Beef Barley Soup with Rosemary

Fragrant rosemary accents a robust combination of savory beef, barley and wholesome carrots, onions and celery.



C SL PF TH

YIELD	1 gallon
PORTION SIZE	6 oz
NUMBER OF PORTIONS	21 servings
SERVING STATION	Soup—Meat
PREP TIME	10 minutes
COOK TIME	30 minutes

INGREDIENTS	MEASURE
Olive oil	1 Tbsp
Carrots, diced	1 ½ cups
Onions, diced	1 ½ cups
Celery, diced	1 ½ cups
Rosemary, dry, ground	2 tsp
Water	3 ½ qt
Beef, cooked, diced	1 lb
Barley, cooked	2 cups
Minor's® Natural Gluten Free Beef Base	¼ cup
Red wine vinegar	1 Tbsp

Procedure

1. Sauté carrots, onions, celery and rosemary in olive oil over medium-high heat for 3-5 minutes or until soft.
2. Add water, beef, barley and Minor's Natural Gluten Free Beef Base and bring to a simmer. Whisk until base is thoroughly dissolved.
3. Simmer for 15 minutes or until all ingredients are cooked through. Season with red wine vinegar.

Yellow squash, zucchini, radicchio, chives, parsley, feta cheese, tomatoes and orzo combine in the creation of an impressive presentation for a nutritiously satisfying summer salad.

Primavera Orzo Stuffed Tomatoes



C SL PF TH

YIELD	60 oz
PORTION SIZE	6 oz
NUMBER OF PORTIONS	10 servings
SERVING STATION	Entreés, Exhibition, Small Plates, To-Go
PREP TIME	5 minutes
COOK TIME	15 minutes

INGREDIENTS	MEASURE
Water	2 qt
<i>Minor's®</i> Sautéed Vegetable Base	1 Tbsp
Orzo, whole grain	$\frac{3}{4}$ cup
Extra virgin olive oil	2 Tbsp
Squash, yellow, small diced	1 cup
Zucchini, small diced	1 cup
Radicchio, chopped fine	$\frac{1}{2}$ cup
Chives, minced	1 Tbsp
Parsley, chopped fine	1 Tbsp
Feta cheese, crumbled	1 cup
Tomatoes, large whole, top $\frac{1}{3}$ sliced off and hollowed out	10 each

Procedure

1. In a 3-qt sauce pot, heat water to boiling; reduce heat and gently boil.
Add *Minor's* Sautéed Vegetable Base, mix until well blended. Add orzo. Cook until tender, approximately 12–15 minutes. Drain and set aside. Cool completely.
2. In a medium-sized sauté pan over medium-high heat, add oil and sauté squash and zucchini until tender, approximately 4–5 minutes. Set aside.
3. In a large bowl, combine orzo, squash, zucchini, radicchio, chives, parsley and feta. Mix until well incorporated. Reserve for service.
4. To serve, place $\frac{1}{2}$ cup of orzo mixture into hollowed out tomatoes.

NOTE: This recipe is Lacto-Ovo Vegetarian.

Roasted Cauliflower Soup

A deliciously rich summer soup features cauliflower, Spanish onions and delightful hints of curry and lemon flavor.



C TH

YIELD	80 oz
PORTION SIZE	8 oz
NUMBER OF PORTIONS	10 servings
SERVING STATION	Soup, Exhibition, Small Plates, To-Go
PREP TIME	10 minutes
COOK TIME	35 minutes

INGREDIENTS	MEASURE
Cauliflower florets	10 cups
Spanish onion, diced, 2 medium	6 cups
Olive oil	1 ½ Tbsp
Salt	½ tsp
Ground pepper	½ tsp
Water	6 cups
Minor's® Low Sodium Chicken Base Gluten Free	2 Tbsp
Half-and-Half	¾ cup
Lemon juice	1 Tbsp
Curry powder	¾ tsp
Salt	½ tsp

Procedure

1. Preheat oven to 450°F.
2. Combine cauliflower, onion and olive oil on large baking sheet. Toss well to coat. Sprinkle with salt and pepper and bake until tender, approximately 30 minutes.
3. Add water, Minor's Low Sodium Chicken Base Gluten Free, half-and-half and vegetable mixture to blender and process until smooth.
4. Transfer mixture to stock pot and cook over medium heat until thoroughly heated.
5. Add lemon juice, curry powder and salt.
6. Serve 8 oz of soup.

Cheesy, layered lasagna is accompanied by a fragrant garlic-butter mix of red bell peppers, zucchini, squash and carrots and a fresh mixed greens salad.

