

Greening School Food:

*Plant-forward, School Food Recipes provided by
Forum Participants*

Los Angeles, CA

Monday, October 1, 2018

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AVA'S AVOCADO SALAD

Provided by: Tara McNamara on behalf of San Diego Unified School District

Yields: 24 Servings

Ingredients

4.5 pounds chopped romaine lettuce
3/10 of 5 pound bag shredded blend cheese
6 cups canned pinto beans
6 cups canned whole kernel corn
3 cups chopped fresh red pepper
6 whole medium avocados
3 raw limes
6 cups ranch dressing

Directions

1. Rinse all unprocessed produce with cold water. Drain well in colander. Rinse and drain beans and corn. Cut red pepper into 1/2" pieces. Cut lime into 8 wedges per lime. Cut avocado into 8 wedges, gently toss avocados in a 1 part lemon juice to 4 parts water mixture. Measurement and Assembly
2. Place 3 oz. (2 cups) of lettuce into container. On top of the lettuce arrange the following items in rows (left to right): 1 oz. cheese. 1/4 cup pinto beans, 1/4 cup corn, 1/8 cup red pepper, 2 slices of avocado, and 1 lime wedge. Portion ranch dressing into 2 ounce soufflé cup and place in upper right hand corner of container. Cover with lid. Service
3. Serve customer portion required by menu Keep refrigerated until service at or below 41°.

CALI VEGGIE BURGER

Provided by: Tara McNamara on behalf of San Diego Unified School District

Yields: 1 Serving

Ingredients

1 spicy black bean burger patties
1 slice provolone cheese
#12 scoop shredded iceberg lettuce
1/4 cup sliced raw cucumber
3 cups chopped fresh red pepper
1 ounce sliced avocado
1 whole grain hamburger bun

Directions

1. The Day Before Service
 - a. Line bun pan with parchment paper, spray with spray release, place frozen patties on bun pan in a single layer.
 - b. Thaw food in the refrigerator at 41 degrees F or lower. Ingredient Combination and Heating on the
2. Day of Service
 - a. Convection Oven Method: Bake in preheated oven at 325°F for 9 to 10 minutes or until internal temperature reaches 165°F.

- b. Rational Oven Method: On schools profile, select day of the week, select tile labeled Veggie Burger, preheat, load product when prompted by oven, probe if prompted by oven. Close door to begin the cooking process. Oven will alert you when ready.
 - c. Grill Method: Spray grill with pan release prior to turning grill on. Preheat grill. Place veggie burgers on grill over medium heat for 10-12 minutes or until internal temperature reaches 155°F Turn patties for even heating and coloration.
 3. Measurement and Assembly
 - a. Arrange buns according to established work method. Place heated patties on bottom buns. Place a slice of provolone cheese on top of each patty. Cover with top bun. Serve with lettuce, cucumber and avocado cup.
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JACOB'S VEGGIE RICE

Provided by: Tara McNamara on behalf of San Diego Unified School District

Yields: 28 Servings

Ingredients

25 cups whole grain brown rice
1.5 cups low sodium soy sauce
2.5 pounds frozen green peas
2.5 pounds raw diced carrots
3.13 pound scrambled eggs

Directions

1. Measurement and Assembly - Prepare rice according to recipe. Hold until assembly at a minimum internal temperature of 135°F. Thaw peas according to HACCP thawing specifications, portion and reserve. Portion diced carrots and reserve.
 2. Ingredient Combination and Heating - Cook eggs for 20 minutes at 350°F in a convection oven. Add soy sauce to cooked rice and mix well (1.5 cups of soy sauce per 25 cups of rice). Add eggs, peas, and carrots to rice and mix well.
 3. Service - Serve customer portion required by menu
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TERIYAKI TOFU BOWL

Provided by: Tara McNamara on behalf of San Diego Unified School District

Yields: 24 servings

Ingredients

3.3 pounds firm tofu
48 ounces teriyaki sauce
2.25 pounds roasted edamame
24 cups whole grain brown rice

Directions

1. General Preparation - Defrost edamame under refrigeration the night before. Cut Tofu into 1 inch x 1/2 inch pieces.
 2. Ingredient Combination and Heating - Prepare rice Portion 2- #8 scoops of rice into 12oz black bowl. Portion 1/4 cup of diced Tofu over rice. Portion 1/4 cup Edamame next to Tofu as a garnish. Portion a #16 scoop (2 ounces) of Teriyaki sauce evenly over entire bowl. Cover with lid
 3. Service - Maintain at a minimum temperature of 145° F until and during service. Serve customer portion required by menu
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SCRAMBLED TOFU

