



The Teaching Kitchen®  
at Lenox Hill Neighborhood House  
Farm-to-Institution Cookbook

*A Recipe Guide to Farm-to-Institution Cooking*



## TABLE OF CONTENTS

- IV Introduction
- V Farm-to-Institution and Local Food
- VI About the Recipes

### BREAKFAST

- 8 Bulgur Wheat and Coconut Porridge
- 9 Sheet Pan Pancakes
- 10 Homemade Granola
- 11 Spinach Cheddar Frittata
- 12 Tropical Muesli
- 13 Banana French Toast Casserole
- 14 Turkey Sausage Patties
- 15 Cinnamon Rice Pudding with Oats
- 16 Cornmeal Porridge
- 17 Berry Sauce
- 18 Warm Cooked Fruit

### VEGETARIAN MAIN COURSES

- 20 Stewed Beans (Habichuelas Guisadas)
- 21 Chef Natasha's Fried Rice
- 22 Squash and Leek Lasagna
- 23 Black Bean and Sweet Potato Chili
- 24 Broccoli Cheddar Quiche
- 25 Butternut Squash Macaroni and Cheese
- 26 Cauliflower Chickpea Bulgur Wheat Bake
- 27 Eggplant Parmesan
- 28 Lemony White Beans, Carrot and Spinach
- 29 Lentil Stew with Carrots and Turnips
- 30 Penne with White Beans, Eggplant and Tomatoes
- 31 Rotini with Spinach, Chickpeas and Garlic
- 32 Vegetable Biryani with Chickpeas
- 33 Linguine with Creamy Spinach Basil Pesto, Asparagus and Peas
- 34 Moroccan Chickpea and Chard Stew
- 35 Tofu and Broccoli Curry
- 36 Lentil Mushroom Shepherd's Pie
- 37 Whole Wheat Veggie Pizza
- 38 Pastel Azteca

### POULTRY, MEAT AND FISH MAIN COURSES

- 41 Bulgur Wheat con Pollo
- 42 Chicken Cacciatore
- 43 Baked Fish with Corn and Potato Sauce
- 44 Chicken Pumpkin Stew
- 45 Coconut Curry and Sweet Potato Baked Fish
- 46 Healthier Tuna Salad
- 47 Baked Fish with Lemon and Garlic
- 48 Spaghetti Carbonara with Turkey Bacon and Green Peas
- 49 Chicken Stir-Fry
- 50 Turkey Meatballs
- 51 Aunt Dolls Okra and Stewed Tomatoes

### VEGETABLE SIDES

- 54 Braised Red Cabbage with Apples
- 55 Collard Greens with Tomatoes  
Kale and Potatoes
- 56 Lima Bean Succotash
- 57 Ratatouille

- 58 Roasted Winter Squash  
Roasted Zucchini
- 59 Sautéed Zucchini, Corn and Tomatoes
- 60 Roasted Tomato Soup
- 61 Butternut Squash Soup
- 62 Louisiana Red Beans
- 63 Minestrone Soup

### GRAIN SIDES

- 66 Baked Polenta with Cheese
- 67 Barley Brown Rice Bake
- 68 Tabbouleh with Tomatoes and Cucumbers
- 69 Grain Salad with Lemon Basil Dressing
- 70 Barley, Corn and Black Bean Salad
- 71 Wheat Berries with Dried Fruit
- 72 Whole Grain Greek Salad

### SALAD DRESSINGS & SAUCES

- 74 Apple Vinaigrette  
Balsamic Dijon Vinaigrette
- 75 Roasted Red Pepper Vinaigrette  
Yogurt Ranch Dressing
- 76 Caesar Dressing  
Yogurt Dijon Dressing
- 77 Moroccan Tomato Sauce
- 78 Pumpkin Seed Salsa Verde
- 79 Sofrito
- 80 Apple Butter
- 81 Soy Ginger Marinade  
BBQ Sauce
- 82 Spinach Basil Pesto  
Yogurt Tartar Sauce

### SALADS

- 84 Apple, Beet, and Carrot Slaw with Citrus Dressing  
Roasted Beet and Carrot Salad
- 85 Cabbage Carrot Kohlrabi Slaw  
Apple and Parmesan Salad

### SNACKS

- 88 Black Bean Dip  
Black Bean and Cheddar Vegetable Quesadillas
- 89 Hummus
- 90 Roasted Sweet Potato Fries

### BAKED GOODS

- 92 Blueberry Corn Muffins
- 93 Healthy Carrot Cake Oatmeal Cookies
- 94 Pumpkin Muffins
- 95 Quick Apple Cake
- 96 Zucchini Cake
- 97 Cheddar Cheese Cornbread
- 98 Chocolate Chip Oatmeal Cookies
- 99 Buttermilk Whole Wheat Biscuits
- 100 Chocolate Beet Cake
- 101 Sweet Potato Cookies

- 102 Grain Cooking Guide
- 103 Conversion Tables
- 104 Acknowledgments





# THE TEACHING KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE



## FARM-TO-INSTITUTION GOALS

For us, "farm-to-institution" means serving fresh, healthy and local food whenever possible, with an emphasis on plant-forward menus, seasonal ingredients and culturally relevant meals. The goals of *The Teaching Kitchen*®:

- Increase healthy food access and health equity for individuals that rely on institutional meals by helping schools and nonprofits serve more fresh fruits, vegetables, whole grains and scratch cooking and less meat and processed food.
- Localize institutional food systems, supporting local farms and food hubs, strengthening our regional health, local economy, and environmental sustainability.
- Equip institutional cooks and program staff with the knowledge and skills to build a healthier, more sustainable and more equitable food system.

---

---

## LOCAL

When we use the words "local" or "regional," we mean food that comes from farms within approximately four hundred miles of your program site. For New York City, local food comes from New York State, New Jersey, Pennsylvania, and even Vermont and Maine. There are many benefits of sourcing locally, such as:

- Enjoy fresh, flavorful, in-season produce at its peak ripeness for greater flavor and nutrient density.
- Support farmers, create jobs and keep food dollars in our local economy.
- Reduce the environmental impact of long-distance transport and packaging.
- Protect our water sources by preserving strong local farmland.
- Increase our regional resiliency and preparedness by strengthening local food systems.
- Reducing costs.

---

---

## CULTURALLY APPROPRIATE MEALS

Making these changes is only successful if your clients like the food. We encourage you to make these recipes your own with additions and substitutions that best align with your clients' cultural backgrounds.



THE  
**TEACHING  
KITCHEN**  
AT LENOX HILL NEIGHBORHOOD HOUSE



## ABOUT THE RECIPES

These recipes were created by our incredibly talented food services team at Lenox Hill Neighborhood House. They have been tested and approved by the most discerning of clients—New Yorkers of all ages. Not only are the recipes designed to impress a wide audience in an institutional kitchen setting, but they also align with most government guidelines, including New York City Food Standards and standards set by CACFP and NYC Department for the Aging. They were designed to be cost-effective within strict institutional food budgets and achievable with limited staff.

The recipes can easily be scaled up or down to fit your program's needs. Please make substitutions as you see fit. We especially recommend using local produce in our seasonal recipes. We hope these recipes inspire you to create flavorful dishes made with love.

## MORE FROM THE TEACHING KITCHEN

We are always adding new recipes to our repertoire. Visit our website to add them to yours as well!