Six Cheese Lasagna with Steamed Vegetables and Mixed Greens



C TH

YIELD	10 lbs
PORTION SIZE	13 oz
NUMBER OF PORTIONS	12 servings
SERVING STATION	Entrée, Exhibition, Pizza/Pasta
PREP TIME	15 minutes
COOK TIME	90 minutes

INGREDIENTS	MEASURE
<i>Lean Cuisine</i> ® Six Cheese Lasagna	1 (96 oz) tray
Red bell pepper, julienne	3 cups
Zucchini, julienne	3 cups
Squash, yellow, julienne	2 cups
Carrot, julienne	1 cup
Butter	1 Tbsp
<i>Minor's</i> ® Roasted Garlic Flavor Concentrate	1 Tbsp
Lemon juice	1 ½ cups
Olive oil	1 cup
Mixed salad greens	3 qt

Procedure

1. Prepare *Lean Cuisine* Six Cheese Lasagna according to package directions.
2. Steam peppers, zucchini, squash and carrots until tender.
3. Mix butter and *Minor's* Roasted Garlic Flavor Concentrate. Toss fresh steamed vegetables with garlic butter.
4. Mix together the lemon juice and olive oil. Pour over the mixed greens and toss to coat.
5. Each serving should include one 8 oz piece of lasagna, 8 oz of vegetables and 8 oz of salad.

Smoky Black Bean Soup

Hearty black bean soup with red and green peppers, red onions, cilantro, lime and a hint of smoky chipotle flavor.



C SL PF TH

YIELD	70 oz
PORTION SIZE	7 oz
NUMBER OF PORTIONS	10
SERVING STATION	Soups, Exhibition, To-Go
PREP TIME	20 minutes
COOK TIME	30 minutes

INGREDIENTS	MEASURE
Olive oil	½ Tbsp
Red onion, diced	2 cups
Red bell peppers, diced	¾ cup
Green bell peppers, diced	¾ cup
Garlic, minced	1 Tbsp
Cumin, ground	2 tsp
Black beans, dry, prepared using package directions	3 cups
Water	3 cups
<i>Minor's</i> ® Low Sodium Chicken Base	1 Tbsp
<i>Minor's</i> Chipotle Flavor Concentrate	1 Tbsp
Lime juice	2 Tbsp
Cilantro, chopped	⅓ cup

Procedure

1. In a 4-qt soup pot, heat oil on medium high. Add onion, bell peppers, garlic and cumin. Sauté for 4-5 minutes or until vegetables start to caramelize.
2. Add beans, water, *Minor's* Low Sodium Chicken Base and *Minor's* Chipotle Flavor Concentrate. Simmer for 15 minutes.
3. Purée in blender until smooth.
4. Top with a splash of lime juice and cilantro and serve.

A mouthwatering mix of olive oil-roasted Oyster, Crimini, Shiitake and Portabella mushrooms complemented with the flavors of garlic, tarragon, parsley and thyme.

Garlic Roasted Mushrooms



C SL PF TH

YIELD	40 oz
PORTION SIZE	4 oz
NUMBER OF PORTIONS	10
SERVING STATION	Sides, Small Plates, Vegetarian
PREP TIME	20 minutes/Overnight
COOK TIME	18 minutes

INGREDIENTS	MEASURE
<i>Minor's</i> ® Roasted Garlic Flavor Concentrate Gluten Free	4 Tbsp
Olive oil	1/3 cup
Thyme, fresh, chopped	4 Tbsp
Mushrooms, oyster, sliced	2 qt
Mushrooms, crimini, quartered	2 qt
Mushrooms, portabella, large dice	2 qt
Mushrooms, shiitake, quartered	2 qt
Parsley, fresh, chopped	2 Tbsp
Tarragon, fresh, chopped	2 Tbsp

Procedure

1. Combine *Minor's* Roasted Garlic Flavor Concentrate Gluten Free, olive oil and thyme. Refrigerate overnight.
2. Toss mushrooms with garlic oil and roast in a convection oven at 365°F for 15–18 minutes.
3. Once mushrooms are cooked, toss in a large mixing bowl with parsley and tarragon.
4. Serve immediately.

Grilled Vegetable Lasagna with Tomato Cucumber Salad

Tender grilled vegetable lasagna is accompanied by a light and refreshing tomato cucumber salad tossed in balsamic, fresh basil and garlic.



C TH

YIELD	9 ½ lb
PORTION SIZE	13 oz
NUMBER OF PORTIONS	12 servings
SERVING STATION	Entrée, Exhibition, Pizza/Pasta
PREP TIME	15 minutes
COOK TIME	90 minutes

INGREDIENTS	MEASURE
Lean Cuisine® Grilled Vegetable Lasagna	1 (86 oz) tray
Balsamic vinegar	¼ cup
Basil, fresh, chopped	¼ cup
Olive oil	2 Tbsp
Garlic, minced	2 tsp
Sugar	½ Tbsp
Tomato, sliced	24 slices
Cucumber, sliced	40 slices
Whole wheat baguette, sliced, grilled	12 slices

Procedure

1. Prepare *Lean Cuisine* Grilled Vegetable Lasagna according to package directions. Reserve.
2. In a small bowl, mix together the vinegar, basil, olive oil, garlic and sugar. Pour over tomatoes and let marinate about an hour.
3. Drain liquid from tomatoes and add the cucumbers. Mix.
4. Place on each plate one 7 ½ oz slice of vegetable lasagna, 3 oz of tomato cucumber salad and 1 baguette slice.