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 3 servings

Ingredients

2 tbsp. olive oil, divided
1 block extra firm tofu
½ tsp. salt
¼ tsp. turmeric
¼ tsp. chili powder
¼ tsp. ground cumin
1 Roma tomato, chopped
1 tsp. minced garlic
½ cup baby spinach, chopped
2 tsp. chopped cilantro
½ small red onion, minced
¼ tsp. lemon juice

Directions

1. Remove the tofu from the package and wrap it in a clean dish towel. Place the wrapped tofu on a dinner plate. Place another dinner plate on top of the tofu and weigh it down with something heavy, such as a can. Place the pressed tofu in the refrigerator for at least one hour or overnight. This will remove any excess moisture from the tofu before scrambling it.
 2. Once the tofu is pressed, remove it from the refrigerator. Heat a medium sized skillet over medium-high heat. Add 1 tablespoon of olive oil to the pan and allow it to heat for a minute. Add the block of tofu to the pan. Using a spoon, break up the tofu into crumbles. Add the salt and turmeric to the crumbled tofu. Cook for 3-4 minutes until the tofu is slightly brown and the turmeric is evenly distributed.
 3. Turn off the flame and transfer the tofu to a plate. Set aside.
 4. In the same pan, add the remaining tablespoon of olive oil. Heat the oil over medium-high heat. Add the onion, garlic, chili powder and cumin. Sauté 2-3 minutes until the onion begins to turn translucent. Lower the heat to medium and add the spinach and cilantro. Sauté until the spinach wilts, about 2 minutes.
 5. Turn off the heat. Return the tofu to the pan. Fold in the chopped tomatoes and lemon juice and serve immediately
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GOOD MORNING BREAKFAST BURRITO

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 4 servings

Ingredients

For the Salsa:

2 cups pineapple, finely chopped
½ red onion, finely chopped
½ red bell pepper, finely chopped
¼ cup chopped cilantro
1 tbsp. lime juice
¼ tsp. salt

For the Plantains:

1 ripe plantain, peeled & sliced
1 tbsp. olive oil

Pinch of salt

For the Beans:

2 cups cooked black beans
1 tbsp. olive oil
½ red onion, minced
½ red bell pepper, minced
1 tsp. garlic, minced
½ tsp. salt
¼ tsp. chili powder
½ tsp. ground cumin

To Serve:

1 avocado, pitted & sliced
¼ cup chopped cilantro
4 spelt tortillas hot sauce, to taste

Directions

For the Salsa:

Combine all ingredients in a medium sized bowl. Cover and set aside in the refrigerator.

For the Plantains:

Heat a medium sized skillet over high heat. Add the oil and allow it to heat up for one minute. Add the plantains and sear for 2-3 minutes per side or until golden brown. Season with salt.

For the Beans:

In a small sauté pan, combine the oil, onion, garlic, bell pepper, cumin and chili powder. Sauté 2-3 minutes until the onions turn translucent. Add the beans and salt to the pan and mash the beans using the back of a spoon. Turn of the heat and cover to keep warm.

To Serve:

Warm the tortillas and fill each one with beans and plantains. Top with salsa, avocado, fresh cilantro and hot sauce, as desired.

WHITE BEAN AND VEGETABLE SOUP

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 8 servings

Ingredients

1 tbsp. olive oil
½ yellow onion, chopped
1 tbsp. minced garlic
1 zucchini, cut in quarter rounds
2 celery stalks, chopped
2 carrots, peeled and cut in half moons
2 bay leaves
1 ½ tsp. dried thyme
2 cups cooked white beans
2 cups crushed tomatoes
1 cup orzo pasta
2 tsp. salt
1 tsp. rosemary, minced

2 cups kale, chopped

Directions

1. In a medium sized pot, heat the oil over medium-high heat. Add the onions, garlic, zucchini, celery, carrots, thyme and bay leaves. Sauté 3-4 minutes until the veggies begin to soften.
 2. Add the white beans, crushed tomato, salt and 6 cups of water to the pot. Bring the mixture to a boil. Add the orzo and reduce the heat to a simmer.
 3. Simmer for 8 minutes. Add the rosemary and kale and simmer for an additional 2 minutes. Season to taste before serving.
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MUSE-Y JOES