THE  
TEACHING  
KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE

# BREAKFAST



## BULGUR WHEAT AND COCONUT PORRIDGE

*This recipe is a great whole-grain and dairy-free hot breakfast cereal. If you'd prefer to use dairy, swap the coconut milk with 1% milk. Any plain, neutral-tasting bulgur can become porridge, so this recipe is a great way to use up any leftovers. This can be made using a stovetop, tilt skillet or steam kettle.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

10 cups coconut milk  
5 cups water, plus more as needed  
10 cups bulgur wheat  
10 tablespoons honey  
5 teaspoons vanilla extract  
1 tablespoon cinnamon  
1 teaspoon nutmeg

### DIRECTIONS

---

1. In a large pot, bring coconut milk and 5 cups of water to a boil. Stir in bulgur, bring back to a boil, and reduce heat to a simmer.
2. Stirring often, simmer until bulgur is tender but still has a slight bite. If bulgur is drying out, add more water to prevent burning.
3. Stir in honey, vanilla, spices, and salt. Adjust seasoning to taste.



## SHEET PAN PANCAKES

*This recipe is made in sheet pans, making it easy to bake a large batch at once, cut and serve. We recommend serving slices with our Apple Butter (p. 80).*

**SERVES 50 ADULTS**

### INGREDIENTS

---

8 cups whole wheat flour  
2 cups all-purpose flour  
3 tablespoons plus 1 teaspoon baking powder  
2 tablespoons baking soda  
2 teaspoons salt  
2 ½ teaspoons cinnamon  
2 ½ teaspoons nutmeg  
12 cups buttermilk, well shaken  
8 eggs, room temperature  
1 cup sugar  
2 ½ teaspoon oil  
2 ½ teaspoon vanilla extract

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Line 2 full-size sheet pans with parchment paper and grease well.
3. In a large bowl, combine dry ingredients: flours, baking powder, baking soda, salt, cinnamon, and nutmeg. Mix well.
4. In a separate bowl, combine wet ingredients: buttermilk, eggs, sugar, oil, and vanilla extract. Whisk well.
5. Gradually add wet ingredients to dry ingredients and mix just until combined. Divide batter between the prepared sheet pans and spread in an even layer. Bake for 15 minutes or until the center is firm.
6. Slice and serve with warm Apple Butter or fresh fruit.

*\*For a buttermilk substitute combine 1 scant cup milk with 1 tablespoon lemon juice or vinegar for each cup needed.*

## HOMEMADE GRANOLA

*Homemade granola is healthier and less expensive than store-bought granola or cereal. Oats contain high amounts of fiber and are excellent as a breakfast food. Serve your granola over yogurt or with milk of your choice. It will keep for up to a week in an airtight container.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 1/4 cup oil  
1 cup honey  
1 tablespoon salt  
1 tablespoon cinnamon  
1/4 cup vanilla extract  
Zest of 1-2 oranges\*  
12 cups rolled oats  
2 cups raisins or dried fruit of choice  
2 cups unsweetened coconut flakes  
(optional)

### DIRECTIONS

---

1. Preheat oven to 325°F.
2. In a saucepan, mix oil, honey, salt, cinnamon, vanilla, and orange zest. Warm mixture on stovetop.
3. In a large bowl, add rolled oats and pour saucepan mixture on top. Mix well.
4. Line 2 full-size sheet pans with parchment paper and spread granola mixture in a very thin layer.
5. Bake for 10-15 minutes or until golden brown, stirring once or twice in between. Remove while still soft—the granola will become crisper as it cools.
6. Transfer cooked oats to a bowl and add raisins and coconut. Stir well. Cool and store in airtight bags or plastic container with a lid.

*\*To zest, scrape off thin colorful skin of the orange with a small grater or microplane.*

## SPINACH CHEDDAR FRITTATA

*This is one of our most customizable dishes. Make this frittata with equal amounts of any cooked vegetables you have on hand, such as broccoli, peppers or potatoes. You can also swap the cheddar cheese for feta, mozzarella or whatever else you have. Not only is the frittata one of the most cost effective dishes we serve, but it's also perfect for breakfast, lunch or dinner!*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

75 eggs  
3 pounds spinach (fresh or frozen, thawed,  
and drained)  
2 onions, diced small  
Up to 8 cups additional cooked vegetables  
(broccoli, peppers, potatoes)  
3 pounds low-fat cheddar cheese,  
shredded and divided

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease two 2-inch hotel pans with oil or vegetable spray and set aside.
3. In a large bowl, crack eggs and beat until frothy. Add spinach, onion, vegetables, and half of the cheese. Mix well.
4. Divide mixture between prepared pans. Scatter the remaining cheese on top. Bake uncovered for 30 minutes or until center is firm.
5. Cut into individually sized pieces and serve.

## TROPICAL MUESLI

Muesli is a great alternative to granola because it requires almost no cooking. We are a nut-free kitchen, but you can add nuts to this recipe if it fits your clients. Feel free to substitute other dried fruit or seeds as you like. You can add ground flax meal for added fiber. Serve this over yogurt, with milk, or simply as is for breakfast or a snack. Muesli will keep for up to a week in an airtight container.

**SERVES 50 ADULTS**

### INGREDIENTS

---

10 cups rolled oats  
1 ½ cups oat bran  
2 cups sunflower seeds  
2 cups pepitas (pumpkin seeds)  
4 teaspoons salt  
1 ½ cups golden raisins  
1 ½ cups dried unsweetened cranberries  
1 ½ cups diced dried unsweetened  
pineapple  
3 cups unsweetened banana chips, broken  
up

### DIRECTIONS

---

1. Preheat oven to 300°F.
2. On full-size sheet trays, toast oats, oat bran, sunflower seeds, and pepitas in the oven, or in a large skillet on a stovetop, just until fragrant, about 5 to 10 minutes. Keep an eye on mixture, as it can burn easily.
3. Once toasted, transfer immediately to a bowl to stop the cooking. Add salt and toss. Add dried fruit and toss to mix thoroughly. Store in airtight bags or plastic container with a lid.



## BANANA FRENCH TOAST CASSEROLE

*This recipe was created to help use up our leftover whole wheat bread and overripe bananas. It is always helpful to have recipes that prevent food waste—they simultaneously cut down costs and enhance your kitchen's sustainability! If your bananas are extra ripe, use less sugar. You can prepare the bread and custard mix in advance and refrigerate overnight to bake the next morning. Serve your Banana French Toast Casserole with fresh or Warm Cooked Fruit (p. 18).*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

4 quarts 1% milk  
48 eggs  
4 quarts mashed overripe bananas (30-32 bananas)  
4 cups brown sugar  
¼ cup vanilla extract  
3 tablespoons ground cinnamon  
2 teaspoons ground nutmeg  
20 quarts leftover whole grain rolls, multigrain bread, or combination cut into 1-inch pieces  
4 cups rolled oats

### DIRECTIONS

---

1. In a large bowl or container, whisk eggs and milk until combined.
2. Add mashed bananas, brown sugar, vanilla, and spices to egg mixture. Stir to combine.
3. Add bread and carefully toss until all bread is thoroughly soaked.
4. Cover and let sit for at least 30 minutes while bread absorbs liquid (or refrigerate overnight).
5. Preheat oven to 350°F and grease two 2-inch hotel pans.
6. Toss bread mixture one more time and divide between hotel pans. Top with oats and cover with foil.
7. Bake for 40-45 minutes. Uncover and bake for an additional 20 minutes until lightly brown on top and center is firm.