A flavorful fusion of sautéed onions, ginger, curry powder and acorn squash creates a warm, welcoming soup rich in distinction.

Curried Acorn Squash Soup



C SL PF TH

YIELD	1 gallon
PORTION SIZE	6 oz
NUMBER OF PORTIONS	21
SERVING STATION	Soup—Vegetable
PREP TIME	10 minutes
COOK TIME	35 minutes

INGREDIENTS	MEASURE
Olive oil	2 Tbsp
Onions, diced	2 cups
Ginger root, fresh minced	2 Tbsp
Squash, acorn, peeled, seeded, diced	3 ½ qt
Water	3 qt
Minor's® Natural Gluten Free Chicken Base	4 Tbsp
Curry powder	1 ½ Tbsp
White wine vinegar	2 Tbsp

Procedure

1. Sauté onions and ginger in oil over medium heat until they begin to soften.
2. Add squash, water, Minor's Natural Gluten Free Chicken Base and curry powder and simmer for 25 minutes or until the squash is fully cooked.
3. Turn off heat and use a traditional or immersion blender to purée the soup. Season with vinegar. Return to heat and serve.

Herbed Pork Chops with Apple Slaw and Barley Risotto

Succulent pork chops brushed with an herb de Provence mixture is cooked and served atop apple cabbage slaw and served with a side of rich barley cooked risotto-style.



C TH

YIELD	102 oz
PORTION SIZE	8 ½ oz
NUMBER OF PORTIONS	12 servings
SERVING STATION	Entrée, Exhibition, Small Plates, To-Go
PREP TIME	20 minutes
COOK TIME	18 minutes

INGREDIENTS	MEASURE
Water	5 ½ cups
Minor's® Low Sodium Chicken Base	4 ½ Tbsp
Olive oil	2 Tbsp
Minor's Herb de Provence Flavor Concentrate	2 Tbsp
Pork loin chop, lean, 3 ½ oz each	12 each
Onion, yellow, fresh, diced	2 qt
Sage, dried, ground	1 tsp
Carrots, fresh, peeled, julienne	4 cups
Cider vinegar	2 Tbsp
Cabbage, green, fresh, shredded	6 qt
Apples, Granny Smith, fresh, peeled, grated	2 cups
Olive oil	2 tsp
Onions, yellow, diced	2 cups
Carrots, peeled, diced	2 cups
Barley	2 ½ cups
White wine	1 cup
Thyme, dried	½ tsp
Butter, unsalted	2 Tbsp
Parmesan cheese, grated	1 cup
Parsley, fresh, chopped	1/3 cup

Procedure

1. Preheat oven to 350°F. Bring water to boil and add the *Minor's* Low Sodium Chicken Base. Stir to incorporate and reserve.
2. Mix together 2 Tbsp of olive oil and the *Minor's* Herb de Provence Flavor Concentrate. Toss with the pork chop to coat evenly. Heat a large sauté pan over medium heat and cook the pork chops on both sides until browned. Remove and reserve.
3. For the apple slaw: In the same pan, add the 2 qt of sliced onion, sage, carrots, cider vinegar, green cabbage, apples and 1 ½ cups of the prepared and reserved chicken broth. Cook for 5 minutes. Transfer the mixture to a 2" hotel pan and place the pork chops on top. Place in a 350°F oven and cook until done, about 15 minutes.
4. For the risotto: Heat 2 tsp of olive oil in a large pot, add the onions, carrots and cook until tender, 3–4 minutes. Add the barley and cook an additional 3–4 minutes. Add the wine and cook until all the wine is absorbed. Add the thyme and 2 cups of the remaining chicken broth and cook until all the liquid is absorbed. Add another cup and repeat until all the broth is used and the barley is tender, about 20 minutes. Add the butter, cheese and parsley.
5. Serve 1/3 cup barley risotto, 1 cup hot slaw and 1 pork chop per plate.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

Fresh halved zucchinis are baked and stuffed with creamy, cheesy lasagna and topped with crunchy panko breadcrumbs.

Lasagna Stuffed Zucchini



C

YIELD	168 oz
PORTION SIZE	14 oz servings
NUMBER OF PORTIONS	12 servings
SERVING STATION	Small plates, To-Go, Entrees
PREP TIME	10 minutes
COOK TIME	15 minutes

INGREDIENTS

MEASURE

Lean Cuisine® Six Cheese Lasagna, cooked according to package directions — allow to cool slightly

1 (96 oz) tray

Zucchini, large (12 oz)

12 each

Panko bread crumbs

3 cups

Procedure

1. Rough chop lasagna.
2. Remove inedible stems from the zucchini. Cut zucchini in half lengthwise and use a spoon to remove the seeds.
3. Stuff each zucchini half with $\frac{1}{2}$ cup of *Lean Cuisine* Six Cheese Lasagna. Top with 1 oz of bread crumbs.
4. In a convection oven, bake at 375°F for 12–14 minutes or until an internal temperature of 165°F is reached.
5. Plate 2 zucchini halves per serving.