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 5 servings

Ingredients

2 tbsp. olive oil
½ yellow onion, finely chopped
1 green bell pepper, finely chopped
11 oz. package "Beefy" Crumbles (such as Beyond Meat)
½ cup ketchup
1 tbsp. whole grain mustard
1 tsp. paprika
1 tsp. chili powder
1 tsp. curry powder
5 whole wheat hamburger buns

Directions

1. In a large sauté pan, heat the oil over medium-high heat. Add the onion, peppers, paprika, chili powder, and curry powder. Sauté 3-4 minutes until the onion begins to turn translucent.
 2. Add the "beefy" crumbles to the pan and continue to sauté for 2 more minutes. Stir in the ketchup and mustard and heat for an additional minute.
 3. Serve the MUSE-Y Joes mixture on top of warm hamburger buns.
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BLACK BEAN AND SWEET POTATO CHIMICHANGAS

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 5 servings

Ingredients

For the Sweet Potato:

1 large sweet potato or yam, peeled, diced
2 tbsp. olive oil
¼ tsp. salt
A pinch of black pepper

For the Beans:

2 cups cooked black beans
½ red onion, small diced
½ red bell pepper, small diced
1 tbsp. olive oil
½ tsp. ground cumin
¼ tsp. chili powder

½ cup corn kernels
½ tsp. salt

To Assemble:

5 whole wheat tortillas
5 slices vegan provolone cheese (such as Follow Your Heart)
¼ cup cilantro, chopped
Cooking spray

Directions

For the Sweet Potatoes:

Preheat the oven to 350F. Line a cookie sheet with parchment paper. Place the diced sweet potato on the tray and toss with oil, salt, and pepper. Bake 20-25 minutes until the sweet potato is golden brown.

For the Beans: In a large sauté pan, heat the oil over medium-high heat. Add the onion, bell pepper, cumin, chili powder, and corn. Sauté 3-4 minutes until the onion is translucent. Add the beans, cooked sweet potato, and ½ teaspoon salt. Stir to combine.

To Assemble:

1. On a cutting board, lay out a tortilla. Top the tortilla with 1/5 of the bean and sweet potato mixture. Cover with a slice of provolone cheese and garnish with cilantro. Roll up the burrito and place on a cookie sheet. Continue with the remaining tortillas.
 2. Once the burritos are rolled, spray them with cooking spray and bake for 20-25 minutes until golden brown and slightly crispy
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KING'S SHEPHERD'S PIE

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 8 servings

Ingredients

6 medium size Yukon gold potatoes
1 cup rice milk
4 tbsp. vegan butter, divided (such as Earth Balance)
1 tsp. garlic granules
2 tsp. salt, divided
3 carrots, peeled & cut in half moons
3 celery stalks, thinly sliced
½ yellow onion, chopped
1 cup corn
1 cup peas
1 tbsp. minced garlic
1 tbsp. dried thyme
2 bay leaves
3 cups cooked brown lentils
1 tbsp. chopped parsley
A dash of paprika, optional

Directions:

1. Preheat the oven to 375F.
2. Peel the potatoes and cut into quarters. Place the cut potatoes in a medium sized pot. Cover with water and heat the pot over a high heat on the stove. Once the potatoes come to a boil, reduce the heat to a rapid simmer and cook for 20 minutes or until a fork can easily pierce through the potato.

3. While the potatoes are cooking, combine the rice milk, 2 tablespoons vegan butter and garlic granules in a small pot. Heat the mixture up until just warm and keep on the stove top until the potatoes are done cooking.
 4. Meanwhile, melt the remaining 2 tablespoons butter in a large sauté pan. Add the carrot, celery, onion, corn, peas, garlic, dried thyme, bay leaves, lentils and 1 teaspoon salt. Sauté the veggie mixture over medium heat until the vegetables begin to soften, 10-15 minutes. Remove the bay leaves and set aside.
 5. When the potatoes are done cooking, drain them and transfer them back to the pot. Allow the steam to evaporate for 2-3 minutes. Add the warm milk mixture and the remaining teaspoon of salt to the potatoes. Mash with a potato masher.
 6. Spread the veggie mixture evenly in the bottom of an 8 inch wide, deep pie dish. Top the veggie mixture with mashed potatoes, using a spoon to spread evenly. Sprinkle the potato topping with paprika, if desired.
 6. Bake the pie 25 minutes until the potatoes get slightly golden. Garnish with parsley and serve.
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SPAGHETTI BOLOGNESE