## TURKEY SAUSAGE PATTIES

*We use turkey instead of pork in our breakfast patties—it's a healthier alternative that's still full of flavor!*

**SERVES 50 ADULTS**

### INGREDIENTS

---

10 tablespoons salt  
10 tablespoons ground black pepper  
8 tablespoons garlic powder  
7 tablespoons paprika  
7 tablespoons fennel seed  
5 tablespoons brown sugar  
1 tablespoon ground ginger  
12 ½ pounds lean ground turkey  
¼ cup oil

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Line a full-size sheet pan with parchment paper.
3. In a large bowl, mix all spices together. Add ground turkey and oil and mix thoroughly.
4. Shape into 2-ounce flat patties and place on sheet pan.
5. Cook for 20-30 minutes, flipping patties halfway. Watch carefully so that they cook fully (165°F) but don't dry out.

## CINNAMON RICE PUDDING WITH OATS

*This breakfast recipe is a great way to use up leftover cooked rice and is a delicious alternative to traditional oatmeal. It's sure to keep your clients satisfied until lunchtime!*

**SERVES 50 ADULTS**

### INGREDIENTS

---

15 cups leftover cooked brown rice\*  
12 cups 1% milk  
12 cups water  
4 cups rolled oats  
1 ½ cups raisins  
½ cup brown sugar  
4 tablespoons butter  
1 tablespoon cinnamon

### DIRECTIONS

---

1. In a large pot, combine all ingredients.
2. Cook on low heat until oats are cooked and mixture has thickened, about 15-20 minutes.
3. Add more milk or water if mixture seems too thick. It should be an oatmeal consistency.

*\*See our Grain Cooking Guide (p. 102).*

## CORNMEAL PORRIDGE

*This delicious whole grain hot breakfast cereal can be served topped with fresh bananas, strawberries, peaches, or fruit of your choice.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

15 cups water  
1 tablespoon salt, plus more to taste  
6 ½ cups yellow cornmeal or stoneground polenta  
15 cups 1% milk, warmed  
Zest from 1 orange (optional)\*  
2 cups brown sugar  
1 tablespoon cinnamon  
2 teaspoons nutmeg  
3 tablespoons vanilla extract

### DIRECTIONS

---

1. In a large pot, heat water to boiling. Add salt.
2. Reduce heat to medium. Slowly whisk in cornmeal. Add warm milk a little at a time.
3. Add zest, sugar, spices, and vanilla. Whisk continuously to prevent scorching.
4. Simmer for 20-30 minutes, whisking every few minutes until cornmeal is fully cooked and the mixture has thickened.

*\*To zest, scrape off thin colorful skin of the orange with a small grater or microplane.*



## BERRY SAUCE

*This sauce is a healthier alternative to syrup with added sugars. It goes great with French toast, pancakes, and other baked goods. Your sauce can be made with fresh or frozen berries. This recipe requires no cooking and is great for using up leftover fruit.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

10 pounds berries of your choice  
2/3 cup sugar  
2/3 cup orange or lemon juice (fresh or bottled)  
5 teaspoons vanilla extract

### DIRECTIONS

---

1. In a large bowl, combine berries, sugar, juice, and vanilla extract.
2. Using a potato masher or fork, crush the berries several times to release some juice.
3. Cover with plastic wrap and allow to macerate for 20 minutes before serving.

## WARM COOKED FRUIT

*This recipe can be made either on the stove top or in the oven, and the ripeness of the fruit will determine the cook time. Serve with French toast, pancakes or multigrain toast. Keeping the skin on the fruit in this recipe enhances flavor, taste, color and fiber. Like many of our recipes, it's great for using leftover fruit.*

**MAKES APPROXIMATELY 2 GALLONS**

### INGREDIENTS

---

40 pounds fruit of choice, cored and cut into chunks  
¼ pound butter or any oil  
1 cup brown sugar or honey  
2 tablespoons cinnamon  
2 tablespoons vanilla extract  
1 pinch salt  
Zest and juice from 4 oranges or lemons\*

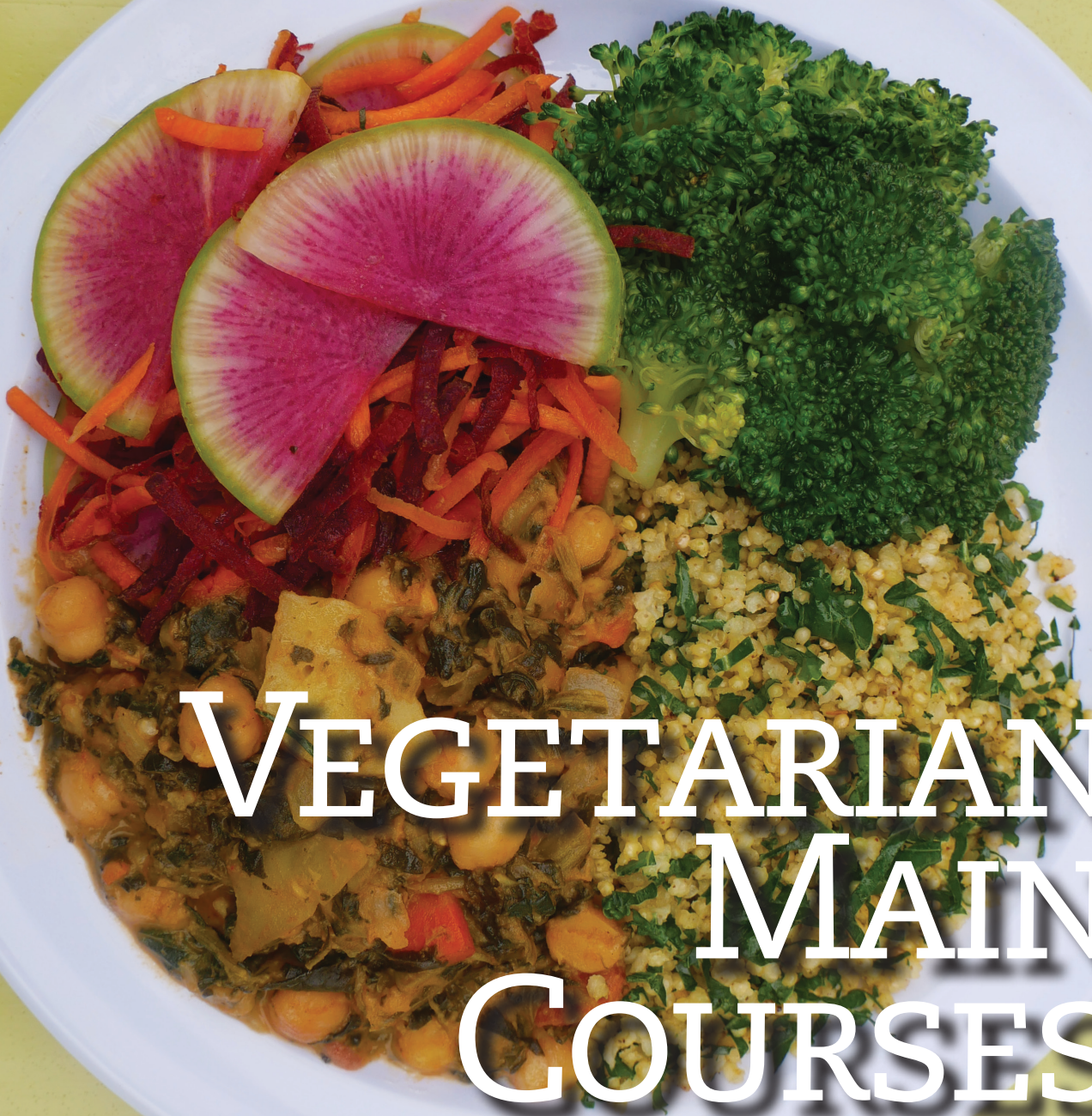
### DIRECTIONS

---

1. To cook stovetop: In a large pot, combine all ingredients.
2. Cook on medium heat for 40-50 minutes. Stir often until fruit is softened and cooked.
3. To cook in the oven: Preheat to 300°F. Combine all ingredients in 4-inch hotel pans and cover with foil. Bake for 1-2 hours or until fruit is soft, stirring occasionally.