Macaroni & Cheese with Charred Corn-Cherry Tomato Salad

Classic macaroni and cheese is paired with grilled seasonal corn and juicy ripe tomatoes for a meal reminiscent of summer.



C TH

YIELD	160 oz
PORTION SIZE	16 oz
NUMBER OF PORTIONS	10
SERVING STATION	Small Plates, To-Go, Entrées
PREP TIME	20 minutes
COOK TIME	30 minutes

INGREDIENTS	MEASURE
<i>Lean Cuisine</i> ® Macaroni and Cheese	1 (76 oz) tray
Balsamic vinegar	¼ cup
Dijon mustard	2 tsp
<i>Minor's</i> ® Roasted Garlic Flavor Concentrate	2 tsp
Olive oil	½ cup
Tomatoes, cherry, washed, split (25 oz)	4 ½ cups
Corn, grilled/charred, removed from cob	4 cups
Red onion, shaved, julienne cut	1 cup
Basil, chiffonade (1 oz)	¼ cup

Procedure

1. Prepare *Lean Cuisine* Macaroni and Cheese according to package instructions.
2. In a medium sized bowl, combine vinegar, mustard and *Minor's* Roasted Garlic Flavor Concentrate. Using a wire whip, mix until well blended, stirring constantly. Drizzle in olive oil and mix until well blended and emulsified. Set aside.
3. In a large mixing bowl, combine tomatoes, corn, onion, basil and balsamic vinaigrette. Mix until well blended. Reserve for service.
4. For each serving, plate 8 oz of Macaroni and Cheese with 8 oz of corn and tomato salad on the side.

Chili gets a nutritious spin from ground turkey and features classic ingredients including red kidney beans, tomatoes and a blend of savory spices.

Turkey Chili con Carne



C TH

YIELD	1 gallon
PORTION SIZE	6 oz
NUMBER OF PORTIONS	21
SERVING STATION	Soup—Meat
PREP TIME	10 minutes
COOK TIME	30 minutes

INGREDIENTS	MEASURE
Olive oil	2 Tbsp
Turkey, ground	3 lb
Onions, diced	2 cups
Chili powder	3 Tbsp
Cumin, ground	3 tsp
Coriander, ground	2 tsp
All-purpose flour	½ cup
Water	3 cups
Red kidney beans, rinsed	6 cups
Minor's® Natural Gluten Free Beef Base	1 Tbsp
Minor's Natural Gluten Free Chicken Base	1 Tbsp
Tomatoes, canned, diced, low sodium	3 cups

Procedure

1. Heat olive oil over high heat. Add turkey and sauté for 5–7 minutes or until browned.
2. Add onions, chili powder, cumin and coriander, and continue to cook until onions are soft.
3. Stir in flour and cook for 5–7 minutes.
4. Add water, Minor's Natural Gluten Free Beef and Chicken Bases, beans and tomatoes. Simmer for 15 minutes or until the flour thickens the chili.

Mushroom Polenta

Buttery, comforting polenta appeals with the rich flavors of mushrooms and Parmesan cheese.



C TH

YIELD	1 1/4 gallons
PORTION SIZE	4 oz
NUMBER OF PORTIONS	40 servings
SERVING STATION	Side Dish
PREP TIME	5 minutes
COOK TIME	35 minutes

INGREDIENTS	MEASURE
Water	1 gal
Minor's® Mushroom Base Gluten Free	4 Tbsp
Cornmeal, coarse, yellow	3 1/3 cups
Butter, diced	1/2 cup
Parmesan cheese, grated	1 cup

Procedure

1. Thoroughly whisk together *Minor's* Mushroom Base Gluten Free and water and bring to a simmer.
2. Whisk in the cornmeal a little at a time to prevent lumps. Bring to a low simmer and cook for 20–30 minutes over low heat. Once the cornmeal has absorbed all of the liquid and has a smooth texture, it is done.
3. Whisk in butter and cheese and remove from heat.

A meal worthy of the fall holiday features juicy turkey cutlets, flavorful sweet potatoes and tangy cranberry sauce.

Walnut Crusted Turkey with Yams and Orange Cranberry Sauce



C TH

YIELD	87 oz
PORTION SIZE	7 ¼ oz
NUMBER OF PORTIONS	12 servings
SERVING STATION	Entrée, Exhibition, To-Go
PREP TIME	15 minutes
COOK TIME	20 minutes

INGREDIENTS	MEASURE
Sweet potatoes, fresh, whole	4 each
Orange juice, fresh	3 Tbsp
Thyme, dried, leaves	1 tsp
Cinnamon, dried, ground	½ tsp
Nutmeg, dried, ground	¼ tsp
Olive oil	4 Tbsp
Walnuts, ground	1 ½ cups
Breadcrumbs, whole wheat	1 cup
<i>Minor's</i> ® Herb de Provence Flavor Concentrate	4 Tbsp
Turkey cutlets	12 each
Onion, yellow, fresh, diced	3 Tbsp
Cranberry sauce with whole cranberries, prepared	1 ½ cups
Light brown sugar	3 Tbsp
Orange juice, fresh	6 Tbsp
Honey	1 ½ Tbsp