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 8 servings

Ingredients

1 pound warm cooked spaghetti
1 tbsp. olive oil
2 stalks celery, small diced
1 carrot, small diced
1 onion, small diced
1 tbsp. minced garlic
2 tsp. dried oregano
2 tsp. dried thyme
11 oz. package "Beefy" Crumbles (such as Beyond Meat)
1 tbsp. fresh rosemary, minced
4 cups crushed tomatoes
½ tsp. salt pinch of pepper
2 tbsp. chopped parsley

Directions

1. In a medium sized saucepan, heat the olive oil over medium-high heat. Add the celery, carrot, onion, garlic, oregano and thyme. Sauté 3-4 minutes until the onion is translucent.
 2. Add the beef crumbles to the pot along with the rosemary, tomatoes, salt and pepper. Simmer the sauce 8-10 minutes until the meat crumbles are heated through.
 3. Serve the sauce over warm spaghetti and garnish with chopped parsley.
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SPINACH & SQUASH ENCHILADAS

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 6 servings

Ingredients

For the Red Chile Sauce:

½ red bell pepper, seeded
4 cloves garlic, whole
½ yellow onion, whole
12 dried California chilies, seeded
1 tsp. salt

For the Enchiladas:

½ small yellow onion, chopped
1 tbsp. olive oil
1 tsp. ground cumin
½ tsp. chili powder
1 zucchini, small diced
½ tsp. salt
½ cup corn kernels
4 cups spinach
1 tbsp. chopped cilantro
8 spelt tortillas
1 cup vegan mozzarella
1 cup red Chile sauce

Directions

For the Chile Sauce:

1. Combine all ingredients in a medium sized sauce pot. Cover the veggies with just enough water so they are submerged. Bring to a boil over high heat and then reduce the heat to low and simmer for 20 minutes.
2. Allow the mixture to cool for 10-15 minutes. Transfer the solids to a blender and add two cups of the cooking liquid. Starting with the blender on low, gradually increase speed to medium and puree until smooth. Set aside. This recipe makes extra sauce which can be frozen up to three months in an airtight container.

For the Enchiladas:

1. In a large sauté pan, heat the olive oil over a medium-high heat. Add the onion, cumin, chili powder, zucchini, salt and corn. Sauté 10-12 minutes until the zucchini begins to lightly brown. Add the spinach and cilantro to the pan. Sauté another 3-4 minutes until the spinach begins to wilt. Set aside.
2. Lay eight tortillas out on a clean work surface. Divide the veggie mixture amongst the tortillas and top each one with one tablespoon of cheese. Roll the tortilla into thin tubes and place in a rectangular, glass baking dish.
3. Evenly spread 1 cup of Chile sauce over the top of the enchiladas. Cover with the remaining cheese. Bake for 15-20 minutes until the cheese is melted and slightly brown.

REFRIED BEANS FOR THE SPINACH & SQUASH ENCHILADAS

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 6 servings

Ingredients

For the Beans:

1 tbsp. olive oil
1 tsp. minced garlic
½ red pepper, minced
1 tsp. ground cumin
½ tsp. chili powder
3 cups cooked pinto beans
2 tbsp. chopped cilantro
¼ cup of water
1 tsp. salt

Directions

For the Beans:

1. In a large sauté pan, heat the oil over a medium-high heat. Add the onion, garlic, bell pepper, cumin and chili powder. Sauté 3-4 minutes until the onions begin to turn translucent. Add the beans, cilantro, water and salt. Cook another 5 minutes and remove from the heat.
 2. Transfer the bean mixture to a food processor and puree to desired chunkiness. Transfer back the sauté pan and keep warm until ready to serve.
 3. Serve the enchiladas with warm refried beans and garnish with cilantro as desired.
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BLACK BEAN & BUTTERNUT SQUASH CHILI

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 4 servings

Ingredients

For the Chili:

1 medium butternut squash
2 tbsp. olive oil, divided
¾ tsp. salt
½ yellow onion, chopped
1 tsp. minced garlic
1 tsp. ground cumin
1 tsp. chili powder
1 tbsp. chopped cilantro
4 cups cooked black beans
1 cup crushed tomato
3 cups water
½ cup quinoa

Garnishes:

Cilantro, chopped
Red onion, minced
Tomato, chopped
Vegan sour cream
Vegan cheese
Sliced green onion
Avocado, diced
Crushed tortilla chips

Directions

1. Preheat oven to 375F.
2. Peel the squash and dice it into small cubes. Line a cookie sheet with parchment paper. Place the squash on the tray. Toss with 1 tablespoon olive oil and ¼ teaspoon salt. Bake the squash 20 minutes, stirring half way through. It should be golden brown. Remove from the oven and set aside.
3. In a medium sized saucepan, heat the remaining 1 tablespoon olive oil over a medium-high flame. Add the onion, garlic, cumin, chili powder and cilantro. Sauté 3-4 minutes or until the onion begins to turn translucent. Add the black beans, tomato, water, quinoa and remaining ½ teaspoon of salt.
4. Reduce the heat and simmer 20-25 minutes until the quinoa is cooked through. If at any point in the cooking process, the pan looks too dry, add another ½ cup of water and stir.

5. Serve warm, garnished with desired toppings.
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ARUGULA PESTO PASTA

Provided by: Ashley Schaeffer Yildiz, on behalf of MUSE School

Yields: 4 servings

Ingredients

½ cup pine nuts, toasted
7 cups arugula
½ cup olive oil
2 tbsp. minced garlic
½ tsp. salt, plus more to taste
1 tbsp. lemon juice
4 cups dried penne pasta
2 cups cherry tomatoes, split in half pinch of black pepper

Directions

1. In the bowl of a food processor, fitted with the blade attachment, add the pine nuts, arugula, garlic, ½ teaspoon salt and lemon juice. Puree, turning the machine of periodically to scrape down the sides of the bowl. Once the pesto is well mixed, set it aside in a glass dish.
 2. Cook the pasta according to the directions on the package. Drain the cooked noodles and transfer them to a serving bowl. Stir in a ½ cup pesto (or more as desired) and the cherry tomatoes. Season, to taste, with salt and pepper.
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RECIPE LINKS FROM THE “SCALING UP” REPORT

Provided by: “Scaling up” report School Districts

Inspirational Recipes. We sorted recipes into scratch, speed scratch and heat & serve, however, many of these recipes could be adapted to fit different cooking facilities and culinary staff. This shows how schools are getting creative with delicious plant-based entrees.

Scratch Cooking:

1. [Oakland Unified School District](#)
 - a. [Bean and Cheese Tostada](#)
 - b. [Noodles with Bok Choy and Tofu](#)
 - c. [Veggie Chow Mein](#)
 - d. [Veggie Chili](#)
 - e. [Bean and Beef Chili](#)
2. [Austin Independent School District](#)
[Vegan Lentil Chili-Frito Pie](#)
 - a. [Hummus Recipe](#)
3. [Boulder Valley Unified School District:](#)
 - a. [Chickpea Masala](#)
 - b. [Bean and Cheese Nachos](#)
 - c. [Kashmiri Rice w/ tofu](#)
 - d. [Empanada Greek w/ chickpea](#)
 - e. [Bean and Cheese Burrito](#)
 - f. [Caprese Sliders](#)
 - g. [Chile Rellenos Casserole](#)

Speed Scratch:

1. [San Diego Unified School District](#)
 - a. [Tater Eggurito](#)
 - b. [Veggie Burger](#)
2. [Santa Barbara - Hungry Planet Recipes](#)
 - a. [Hungry Planet Chow Mein](#)
 - b. [Hungry Planet Burger](#)
 - c. [Hungry Planet Sausage Pizza](#)
 - d. [Hungry Planet Chicken Chile Verde Burrito](#)
3. Forward Food US K-12 Recipes (Select Recipes)
 - a. [Super Sloppy Joes](#)
 - b. [Protein Packed Pasta Marinara](#)
 - c. [Fiesta Rice and Beans Shaker](#)
 - d. [Energized Edamame and Rice Shaker](#)
 - e. [Crazy Chickpea Salad](#)
4. [Conscious Kitchen Recipes](#)

[Heat & Serve:](#)

1. [Lee County:](#)
 - a. [Black Bean Gyro w/ Tzatziki](#)
 - b. [Beyond Meat Pasta Spirals w/ Beyond Meat Crumble](#)
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HUNGRY PLANET BEEF™ TACOS

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Serves: 6-8 tacos

Meal Type: Lunch, Main Dish

Ingredients

1/2 cup extra virgin olive oil
2 cups yellow onion (diced)
2 tablespoons fresh garlic (chopped)
1 lb. Hungry Planet Beef™
4 tablespoons low sodium taco seasoning
1 tablespoon ground cumin
2 cups canned black beans (drained & rinsed)
1 jalapeno (diced with seeds)
6-8 hard or soft taco shells
Shredded lettuce, chopped tomatoes, vegan sour cream, guacamole, vegan cheese, taco sauce or your other favorite topping.