*\*To zest, scrape off thin colorful skin of the citrus with a small grater or microplane.*





# VEGETARIAN MAIN COURSES

## STEWED BEANS (HABICHUELAS GUISADAS)

*Habichuelas Guisadas are tasty creamy stew-like bean dish made with our flavorful Sofrito (p. 79) as a base. Serve over any whole grain for a classic combination.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

¾ cup oil  
1 quart Sofrito (p. 79)  
1 quart water  
1 cup tomato paste  
4 #10 cans cooked low-sodium beans of  
choice, drained and rinsed  
1 tablespoon ground black pepper  
Salt, to taste

### DIRECTIONS

---

1. In a large pot, over medium heat add oil and sofrito. Sauté for 5 minutes.
2. Add water and tomato paste and stir. Cook for 5 minutes.
3. Add beans and black pepper. Cook for 20-25 minutes or until sauce thickens. Season to taste with salt.



## CHEF NATASHA'S FRIED RICE

*This recipe was developed for us by Chef and Writer Natasha Li Picowicz. A dynamic dish that features leftover whole grains, wilting greens, odds and ends – basically a fridge-cleaning recipe no two iterations of which ever taste the same. Remove the egg to make it vegan, replace the tofu with a protein of your choice.*

**SERVES 50 ADULTS**

### INGREDIENTS

2 cups oil, divided  
16 medium carrots, small dice  
16 garlic cloves, minced  
8 1-inch knobs ginger, minced  
32 cups leftover cooked or frozen greens (spinach, radish tops, kale, cabbage, turnip greens, swiss chard), roughly chopped  
4 pounds firm or extra-firm tofu, drained, pressed and cubed  
24 cups leftover cooked and cooled grains (brown rice, bulgur barley, farro, or quinoa)\*  
24 eggs  
8 cups frozen peas, defrosted  
4 cups mixed leafy herbs (scallions, cilantro, parsley, mint, chives, or basil), roughly chopped  
½ cup sesame oil  
½ cup low-sodium soy sauce  
Salt, to taste

### DIRECTIONS

1. Preheat a large wide pan over medium-high heat.
2. Add 1 cup oil. Add carrots and sauté over high heat until slightly tender, about 3-5 minutes. Add garlic and ginger and stir gently.
3. Add chopped greens. Sauté over high heat until wilted, about 2 minutes.
4. Push the cooked vegetables to the sides of the pan, add ½ cup of oil. Sauté the tofu until golden brown.
5. Add the remaining ½ cup oil to the pan. Add the grains let fry, untouched, for about 3-4 minutes. The grains will hiss and pop. Reduce the heat slightly if it is crisping too quickly.
6. In a large bowl, beat eggs until frothy.
7. Push everything to the sides of the pan, creating a small well, and reduce heat to medium-low. Pour the eggs in the well and stir gently to quickly cook, less than a minute. Mix well to combine.
8. Add the green peas, herbs, sesame oil, and soy sauce. Gently mix to combine. Season to taste with salt.

\*See our Grain Cooking Guide (p. 102).

## SQUASH AND LEEK LASAGNA

*Our Vegetable Lasagna is a delicious meatless alternative to the classic. It is loaded with fresh vegetables and a simple cream sauce. Our most popular version uses leeks and butternut squash, however, any fresh vegetable will do! Consider adding zucchini, mushrooms, spinach, or anything in season. Use your favorite brand of either fresh or dry pasta (no pre-boiling necessary!).*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

12 pounds winter squash, thinly sliced  
¼ cup oil  
2 pounds fresh or dried lasagna sheets  
1 pound butter  
12 pounds leeks, chopped and washed  
(white and light green parts only)  
2 cups all-purpose flour  
2 quarts 1% milk  
¼ cup thyme or rosemary, dried or fresh  
2 tablespoons ground nutmeg  
¼ cup ground black pepper

3 quarts low-fat ricotta cheese  
1 pound low-fat mozzarella cheese,  
shredded

### DIRECTIONS

1. Preheat oven to 350°F.
2. Grease two 2-inch hotel pans with oil or cooking spray.
3. In a large bowl, toss squash with oil and season with salt and pepper. Spread evenly between 4 sheet trays and roast for 20 minutes or until tender.
4. In a large pot, over medium heat, melt butter. Add leeks and cook, stirring often until soft, about 10 minutes.
5. Sprinkle flour over leeks. Stir well. Cook stirring constantly for 5 minutes. Reduce heat and slowly whisk in milk, and continue to cook for 10 minutes.
6. Add ricotta, thyme, nutmeg, and ground black pepper. Remove from heat and add the roasted squash and mix to combine.
7. Assemble lasagna in hotel pans by layering noodles, creamed squash and repeat to create a second layer. , sauce, and mozzarella in hotel pans. Top with mozzarella cheese.
8. Cover with plastic wrap and then foil, making sure to seal completely. Bake for 50 minutes. Uncover and bake for 10 minutes or until brown.

## BLACK BEAN AND SWEET POTATO CHILI

*A hearty vegetarian twist on a familiar favorite—your clients won't miss the ground meat. This can be made using a stovetop, tilt skillet, or steam kettle.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

¼ cup oil  
5 onions, diced  
1 bunch celery, sliced thinly  
½ cup minced garlic  
8 pounds unpeeled sweet potatoes, 1-inch dice  
5 bell peppers, diced  
½ cup chili powder  
¼ cup paprika  
2 tablespoons oregano  
Salt and ground black pepper, to taste  
3 #10 cans low-sodium black beans, drained and rinsed  
1 cup tomato paste  
1 #10 can low-sodium chopped tomatoes

### DIRECTIONS

---

1. In a large skillet, heat oil.
2. Sauté onions, celery, garlic in oil until onions are soft.
3. Add sweet potatoes, bell peppers, chili powder, paprika, oregano, salt, and pepper. Cook until peppers soften.
4. Add tomato paste, chopped tomatoes, and enough water to cover potatoes.
5. Simmer and cook for one hour until potatoes are soft. Add beans and adjust water and seasoning to taste.



## BROCCOLI CHEDDAR QUICHE

*This quiche is one of our most popular dishes. Get creative and use what you have—it's also delicious made with spinach, mozzarella cheese, or feta cheese.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

2 tablespoons oil  
3 onions, diced  
3 green or red bell peppers, diced  
10 pounds broccoli, cut into florets and  
blanched  
72 eggs  
1 quart (4 cups) 1% milk  
2 pounds low-fat cheddar cheese,  
shredded  
2 tablespoons salt  
2 tablespoons ground black pepper  
9 10-inch whole wheat pie shells

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. In a medium pan, heat oil. Sauté onions and peppers until onions become slightly translucent and peppers softens, about 7 minutes. Set aside.
3. In a large bowl, break eggs and whisk until frothy. Add milk, cheese, onions, peppers, broccoli, salt, and black pepper.
4. Evenly divide filling among pie shells and cook for 30-40 minutes until center is firm. Cool and divide each quiche into 6 slices.