Procedure

1. Preheat the oven to 350°F. Clean the outside of the sweet potatoes. Bake on a baking pan until tender, about 20 minutes. Remove and allow to cool. Cut in half and scrape the insides of the yams into a bowl and discard the skin. Mix in the orange juice, thyme, cinnamon and nutmeg. Smash yams until almost smooth. Reserve.
2. For the turkey, mix together the oil, walnuts, breadcrumbs and *Minor's* Herb de Provence Flavor Concentrate in a mixing bowl. Coat both sides of each turkey breast with the mixture.
3. Heat a non-stick pan over medium heat and cook the turkey cutlets a few at a time until cooked through and lightly browned, about 10 minutes per cutlet.
4. For the sauce, bring onions, cranberry sauce, sugar, orange juice and honey to a boil. Cook for about 3–4 minutes and then carefully puree in a blender or with a hand mixer.
5. For each plate, place ⅓ cup of smashed sweet potatoes, one turkey cutlet and 2 Tbsp of cranberry sauce.

Lobster Risotto

The creamy texture of buttery risotto offers indulgent lobster flavor for a meal with upscale flair.



C TH

YIELD	2 qt
PORTION SIZE	4 oz
NUMBER OF PORTIONS	16 servings
SERVING STATION	Side Dish—Rice
PREP TIME	5 minutes
COOK TIME	20 minutes

INGREDIENTS	MEASURE
Olive oil	2 Tbsp
Onions, diced	½ cup
Rice, Arborio	2 cups
Minor's® Lobster Base NAMSG Gluten Free	1 ½ Tbsp
Water	1 ½ qt
Butter, diced	½ cup
Parmesan cheese, grated	½ cup

Procedure

1. Heat a sauté pan over medium heat. Add olive oil. Once oil is hot, sweat the onions.
2. Once the onions are translucent, add the rice. Continue to sauté the onions and rice until the rice begins to become translucent around the edges. No browning should occur.
3. Thoroughly whisk together the *Minor's* Lobster Base NAMSG Gluten Free and water. Add ⅓ of the lobster stock. Use a wooden spoon or heat-proof spatula to stir the rice every 2-3 minutes. Once the first ⅓ of the stock has been absorbed, repeat with the second and last ⅓ of the stock.
4. Once all of the stock is absorbed, the risotto should be loose and creamy. Stir in butter and turn off the heat. Stir in the cheese.

NOTE: This recipe is designed to be a gluten free recipe featuring a *Minor's* gluten free product. Verify that all of the other recipe ingredients are gluten free before making a gluten free claim.

Classic macaroni & cheese gets an upgrade with a combination of flavorful sundried tomatoes complemented with caramelized onions and baby spinach.

Macaroni & Cheese with Sundried Tomatoes, Caramelized Onions & Baby Spinach



C TH

YIELD	10 lb 6 oz
PORTION SIZE	8 oz
NUMBER OF PORTIONS	20 servings
SERVING STATION	Exhibition, Small Plates, To-Go
PREP TIME	20 minutes
COOK TIME	90 minutes

INGREDIENTS	MEASURE
<i>Lean Cuisine</i> ® Macaroni and Cheese	1 (76 oz) tray
Olive oil	$\frac{3}{4}$ cup
Onions, white, julienne	4 qt
Sundried tomatoes, julienne	5 cups
Spinach, baby	5 cups

Procedure

1. Prepare *Lean Cuisine* Macaroni and Cheese according to package instructions.
2. In a large rondeau over medium high heat, add olive oil and onions. Cook onions, stirring occasionally until evenly caramelized, approximately 25–30 minutes. Remove from heat, reserve and set aside.
3. Using a large bowl or 4" steam table pan, combine *Lean Cuisine* Macaroni and Cheese, caramelized onions, sundried tomatoes and baby spinach. Mix until well blended and ingredients are evenly distributed. Hold warm for service.
4. To serve, place 8 oz servings of macaroni into bowls.

Whole Grain Lasagna with Grilled Panzanella Salad

Traditional lasagna made with the nutrition of whole grain is paired with refreshingly tangy seasonal panzanella salad.



C TH

YIELD	8 lb 8 oz
PORTION SIZE	8 oz lasagna, 4 oz salad
NUMBER OF PORTIONS	12 servings
SERVING STATION	Exhibition, Small Plates, To-Go
PREP TIME	20 min
COOK TIME	90 min

INGREDIENTS	MEASURE
<i>Lean Cuisine</i> ® Whole Grain Lasagna with Meat Sauce	1 (96 oz) tray
Lemon juice	¼ cup
Red wine vinegar	1 Tbsp
<i>Minor's</i> ® Roasted Garlic Flavor Concentrate	1 tsp
Dijon mustard	1 tsp
Black pepper, ground	¼ tsp
Olive oil	½ cup
English cucumbers, seeded, small diced	2 cups
Heirloom tomatoes, medium diced	3 cups
Shallots, minced	3 Tbsp
Whole grain bread, sliced, grilled, small diced	1 ½ cups
Basil, chiffonade cut	1 Tbsp

Procedure

1. Prepare *Lean Cuisine* Whole Grain Lasagna with Meat Sauce according to package instructions.
2. In a small mixing bowl, combine lemon juice, vinegar, *Minor's* Roasted Garlic Flavor Concentrate, mustard and pepper. Using a wire whip, mix until well blended. Slowly drizzle in olive oil until well blended and emulsified. Set aside.
3. In a large mixing bowl, combine cucumbers, tomatoes, shallots, bread and basil. Toss gently until well blended. Add vinaigrette and mix gently until evenly distributed.
4. To serve, plate an 8 oz portion of lasagna, 1 cup of vegetables and 1 cup of salad.