Directions

1. Add olive oil to nonstick saucepan over medium heat. Add onion and sauté for 2-3 minutes until onions are clear but not brown.
 2. Add garlic. Sauté for one minute. Add Hungry Planet Beef™ and break apart with fork. Sauté for 1-2 minutes.
 3. Add taco seasoning and cumin. Increase heat to medium/high and continue browning Hungry Planet Beef™ until outside is crispy.
 4. Add black beans and reduce heat to medium. Add jalapeno.
 5. Serve with your favorite taco shells and your favorite toppings.
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HUNGRY PLANET™ ITALIAN SAUSAGE BOLOGNESE

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Created By: Chef Ron DeSantis, CMC

Yields: 6 servings

Meal Type: Main Dish

Ingredients

1 lb. Hungry Planet Sausage™ - Italian
1 tbsp. extra virgin olive oil
1 clove fresh garlic (minced)
½ cup onion (finely chopped)
2 tbsp. dried oregano
1 lb. tomato concasse, puree
1 ½ tsp fennel seed
1 ½ cups vegetable stock
½ tsp kosher salt
¼ tsp black pepper
1 tbsp. fresh basil (chiffonade)

Directions

1. In a straight sided fry pan, heat the extra virgin olive oil to smoking. Add Hungry Planet Sausage™ - Italian and sauté 5-6 minutes. Stir and scrape pan bottom frequently.
 2. Add garlic, onions, and oregano. Sauté for an additional 5 minutes.
 3. Add tomato, fennel, vegetable stock, salt, and pepper. Simmer slowly for 1 hour.
 4. Garnish with basil and serve with pasta.
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HUNGRY PLANET™ MEAT LOVERS LASAGNA

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Yields: 1 full hotel pan

Meal Type: Main Dish

Ingredients

4 lbs. Hungry Planet Italian Sausage™
16 cups spaghetti sauce
24 lasagna noodles
1-1/2 tablespoons granulated garlic
6 cups vegan mozzarella cheese (shredded)

Directions

1. Spread Hungry Planet Italian Sausage™ onto oiled sheet pan. Bake at 350 in convection oven for 15 minutes. Cool enough to roughly crumble making sure not to over mix.
2. Place 4 cups spaghetti sauce in bottom of a full hotel pan. Cover sauce with 8 uncooked lasagna noodles. Disperse 1/3 of crumbled Hungry Planet Italian Sausage™ evenly over noodles and sprinkle with 1/2 Tbsp. granulated garlic. Repeat two more times and cover with mozzarella cheese. Spray foil well before wrapping tightly.
3. Bake at 350 in a convection oven for one hour. Remove and allow to rest for 15 minutes before uncovering.

Note: You can add whatever additional ingredients you like to the layers (roasted vegetables such as zucchini, spinach, ricotta cheese etc.). When cooking with Hungry Planet Italian Sausage™ you will want to use more sauce than you normally would because Hungry Planet Italian Sausage™ is full of fiber and will soak up more liquid

HUNGRY PLANET™ MEATLOAF

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Serves: 4

Meal Type: Main Dish

Ingredients

1 lb. Hungry Planet Beef™

½ cup onion (finely chopped)

½ cup green pepper (finely chopped)

2 tablespoons favorite meatloaf spice

¼ cup ketchup

1-½ teaspoons horseradish

¾ cups dry oats (optional)

For glaze: ½ cup ketchup, 2 teaspoons brown sugar, ½ teaspoon Worcestershire

Directions

1. Mix glaze ingredients and set aside.
 2. Preheat oven to 400F. Mix all other ingredients thoroughly and form into loaf shape.
 3. Place on lightly oiled sheet pan, top with glaze and bake for 25 minutes.
 4. Serve with mashed potatoes and your favorite steamed vegetable.
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HUNGRY PLANET™ MOSTACCIOLI