## BUTTERNUT SQUASH MACARONI AND CHEESE

*Who doesn't love macaroni and cheese? It's an absolute favorite amongst clients. Butternut squash, which matches cheddar in color and is almost undetectable, adds a tremendous amount of nutrient density to this dish.*

**MAKES 3 HOTEL PANS**

### INGREDIENTS

---

6 pounds butternut squash  
½ cup oil  
Salt, to taste  
Ground black pepper, to taste  
6 ½ cups 1% milk  
7 pounds whole wheat elbow macaroni  
10 tablespoons butter  
5 teaspoons garlic powder  
5 teaspoons paprika  
6 pounds low-fat cheddar, shredded and divided

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease three 2-inch hotel pans.
3. Cut butternut squash in half and remove seeds. Drizzle with oil and season with salt and black pepper. Roast for 45-50 minutes or until fork-tender. Set aside until cool. Once cooled, remove skin and add squash to a large bowl. Add milk and puree until smooth.
4. Cook pasta according to package directions.
5. In a large pot, heat butter, garlic powder, paprika, and salt and black pepper. Add butternut squash and milk mixture, and, once warm, add all but 1 pound of cheese. Stir until melted. Add cooked pasta. Combine well and season to taste.
6. Divide into hotel pans. Top with remaining cheese, cover with foil, and bake for 20 minutes. Uncover and bake for additional 10 minutes or until golden brown.

## CAULIFLOWER CHICKPEA BULGUR WHEAT BAKE

*This is a satisfying and hearty vegetarian casserole. The addition of melted cheese makes it a crowd pleaser. Feel free to swap and add your favorite spices and herbs—we love adding a bit of curry powder to the roasted cauliflower for some added color and flavor.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

10 heads cauliflower, cut into florets  
½ cup minced garlic  
4 tablespoons dried basil  
4 tablespoons dried oregano  
1 cup oil  
30 cups cooked bulgur wheat\*  
2 #10 cans low-sodium chickpeas, drained  
and rinsed  
12 cups shredded low-fat cheddar or  
mozzarella cheese  
2 cups grated parmesan cheese

### DIRECTIONS

---

1. Preheat oven to 350°F. Grease two 4-inch hotel pans.
2. Divide and toss cauliflower with garlic, basil, oregano, and oil in the hotel pans. Roast for 30 minutes.
3. Mix cauliflower with cooked bulgur wheat, chickpeas, and shredded cheese. Top with parmesan cheese.
4. Cover with foil. Bake for 20-30 minutes.
5. Remove foil and plastic wrap. Bake uncovered for an additional 10 minutes or until golden on top.

\*See our *Grain Cooking Guide* (p. 102).

## EGGPLANT PARMESAN

*This is a familiar vegetarian dish. We make it with fresh eggplant that is pre-baked rather than breaded and fried. Breadcrumbs are sprinkled between the layers to mimic the traditional texture.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

10 medium eggplants  
3 cups oil, plus more as needed  
Salt, to taste  
1 tablespoon ground black pepper  
½ cup dried oregano  
1 #10 can low-sodium tomato sauce,  
divided  
4 cups breadcrumbs, divided  
8 cups shredded low-fat mozzarella cheese,  
divided  
4 cups grated parmesan cheese, divided

### DIRECTIONS

---

1. Preheat oven to 325°F.
2. Slice eggplant into ½-inch slices, leaving skin on. In batches, toss slices in oil and lay them on full-size sheet pans lined with parchment paper, wax paper, or foil. Sprinkle eggplant with small amount of salt, black pepper, and dried oregano.
3. Bake in oven for 15-20 minutes or until just golden brown.
4. Remove from oven and coat bottom of two 2-inch hotel pans with thin layer of tomato sauce. Lay eggplant on top of sauce, closely but not overlapping.
5. In each pan, sprinkle 1 cup breadcrumbs over eggplant evenly. Sprinkle 2 cups mozzarella over breadcrumbs. Sprinkle 1 cup parmesan cheese over mozzarella. Add another layer of sauce.
6. Make one more layer of all ingredients: eggplant, breadcrumbs, mozzarella, then parmesan cheese.
7. Cover each pan with foil and bake for 15-20 minutes. Remove foil and bake for another 5-7 minutes until bubbling hot and golden brown on top.

## LEMONY WHITE BEANS, CARROTS, AND SPINACH

*This is a great Italian version of a legume entrée. Keep in mind, it can be difficult to find low-sodium canned white beans. If that is the case, you can cook about 10 pounds of dried white beans ahead of time. Leave the peels on the carrots. Serve this as a side or over rice as a main dish.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

2 cups oil  
4 medium onions, diced  
1 cup minced garlic  
20 medium carrots, diced small  
1 bunch celery, sliced thinly  
4 bell peppers, diced small  
1 cup tomato paste  
3 tablespoons dried oregano  
3 tablespoons dried basil  
4 #10 cans low-sodium white beans,  
drained and rinsed  
2 quarts water  
Salt and ground black pepper, to taste  
6 pounds fresh baby spinach  
Zest and juice of 4 to 6 lemons\*

### DIRECTIONS

---

1. In a large pot, heat oil. Sauté onions and garlic for 2-3 minutes until transparent. Add carrots, celery, and bell peppers. Cook for 5 minutes until bell peppers and celery begin to soften.
2. Add tomato paste, oregano, and basil to pot. Cook for 1 minute. Add beans and water and bring to a simmer. Cook for 30 minutes until carrots are very tender and flavors develop. Season with salt and black pepper.
3. Add spinach to pot and cook for another 3-5 minutes.
4. Add lemon zest and juice and adjust seasoning to taste. Add water if mixture is too thick.

*\*To zest, scrape off thin colorful skin of the lemon with a small grater or microplane.*

## LENTIL STEW WITH CARROTS AND TURNIPS

*This is one of our favorite ways to use turnips, which are a New York State winter storage vegetable. Even our 3-year-old early childhood students love this stew. Serve with rice, bulgur wheat, or whole grain of your choice. The chicken sausage is optional—remove to make a quick and easy plant-based entrée.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

½ cup oil  
4 onions, diced  
1 bunch celery, sliced thinly  
½ cup minced garlic  
4 bell peppers, diced  
4 pounds chicken sausage, sliced (optional)  
2 bay leaves  
¼ cup dried oregano  
10 medium carrots, 1-inch rounds  
10 turnips, 1-inch diced  
3 ½ pounds (about 9 ½ cups) dried lentils  
1 ½ cups tomato paste  
2 gallons water  
1 bunch parsley, chopped  
Salt, to taste

### DIRECTIONS

---

1. In a large pot, add oil and sauté onions, celery, and garlic until transparent.
2. Add bell peppers and chicken sausage (if using). Cook for 10 minutes.
3. Add bay leaves, oregano, carrots, turnips, lentils, tomato paste, and water. Cook for 1 ½ hours until lentils and vegetables are tender, stirring frequently. Add parsley and season with salt to taste.