A twist on hearty whole grain pasta features the fall flavor combination of butternut squash, savory turkey bacon and sage.

Whole Wheat Penne with Butternut Squash



C TH PF

YIELD	128 oz
PORTION SIZE	9 oz
NUMBER OF PORTIONS	14 servings
SERVING STATION	Exhibition, Pizza/Pasta, Small Plates, Sides, To-Go
PREP TIME	20 minutes
COOK TIME	18 minutes

INGREDIENTS	MEASURE
Olive oil	2 Tbsp
Squash, butternut, peeled, chopped	4 qt
Scallions, sliced	12 each
Sage, fresh, chopped	4 Tbsp
Nutmeg, ground	½ tsp
Water	2 qt
Minor's® Low Sodium Vegetable Base	2 Tbsp
Whole wheat pasta	1 qt
Lemon juice	3 Tbsp
Turkey bacon, chopped	½ cup
Parmesan cheese, grated	1 cup
Almonds, sliced, toasted	½ cup

Procedure

1. Preheat oven to 350°F.
2. Heat olive oil in a sauté pan over medium heat. Add the butternut squash and cook until lightly browned, about 10 minutes.
3. Add the scallions, sage, nutmeg, water and Minor's Low Sodium Vegetable Base. Stir to combine. Simmer for 10 minutes or until the squash is tender.
4. Cook the pasta in a large pot of boiling water until done. Drain and add to the vegetable sauce along with the lemon juice.
5. Cook the turkey bacon in the oven on a baking tray until crisp. Reserve.
6. To serve, measure out 1 ¼ cup of pasta and sauce per bowl and top with 3 ½ tsp Parmesan cheese, 1 ½ tsp bacon crumbles, and 1 ½ tsp sliced almonds.

Zucchini Bisque

A blend of garden fresh vegetables with a hint of lemon creates a satisfying celebration of summer.



C

YIELD	120 oz
PORTION SIZE	10 oz
NUMBER OF PORTIONS	12 servings
SERVING STATION	Soup, Exhibition, Small Plates, To-Go
PREP TIME	10 minutes
COOK TIME	25 minutes

INGREDIENTS	MEASURE
Olive oil	¼ cup
Shallots, minced	½ cup
Celery, small diced	1 ½ cups
Zucchini, medium diced	2 qt
Water	2 qt
Minor's® Low Sodium Vegetable Base Gluten Free	1 Tbsp + 2 tsp
Parsley, leaves only	¾ cup
Spinach, baby	1 ½ cups
Lemon zest	1 Tbsp
Lemon juice	3 Tbsp
Kosher salt	2 tsp
Black pepper, ground fine	1 tsp

Procedure

1. In an 8-qt saucepot over medium high heat, add oil, shallots and celery. Sweat, stirring frequently for approximately 4–5 minutes.
2. Add zucchini and cook until soft, approximately 5–7 minutes.
3. Add water and *Minor's* Low Sodium Vegetable Base Gluten Free and heat to boiling. Reduce heat and gently boil for approximately 10–12 minutes, stirring occasionally.
4. Remove from heat and add parsley, spinach, salt, pepper, lemon zest and lemon juice. Mix until incorporated fully.
5. Purée in blender, using small batches. Pour through a fine mesh strainer.
6. Reserve for service. Serve hot or cold.

Tender chicken, crisp bell pepper, arugula, jalapeño, sweet pineapple and apricots come together for a unique take on a popular favorite.

Sweet & Sour Chicken with Red Quinoa



C SL PF TH

YIELD	200 oz
PORTION SIZE	10 oz
NUMBER OF PORTIONS	20 servings
SERVING STATION	Small Plates, To-Go
PREP TIME	25 minutes
COOK TIME	90 minutes

INGREDIENTS	MEASURE
<i>Lean Cuisine</i> ® Sweet and Sour Chicken	1 (95 oz) tray
Water	6 cups
<i>Minor's</i> ® Low Sodium Chicken Base	1 Tbsp + 2 tsp
Quinoa, red, raw (21 oz)	3 cups
Red bell pepper, small diced	2 cups
Green bell pepper, small diced	1 cup
Onion, red, small diced	1 cup
Arugula, minced	2 cups
Jalapeño, minced	2 Tbsp
Apricot, sliced, wedges	4 cups
Olive oil	¾ cup
<i>Minor's</i> Cilantro Lime Flavor Concentrate	1 Tbsp