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Serves: 8

Meal Type: Main Dish

Ingredients

1 box (16 oz.) whole wheat penne noodles

2 tablespoons olive oil

1 lb. Hungry Planet™ Italian Sausage

1 - 46oz can tomato juice

1 - 16oz can tomato paste

1 medium onion (diced)

1/4 cup sugar (optional)

1 teaspoon granulated garlic

1 teaspoon salt

1/2 teaspoon cracked pepper

Directions

1. In large pot of boiling water, cook pasta according to package directions omitting oil and salt; drain well.
 2. Meanwhile, in a large nonstick saucepan, heat olive oil over medium heat.
 3. Crumble Hungry Planet™ Italian Sausage into saucepan; cook, stirring frequently, until well browned, about 6 to 8 minutes.
 4. Add remaining ingredients; bring to a boil. Reduce heat and simmer for 15 minutes.
 5. Stir in drained pasta and serve immediately.
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HUNGRY PLANET™ RANCH STYLE CHILI

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Serves: 4-6

Meal Type: Lunch, Main Dish, Soup

Ingredients

1 lb. Hungry Planet™ Beef
2 tablespoons olive oil
1 medium onion (diced)
1 medium green pepper (diced)
3 cloves garlic (minced)
2 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoon salt
1/2 teaspoon cracked pepper
2 - 15oz cans hot or mild chili beans
2 - 14.5oz cans diced tomatoes with green chilies
1 - 15oz can tomato sauce
Hot, cooked macaroni (optional)

Directions

1. Heat olive oil in a large nonstick saucepan over medium heat. Crumble Hungry Planet™ Beef into pan and brown about 6-8 minutes.
2. Add onion, green peppers, garlic and spices and cook for three minutes.
3. Add rest of ingredients and simmer for 10 minutes.
4. Eat as is or serve over hot macaroni and enjoy vegan chili mac.
5. This recipe also freezes very well. Make up a large batch, cool and portion into serving size containers for freezing.

Note: This chili can be served as is or made into chili mac, frito pie, or nachos.

HUNGRY PLANET™ SLOPPY JOES

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Serves: 6

Meal Type: Lunch, Main Dish

Ingredients

1 lb. Range-Free™ Beef
3 tablespoons vegetable oil
1 medium onion (chopped)
2 cloves garlic (minced)
1 cup zucchini (chopped)
1 cup fresh mushrooms (sliced)
3/4 cups green pepper (chopped)
1-16 oz. can tomato sauce
1 teaspoon basil (dried)
1 teaspoon thyme (dried)
6 Buns
Salt & pepper (to taste)

Directions

1. Heat 3 Tbs. of oil in large nonstick skillet over medium high heat. Sauté onions and garlic for one minute until browned. Add Range-Free™ Beef and sauté until browned.
 2. Add zucchini, yellow squash, mushrooms and green pepper. Cover and simmer for 2 minutes.
 3. Stir in tomato sauce, basil, thyme and salt. Simmer uncovered until most of the liquid has evaporated.
 4. Serve on toasted buns. Can freeze for future use.
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HUNGRY PLANET™ SPICY BUFFALO CHICKEN WRAP

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Serves: 12-14

Meal Type: Main Dish, Lunch

Ingredients

2 lbs. Hungry Planet Chicken™ (thawed, highly chilled)

2 teaspoons chili powder

1 teaspoon onion powder

1 teaspoon garlic powder

2 teaspoons paprika

1 teaspoon ground oregano

1 teaspoon salt

2 tablespoons oil

1 cup mild salsa

¼ cup hot sauce

Flour tortillas

Add-ins: lettuce, tomato, avocado, blue cheese or ranch dressing

Directions

1. Heat oven to 375 degrees (350 degrees for convection).
 2. Spread Hungry Planet Chicken™ onto an oiled sheet pan to ½ inch thick and 4-6 inches wide. Rub top with oil and combined spices.
 3. Bake for 10 minutes and slice on the bias.
 4. Heat up salsa with hot sauce and toss in chicken.
 5. Heat flour tortillas, fill with lettuce, tomato and avocado. Add Hungry Planet Chicken™, drizzle with blue cheese or ranch dressing (if desired) and roll up.
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LAYERED HUNGRY PLANET™ CHICKEN ENCHILADAS