## PENNE WITH WHITE BEANS, EGGPLANT, AND TOMATOES

*The white beans in this dish add protein and make it a well-rounded main course. Keep in mind, it can be difficult to find low-sodium canned white beans. If that is the case, you can cook about 10 pounds of dried white beans ahead of time. The eggplant could be roasted to further develop its flavors.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

2 cups oil  
12-16 eggplants, 1-inch diced  
4 onions, diced  
6 bell peppers, diced  
10-12 cloves garlic, sliced thinly  
1 #10 can low-sodium crushed tomatoes  
1 #10 can low-sodium cannellini (white kidney) beans, drained and rinsed  
1 bunch fresh basil or parsley, chopped  
Salt and ground black pepper, to taste  
4 pounds whole wheat penne, cooked and drained

### DIRECTIONS

---

1. In a large pan, heat oil over low heat. Sauté eggplant, onions, peppers, and garlic until lightly browned.
2. Add tomatoes and bring to a simmer. Cover and cook until eggplant is very tender, about 15 minutes.
3. Add beans and simmer until heated through. Stir in basil or parsley and season with salt and black pepper.
4. Add cooked penne to sauce and stir.



## ROTINI WITH SPINACH, CHICKPEAS, AND GARLIC

*The addition of lemon to this pasta significantly brightens up the dish. We recommend using fresh spinach in this dish for color and flavor, but you can swap for frozen if it's what you have.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 cup oil  
4 onions, diced small  
½ cup minced garlic  
4 pounds whole wheat rotini, cooked and drained  
1 #10 can low-sodium chickpeas, drained and rinsed  
7 ½ pounds spinach (fresh or frozen, thawed, and drained)  
¾ cup lemon juice (fresh or bottled), plus more to taste  
2 ½ cups grated parmesan cheese  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large pan, heat oil. Sauté garlic and onions for 2 minutes until lightly browned.
2. Add pasta, chickpeas, spinach, lemon juice, and parmesan. Season with salt and pepper and toss well to combine.

## VEGETABLE BIRYANI WITH CHICKPEAS

*Biryani is an aromatic Indian rice dish. Although it is frequently made with meat, it is equally delicious as a vegetarian option, and a great way to use any leftover vegetables you have in your kitchen. Feel free to use a blend of grains (we love brown rice and bulgur).*

**SERVES 50 ADULTS**

### INGREDIENTS

---

5 pounds brown rice  
¾ cup oil  
2 onions, diced  
½ cup minced ginger  
¼ cup minced garlic  
3 pounds sweet potatoes, diced  
4 large carrots, diced  
2 heads cauliflower, stemmed and cut into  
1-inch pieces  
3 tablespoons mild curry powder  
1 tablespoon ground turmeric  
1 tablespoon cinnamon  
2 teaspoons cumin  
3 bay leaves  
1 #10 can low-sodium diced tomatoes  
1 #10 can low-sodium chickpeas, drained  
and rinsed  
2 pounds frozen green peas, thawed

### DIRECTIONS

---

1. Cook brown rice and divide between two 4-inch hotel pans.\*
2. In a large pot, heat oil. Add onions and ginger. Cook for 7-10 minutes until translucent and fragrant. Add garlic and stir for 1 minute.
3. Add sweet potatoes, carrots, cauliflower, spices, and bay leaves. Cook for 15-20 minutes, until vegetables are tender. Add tomatoes and bring to a boil. Add chickpeas and green peas.
4. Divide sauce and vegetable mixture between each hotel pan. Distribute evenly and mix thoroughly with rice.

*\*See our Grain Cooking Guide (p. 102).*

## LINGUINE WITH CREAMY SPINACH BASIL PESTO, ASPARAGUS, AND PEAS

Spring is asparagus season. Asparagus can be expensive, even in-season, but as part of a vegetarian entrée, this dish is still affordable to serve.

SERVES 50 ADULTS

### INGREDIENTS

---

1 ½ gallons Spinach Basil Pesto (p. 82)  
1 ½ pounds skim milk ricotta cheese  
Zest of 2 lemons with juice\*  
5 pounds whole wheat linguine  
5 pounds fresh asparagus, tough ends  
cut off (about 2 inches), chopped into  
1-inch pieces  
4 pounds green peas, frozen  
Salt and ground black pepper, to taste

*\*To zest, scrape off thin colorful skin of the lemon with a small grater or microplane.*

### DIRECTIONS

---

1. In a large bowl, combine pesto and ricotta. Stir until smooth. Set aside.
1. Bring a large pot of salted water to a boil with enough room for pasta, peas, and asparagus.
2. Cook linguine according to package instructions. When 2 minutes remain, add asparagus and peas. Cook for an additional 1-2 minutes until vegetables are bright green and just cooked.
3. Strain pasta but reserve 3 cups pasta water.
4. Put pasta and vegetables into a bowl. Pour pesto and ricotta mixture over pasta. Toss well to combine.
5. If needed, mix in some of reserved pasta water to make a smoother consistency.
6. Season with salt and black pepper.

## MOROCCAN CHICKPEA AND CHARD STEW

*This stew can be served hot over bulgur wheat, barley, or brown rice. It's another one of our most versatile dishes—you can use any veggies you have on hand. Your clients will certainly walk away from this meal satisfied and nourished!*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 cup oil  
2 medium onions, diced  
½ cup minced garlic  
3 tablespoons minced ginger  
1 ½ tablespoons turmeric  
1 ½ tablespoons paprika  
1 ½ tablespoons cinnamon  
1 ½ tablespoons cumin  
¼ cup tomato paste  
5 pounds swiss chard, stems and leaves  
separated and chopped  
6 medium carrots, diced  
3 heads cauliflower, cut into bite-sized  
pieces  
2 #10 cans low-sodium chickpeas, drained  
and rinsed  
1 #10 can low-sodium crushed tomatoes  
½ pound raisins (optional)  
1 bunch cilantro, chopped  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large pot, heat oil over medium heat.
2. Add onion, garlic, and ginger. Cook for 5 minutes until softened and fragrant. Add dry spices and cook for additional 2 minutes.
3. Add tomato paste and stir for 2 minutes until slightly browned. Add chard stems, carrots, and cauliflower and continue to cook. Stir for 10 minutes.
4. Add chickpeas and tomatoes to the pot. Bring to a simmer and cook over low heat for 30-45 minutes. Add more water, as needed.
5. Add raisins, chard leaves, and cilantro. Cook for 5 minutes. Adjust seasoning to taste.

## TOFU AND BROCCOLI CURRY

*Tofu is a protein dense alternative to meat. When tucked into a flavorful curry, it's sure to be a crowd pleaser.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

8 pounds firm tofu, patted dry and cut into 1-inch cubes  
¾ cup oil, divided  
1 ½ cups minced garlic  
1 cup minced ginger  
2 onions, diced  
1/3 cup curry powder  
3 tablespoons ground cumin  
3 tablespoons ground turmeric  
6 carrots, chopped  
4 bell peppers, seeded and chopped  
5 pounds broccoli, cut into florets and stems  
3 #10 cans coconut milk  
½ cup lemon or lime juice (fresh or bottled)  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Preheat oven to 325°F.
2. Cover two full-size sheet pans with aluminum foil or parchment paper. Oil both sheet pans with 1/4 cup oil. Place tofu on sheet pans and bake for 20-25 minutes. Tofu will be very lightly browned and lose much of its liquid.
3. In large pot, heat remaining oil. Sauté garlic, ginger, and onions until fragrant and transparent. Add curry, cumin, and turmeric. Cook for 1 additional minute.
4. Stir in carrots, bell peppers, and broccoli. Add tofu and stir to combine. Add coconut milk and lemon or lime juice. Stir well and cover.
5. Reduce heat to medium and cook for 20 minutes or until all vegetables are tender. Season with salt and pepper.
6. Serve with brown rice.