Procedure

1. Prepare *Lean Cuisine* Sweet & Sour Chicken according to package instructions.
2. In a 2-qt saucepan heat water to boiling. Add *Minor's* Low Sodium Chicken Base and mix with a wire whip until well blended. Add quinoa, reduce heat to low and cover. Cook until quinoa has absorbed the cooking liquid and become al dente, approximately 30–35 minutes. Remove pan from heat, gently spread and fluff quinoa on a full-sized sheet pan to cool completely.
3. In a large bowl, combine quinoa, red and green bell peppers, onions, arugula, jalapeño and apricot slices. Gently mix to incorporate ingredients and set aside.
4. In a small bowl, whisk together olive oil and *Minor's* Cilantro Lime Flavor Concentrate. Set aside for garnish.
5. To serve, place 1 cup of quinoa salad on to a plate and top with ½ cup of *Lean Cuisine* Sweet and Sour Chicken. Garnish with 2 tsp of cilantro lime-infused olive oil.

Cilantro Lime Corn

Grilled corn is smothered with cilantro-lime mayonnaise and rolled in Cotija cheese to represent classic Mexican street fare.



C SL TH

YIELD	16 cobs (9 lb)
PORTION SIZE	9 oz
NUMBER OF PORTIONS	16 servings
SERVING STATION	Side—Vegetable
PREP TIME	2 minutes
COOK TIME	8–10 minutes

INGREDIENTS	MEASURE
Corn, whole cobs	16 each
Minor's® Cilantro Lime Flavor Concentrate Gluten Free	1 Tbsp
Mayonnaise, fat free	1 cup
Cotija cheese, crumbled	2 cups

Procedure

1. Grill corn until fully cooked over high heat, approximately 8 minutes.
2. Add Minor's Cilantro Lime Flavor Concentrate Gluten Free to mayonnaise and brush onto cooked corn.
3. Roll the corn in Cotija cheese. Serve immediately.

NOTE: This recipe is designed to be a gluten free recipe featuring a Minor's gluten free product. Verify that all of the other recipe ingredients are gluten free before making a gluten free claim.

Tender, freshly cooked baby carrots are tossed in garlic herb sauce for a memorable flavor experience.

Garlic Herb Carrots



C SL PF TH

YIELD	1 cup sauce + 1 qt carrots
PORTION SIZE	3 oz
NUMBER OF PORTIONS	8 servings
SERVING STATION	Side—Vegetable
PREP TIME	5 minutes
COOK TIME	1 minute

INGREDIENTS	MEASURE
Carrots, baby, hot	1 qt
<i>Minor's</i> ® Garlic Herb Sauce Gluten Free, prepared, hot	1 cup

Procedure

1. Toss cooked carrots with *Minor's* Garlic Herb Sauce Gluten Free.

NOTE: This recipe is designed to be a gluten free recipe featuring a *Minor's* gluten free product. Verify that all of the other recipe ingredients are gluten free before making a gluten free claim.

Tomato Avocado Salad with Flank Steak

Flank steak is grilled, sliced and served on a bed of tomatoes, onion and avocado tossed in creamy cilantro lime and garlic dressing.



C SL TH

YIELD	180 oz
PORTION SIZE	15 oz
NUMBER OF PORTIONS	12
SERVING STATION	Salads, Entrees, Small Plates, Exhibition, To-Go
PREP TIME	10 minutes
COOK TIME	12 minutes

INGREDIENTS	MEASURE
Flank steak	48 oz
Vegetable oil	2 Tbsp
Pepper, black	½ Tbsp
Whole wheat bread, diced	4 cups
Buttermilk, low fat	1 cup
Cilantro, chopped	¾ cup
Sour cream, fat free	¼ cup
Mayonnaise, fat free	3 Tbsp
Minor's® Cilantro Lime Flavor Concentrate	1 Tbsp
Minor's Roasted Garlic Flavor Concentrate	2 tsp
Cumin, ground	½ tsp
Red pepper flakes, crushed	¼ tsp
Tomato, diced	1 gal + 2 cups
Onion, red, julienne	¾ cup
Avocado, peeled, cut in 1/6	3 cups

Procedure

1. Prepare hot grill. Coat the flank steak with the oil and pepper. Cook the flank steak to desired temperature and reserve. Once chilled, slice into strips.
2. Preheat oven to 300°F. Place diced bread on a baking tray and bake until lightly browned. Remove and reserve at room temperature.
3. Combine buttermilk, cilantro, sour cream, mayonnaise, Minor's Cilantro Lime Flavor Concentrate, Minor's Roasted Garlic Flavor Concentrate, cumin and crushed pepper flakes in a mixing bowl and reserve chilled.
4. Toss buttermilk dressing with tomato, onion and avocado.
5. For each serving, plate 11 ½ oz of salad and 3 ½ oz of sliced flank steak.

A refreshing, lightly sweet salad features a combination of wheat berries, baby spinach, blueberries, fennel and cucumber tossed in creamy, minted cucumber vinaigrette.