Provided by: Jody Boyman, Co-Founder, Hungry Planet

Yields: 1 full hotel pan

Meal Type: Lunch, Main Dish

Ingredients

4 lbs. Hungry Planet Chicken™

2 tablespoons chili powder

2 tablespoons ground cumin

2 teaspoons ground pepper

1 tablespoon granulated garlic

9 cups enchilada sauce

24 - 6" flour tortillas

6 cups diced tomatoes with green chilies

6 cups vegan Mexican blend cheese (shredded)

Directions

1. Mix first five ingredients together and spread on oiled sheet pan. Bake at 350 in a convection oven for 15 - 20 minutes. Place on cutting board and roughly dice; reserve.
2. Place 3 cups enchilada sauce in the bottom of a full size hotel pan. Cover sauce with eight flour tortillas followed by two cups tomato and green chili mixture evenly dispersed. Add ⅓ of reserved Hungry Planet Chicken™ evenly over tomato mixture and repeat two more times. Top with cheese blend.

- Cover very tightly with foil and bake at 350 for 20 minutes. Remove foil and return to oven. Bake until cheese is golden brown, about 10-15 minutes. Remove from oven and allow to rest for 15 minutes before serving.

Notes: If you do not have non-stick foil, spray the foil with pan release before covering so the cheese does not stick. These are great to prepare the day before and they also freeze very well. Be as creative with the layers as you wish. You can add roasted corn, red peppers, cilantro etc.

ADDITIONAL RECIPES (NOT AT SCHOOL FOOD SCALE)

AVOCADO SALAD

Provided by: Armaiti May and Oscar Pulido

Ingredients:

1 medium red onion
3 roma tomatoes
2 medium cucumbers
 $\frac{3}{4}$ cup of cilantro
 $\frac{1}{2}$ cup of lime juice
5 avocados
Sea salt and black pepper to taste (optional)

Directions:

- Cut avocados into $\frac{1}{2}$ " cubes and set aside
 - Cut cucumber into halves and remove seeds with a teaspoon, then cut cucumber into small cubes and set aside.
 - Cut tomatoes into small cubes and set aside.
 - Chop Red onion and set aside.
 - Chop Cilantro and set aside.
 - Mix all ingredients in a large bowl with a fork.
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CASHEW NACHO CHEESE

Provided by: Armaiti May and Oscar Pulido

Ingredients:

1 cup raw cashews (preferably soaked in water overnight)
1 $\frac{1}{2}$ tablespoons white miso paste
1 garlic clove
Juice from 1 lemon
1 cup nutritional yeast
 $\frac{1}{3}$ cup water

Directions:

Blend in a blender until smooth and creamy. Enjoy!

BANANA - BLUEBERRY ICE CREAM

Provided by: Armaiti May and Oscar Pulido

Ingredients:

2 pounds frozen wild blueberries
4 ripe bananas, peeled and frozen
1/3 cup cashews
1/2 cup water

Directions:

Blend cashews in water and blend with frozen bananas and frozen blueberries. Blend in blender for 30-60 seconds or until smooth. Serve frozen.

SOY- RIZO BREAKFAST BURRITO

Provided by: Armaiti May and Oscar Pulido

Ingredients

Dairy free Whole Wheat Flour Tortillas
Soy Chorizo (soy-rizo) 1- 1/2 cups
Potatoes 4-5
Dairy free Cheese (such as Daiya)
Grapeseed oil (optional)
Sea salt (to taste)

Directions

1. Wash, peel and cut potatoes into ½ inch cubes (approx.)
2. With approximately 2 tbsp. of grapeseed oil (or water if not using oil) cook the potatoes on medium to medium-high heat. Cover potatoes and stir every five minutes until the potatoes are all soft. Add ½ tsp. of sea salt (to taste if desired) and stir. Check for softness: it should be soft to bite when ready. Set aside.
3. With 2 tbsp. of grape seed oil (or water), and medium heat, cook the soy-rizo until you perceive the right consistency in texture and color.

Note: The soy chorizo product is already cooked when bought it only needs to be heated for 8-10 minutes.

4. Once the soy-rizo has finished cooking, add it to the potatoes and mix together until every single potato is smothered and red.
5. Softly heat a whole wheat flour tortilla and load it up with 3 tbsp. of soy-rizo con papas (with potatoes)!
6. Top with vegan cheese (such as Daiya) and add your favorite hot sauce.
7. Wrap your burrito and enjoy.

Note: You can also return the wrapped burrito back on the low heat to crisp the tortilla or keep them warm as you make the rest of your burritos. It's always nice to make a big batch and store for later.