## LENTIL MUSHROOM SHEPHERD'S PIE

*Our version of this classic casserole swaps in hearty mushrooms and lentils for the traditional ground meat. We add parsnips to our potato mash for a touch of sweetness and love adding any leftover vegetables or greens to the filling mix. If you'd like to make this dairy-free, swap the milk and butter in the mash with some of the water used to cook the potatoes.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

8 pounds potatoes, cut into 1-inch pieces,  
and rinsed  
4 pounds parsnips, cut into 1-inch pieces  
8 tablespoons butter, melted  
2 cups 1% milk  
Salt, to taste  
8 cups brown lentils  
¼ cup oil  
4 onions, diced  
½ cup minced garlic  
1 bunch celery, diced  
5 carrots, diced  
4 pounds mushrooms, sliced  
½ cup all-purpose flour  
6 cups water, plus more as needed  
¼ cup tomato paste  
¼ cup dried or fresh rosemary, chopped  
¼ cup dried or fresh thyme  
8 cups frozen peas  
Salt and ground black pepper, to taste

### DIRECTIONS

1. Preheat oven to 350°F.
2. In a large pot, boil potatoes and parsnips until soft. Strain and transfer to a large bowl.
3. Add butter and milk. Using a masher or mixer with paddle attachment, puree until smooth. Season with salt to taste and set aside.
4. Bring a medium pot of water to a boil. Add lentils and cook until tender. Drain and set aside.
5. In a large skillet, heat oil over medium. Add onions and garlic and cook until soft, about 4 minutes. Add celery, carrots, and mushrooms and cook, stirring occasionally, until soft, 8 to 10 minutes.
6. Add flour and stir until the vegetables are fully coated. Add water and scrape up any browned bits stuck to the bottom of the pan. Add lentils, tomato paste, rosemary, thyme, and peas; stir to combine. Reduce heat to low and let the mixture cook until the sauce thickens, about 5 minutes. Season with salt and pepper.
7. Divide the filling between two 2-inch hotel pans. Spread potato-parsnip mash evenly over the top. Bake for 40 minutes until the sauce bubbles around the edges and the top starts to brown.

## WHOLE WHEAT VEGGIE PIZZA

*This pizza dough can be made in a large mixer or by hand. If making by hand, make sure to knead thoroughly. Homemade pizza is usually healthier and more delicious than its store-bought alternative. We love topping our pizzas with any seasonal or leftover vegetables we have in the kitchen.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

#### **Dough**

6 cups lukewarm water  
3 tablespoons dry active yeast  
6  $\frac{3}{4}$  cups bread flour  
4  $\frac{1}{2}$  cups whole wheat flour  
3 tablespoons salt  
 $\frac{3}{4}$  cups olive oil, divided, plus more for greasing

#### **Toppings**

6 cups canned low-sodium crushed tomatoes or tomato sauce, divided  
9 cups shredded low-sodium mozzarella cheese, divided  
9 cups blanched or roasted vegetables, such as broccoli, bell peppers, or mushrooms

### DIRECTIONS

---

1. In the bowl of a stand mixer, combine the water and yeast. Let stand for 10 minutes until foamy.
2. Add both flours and mix to combine. Add salt and knead, using the mixer's hook attachment, until dough pulls away from sides of the bowl, about 8 minutes.
3. Transfer the dough to a large well-oiled bowl and cover with plastic wrap. Let rise until doubled in size, about 2 hours.
4. Line 3 half-size sheet pans with parchment and grease with oil. Divide the dough into 3 pieces and carefully press into each pan until dough stretches to the edges. Brush  $\frac{1}{4}$  cup olive oil over the top of each dough and cover with plastic wrap. Let rise for 1 hour.
5. Preheat oven to 375°F.
6. Top each dough with tomato sauce, mozzarella, and vegetables.
7. Bake for 15 minutes.



## PASTEL AZTECA

Our flavorful Pumpkin Seed Salsa Verde (p. 78) is layered with a blend of fresh and frozen vegetables, beans, and corn tortillas to make this tasty Mexican casserole.

MAKES 2 HOTEL PANS

### INGREDIENTS

---

4 tablespoons oil  
2 medium onions, diced  
10 cloves garlic, chopped  
2 green peppers, diced  
10 pounds zucchini, ½-inch diced  
6 pounds frozen corn, thawed  
4 cups cooked black beans, drained and rinsed  
4 quarts Pumpkin Seed Salsa Verde (p. 78)  
Salt and pepper, to taste  
32 corn tortillas  
6 pounds low-fat mozzarella cheese, shredded  
3 cups buttermilk, well shaken\*

*\*Substitute buttermilk with plain low-fat yogurt, thinned with a bit of milk.*

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. In a large pot over medium heat add oil. Add onion and garlic and sauté for 5 minutes until transparent.
3. Add zucchini and pepper and cook 10-15 minutes or until zucchini is slightly tender.
4. Add corn and beans continue to cook for 5 minutes. Add salsa verde and mix well. Season to taste with salt and pepper.
5. Grease two 2-inch hotel pans with oil and place 8 tortillas as a base in each. Using a slotted spoon, divide and spoon half of the filling (approximately 3 quarts per pan) and sprinkle half of the cheese (approximately 3 cups per pan) on top of the tortillas.
6. Use the remaining tortillas and filling to create a second layer. Divide and pour the buttermilk ovetop and top with remaining cheese. Cover with aluminum foil.
7. Bake for 40 minutes. Remove foil and continue to cook for an additional 10 minutes or until golden brown. Allow to rest for at least 10 minutes before serving.



THE  
TEACHING  
KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE

# POULTRY, MEAT & FISH Main Courses





## PASTELÓN

*Pastelón (Ripe Plantain Casserole) is a perfect balance of both sweet and savory flavors. Traditionally made with layers of thinly-sliced sweet plantains, ground beef, and cheese. Our vegetable-packed version is made with a blend of potato and sweet parsnip puree with a flavorful mixed vegetable filling and topped with melted cheese. You can substitute eggplant for the chayote squash, and add any other vegetable blend to make it seasonal.*

### MAKES 2 HOTEL PANS

#### INGREDIENTS

---

9 pounds potatoes, large dice  
9 pounds parsnips, large dice  
3 cups 1% milk  
½ pound butter  
½ cup oil  
8 pounds ground turkey  
2 pounds onions, diced  
2 tablespoons paprika  
2 tablespoons oregano  
2 tablespoons cumin  
3 cups Sofrito (p. 79)  
2 cups tomato paste  
2 pounds carrots, diced  
2 pounds chayote squash, diced  
2 cups water  
6 pounds spinach (fresh or frozen, thawed,  
and drained)  
Salt and ground black pepper, to taste  
8 cups shredded low-fat mozzarella cheese

#### DIRECTIONS

---

1. Preheat oven to 350°F.
2. In a large pot over high heat, cook potatoes and parsnips with enough water to cover until tender. Strain and mash with milk and butter using a masher or mixer with paddle attachment.
3. In a separate pot over medium heat, heat oil. Add turkey and cook for 30 minutes or until browned. Add onions and cook for 5 minutes. Add spices, sofrito, and tomato paste and cook for 5 minutes, making sure to dissolve the paste.
4. Add carrots, squash, and water and cook over low heat for 15 minutes or until vegetables are tender. Add spinach and cook until wilted. Season to taste with salt and pepper.
5. To assemble, in two 2-inch hotel pans, layer about ½-inch of the potato and parsnip mixture at the bottom of the pan. Add stewed meat, about 4 quarts, and spread evenly. Repeat with another layer of the potato and parsnip mixture. Top with mozzarella cheese.
6. Cover with foil and bake for 25 minutes. Remove foil and continue to cook an additional 10 minutes or until golden brown.