Wheat Berry and Spinach Salad with Minted Cucumber Vinaigrette



YIELD	6 lb, 6.85 oz
PORTION SIZE	8.25 oz
NUMBER OF PORTIONS	12
SERVING STATION	Salads, Entrees, Small Plates, To-Go
PREP TIME	20 minutes
COOK TIME	20 minutes

C TH

INGREDIENTS	MEASURE
Cucumber, English, medium diced	1 cup
Fennel, medium diced	¼ cup
Onion, red, small diced	1 Tbsp
Rice vinegar	¼ cup
Sugar, granulated	1 Tbsp
Olive oil	¾ cup
Mint, picked from stem	½ cup
Salt, kosher	1 Tbsp
Minor's® Culinary Cream	2 Tbsp
Water	2 ½ qt
Minor's Low Sodium Vegetable Base	2 Tbsp
Wheat berries, rinsed	3 cups
Spinach, baby	6 qt
Blueberries, washed	3 cups
Fennel, shaved	3 cups
Cucumber, English, halved, seeded, sliced thin bias	3 cups

Procedure

1. In a blender, add cucumber, fennel, onion, vinegar and sugar. Purée until smooth and well blended. With blender running on high, slowly incorporate oil to emulsify. Add mint, salt and *Minor's* Culinary Cream. Chill and set aside.
2. In a 4-qt saucepot over medium-high heat, bring water to boil. Add *Minor's* Low Sodium Vegetable Base. Whisk to incorporate, and add wheat berries. Reduce heat to simmer and cook until just tender, approximately 1 hour. Remove from heat, drain excess cooking liquid and spread wheat berries onto a full sheet pan to cool. Set aside.
3. To serve, plate 2 cups of spinach and top with ½ cup wheat berries, ¼ cup blueberries, ¼ cup cucumbers and ¼ cup fennel. Using a spoon, drizzle 2 oz of vinaigrette onto salad.

Creamy Sweet Potato Soup

Sweet potatoes, sautéed onions and garlic, and nutmeg come together in a cream-based soup that boasts rich, comforting fall flavor.



C SL PF TH

YIELD	1 gal
PORTION SIZE	6 oz
NUMBER OF PORTIONS	21 servings
SERVING STATION	Soup—Vegetable
PREP TIME	10 minutes
COOK TIME	20 minutes

INGREDIENTS	MEASURE
Olive oil	2 Tbsp
Onions, Spanish, diced	½ cup
Garlic, minced	2 Tbsp
Water	2 qt
Minor's® Natural Gluten Free Chicken Base	4 Tbsp
Sweet potatoes, skinned, diced	2 qt
White pepper, ground	½ tsp
Skim milk	1 qt
Minor's Culinary Cream	1 cup
Nutmeg, ground	¼ tsp
Apple cider vinegar	1 Tbsp

Procedure

1. Sauté onion and garlic in oil over medium heat for 3–4 minutes or until garlic just starts to brown.
2. Add water and whisk in Minor's Natural Gluten Free Chicken Base until dissolved. Add sweet potatoes and pepper.
3. In a separate container, combine milk and Minor's Culinary Cream. Add to the soup. Add nutmeg and simmer until sweet potatoes are fully cooked.
4. Turn off heat. Purée the soup with a traditional or immersion blender. Season with vinegar. Once the soup is completely smooth, it is ready for service.

A classic hearty red sauce pasta dish featuring shrimp, spinach and savory Parmesan cheese, gets a new spin from chipotle flavors.

Shrimp Fra Diavolo



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YIELD	170 oz
PORTION SIZE	14 oz
NUMBER OF PORTIONS	12
SERVING STATION	Entrée, Exhibition, Pizza/ Pasta, Small Plates, To-Go
PREP TIME	15 minutes
COOK TIME	20 minutes

INGREDIENTS	MEASURE
Spaghetti, whole wheat, dry	2 lb
Olive oil	6 Tbsp
Onions, red, sliced	8 cups
Garlic, minced	¼ cup
Tomatoes, diced, prepared, no salt	5 cups
White wine	1 ½ cups
Tomato paste	3 Tbsp
Oregano, dried	1 Tbsp
Minor's® Chipotle Flavor Concentrate	1 Tbsp
Salt, kosher	1 Tbsp
Pepper, black, ground	1 tsp
Shrimp, peeled, deveined, 21-25 count	60-70 each
Spinach leaves, fresh	10 cups
Parmesan cheese, grated	3 Tbsp

Procedure

1. Cook spaghetti in a large pot of boiling water until done. Drain and reserve.
2. Heat olive oil in a large pan. Add onions and cook until tender, about 10 minutes.
3. Add garlic and cook for 1–2 minutes. Add tomatoes, white wine, tomato paste, oregano, Minor's Chipotle Flavor Concentrate, salt and pepper. Cook for 15 minutes.
4. Add shrimp and spinach and cook until shrimp is done, about 5 minutes. Serve 14 oz portions with approximately 5–6 shrimp per serving. Top with ¾ tsp Parmesan cheese per bowl.