## BULGUR WHEAT CON POLLO

*We swapped the traditional rice in arroz con pollo for bulgur wheat, a chewy grain with a nutty flavor that pairs well with the vegetables and spices in this dish. We toss fresh spinach in at the end to add a more color and nutrients.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

5 pounds bulgur wheat  
1/3 cup oil  
10 pounds boneless skinless chicken  
    thighs, cut into 1-inch pieces  
1/4 cup paprika  
4 onions, diced  
4 green bell peppers, diced  
1 cup tomato paste  
1 cup Sofrito (p. 79)  
4 pounds frozen corn, thawed  
1/3 #10 can roasted red peppers, drained  
    and diced  
1 bunch cilantro, chopped  
5 pounds fresh baby spinach  
Salt, to taste

### DIRECTIONS

---

1. Cook bulgur wheat and set aside. \*
2. In a large pan, heat oil. Add chicken and paprika and sauté for 10 minutes.
3. Add onions, green peppers, sofrito, and tomato paste. Cook for 10 minutes, until vegetables soften, stirring frequently.
4. Add bulgur, roasted peppers, corn, and cilantro. Cook for 5 minutes.
5. Toss in baby spinach and mix well. Season to taste with salt.

*\*See our Grain Cooking Guide (p. 99).*

## CHICKEN CACCIATORE

*To add some creativity and new flavors to your chicken cacciatore recipe, try this one with the addition of celery, carrots, and peppers! We use boneless thighs for this recipe because they can be a cheaper, juicier, and more flavorful cut, but you could also use breasts or bone-in thighs.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

25 pounds boneless skinless chicken thighs  
2 tablespoons salt, plus more to taste  
1 tablespoon ground black pepper  
1 cup oil  
2 onions, diced  
1 bunch celery, sliced thinly  
½ cup minced garlic  
3 carrots, chopped  
5 pounds mushrooms, sliced  
3 green bell peppers, diced  
2 #10 cans low-sodium diced tomatoes  
¼ cup dried basil  
¼ cup dried oregano  
2 bunches fresh parsley, chopped

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Season chicken with salt and pepper and lightly coat with ½ cup oil. Place chicken evenly on full-size sheet trays. Roast in oven for 20-30 minutes.
3. In a large skillet, heat ½ cup oil on medium. Add onions, celery, and garlic and sauté until vegetables are tender.
4. Add chicken and remaining ingredients, except parsley. Cover and simmer for 20 minutes, or until chicken has an internal temperature of 165°F. Add parsley and season to taste with salt.

## BAKED FISH WITH CORN AND POTATO SAUCE

*We're always looking for ways to keep our fish hot and moist. This corn and potato sauce allows the fish to retain moisture. In addition, it's flavorful, nutrient dense, and rich!*

**SERVES 50 ADULTS**

### INGREDIENTS

---

12 ½ pounds cod or pollack filets  
1 ⅔ cup oil, divided  
1 ⅓ cup minced garlic, divided  
¼ cup dried oregano  
3 ½ tablespoons paprika, divided  
⅓ pound butter  
3 onions, diced  
2 red bell peppers, diced  
1 bunch celery, sliced thinly  
5 carrots, shredded  
1 ½ tablespoons dried thyme leaves  
¾ cup all-purpose flour  
1 ½ quarts 1% milk, heated  
1 ½ quarts water, heated  
3 bay leaves  
6 pounds yellow potatoes, diced  
4 pounds frozen corn, thawed  
1 cup half and half (optional)  
2 bunches scallions or chives (optional)  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Line full-size sheet trays with parchment paper.
3. Place fish on trays and season with 1 cup oil, 1 cup garlic, oregano, and 2 tablespoons paprika.
4. Bake fish for 7-10 minutes until it has an internal temperature of 145°F.
5. Heat butter and ⅔ cup oil in a large pot. Sauté onion, ⅓ cup garlic, red bell peppers, celery, and carrots.
6. Add thyme leaves, 1 ½ tablespoons paprika, and black pepper. Sprinkle flour on sautéed vegetables.
7. Stir for 5 minutes to lightly cook flour. Do not brown.
8. Slowly add hot milk and water, stirring constantly. Add bay leaves. Bring to a simmer.
9. Add potatoes and corn. Cook until potatoes are tender, stirring frequently. Five minutes before serving, add half and half, if using, followed by scallions or chives (if using). Bring to a simmer. Season to taste with salt and pepper.
10. Ladle sauce over fish and serve.



## CHICKEN PUMPKIN STEW

*This is a hearty gingery dish for the colder months when winter squashes are in season. Use whatever squash (or potatoes!) you have on hand. We do not peel our butternut squash because the peel contains lots of fiber and softens upon cooking. We substitute sweet potatoes when they're in season, which also speeds up prep and cook time. Serve this dish with brown rice or your grain of choice.*

**SERVES 50 ADULTS**

### INGREDIENTS

15 pounds boneless skinless chicken thighs, cut into 1-inch pieces  
2 tablespoons salt, plus more to taste  
3 tablespoons ground black pepper, plus more to taste  
¾ cup vegetable oil  
6 green or red bell peppers, diced  
4 onions, diced  
1 bunch celery, diced  
1 cup minced garlic  
1 cup peeled and minced ginger  
½ cup tomato paste  
½ cup oregano  
⅓ cup paprika  
8 pounds squash, seeded, unpeeled, diced  
1 #10 can low-sodium diced tomatoes  
Water, as needed  
2 bunches cilantro, chopped (optional)

### DIRECTIONS

1. Season chicken thighs with salt and pepper. Heat oil in a large pot. Add chicken and cook until browned, about 10 minutes.
2. Add peppers, onions, celery, garlic, and ginger and sauté until tender, about 10 minutes.
3. Add tomato paste, oregano, and paprika, and cook until fragrant, 2 minutes.
4. Add canned tomatoes, squash, and enough water to keep mixture wet and avoid sticking. Bring to a simmer. Cover.
5. Simmer for 30-40 minutes, stirring frequently until chicken has an internal temperature of 165°F and squash is very tender and forms a thick sauce. Add cilantro and season with salt and pepper.

## COCONUT CURRY AND SWEET POTATO BAKED FISH

*Coconut curry keeps fish hot and moist. Sweet potatoes are high in Vitamin A, making this dish nutrient dense and delicious.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

12 ½ pounds cod or pollack  
Salt and ground black pepper, to taste  
6 tablespoons oil  
3 tablespoons minced garlic  
2 large onions, diced  
4 stalks celery, sliced thinly  
4 pounds sweet potatoes, washed and  
1-inch diced  
2 bell peppers, diced small  
1 ½ tablespoons mild curry powder  
3 #303 (15 ounce) cans unsweetened  
coconut milk  
1 tablespoon brown sugar  
1 ½ cups water  
¼ cup chopped cilantro, chopped  
¼ cup lime or lemon juice (fresh or bottled)

### DIRECTIONS

---

1. Preheat oven to 325°F.
2. Place fish on parchment-lined sheet trays and lightly season with salt, black pepper, and oil.
3. In a large pan, sauté garlic, onions, and celery in oil. Add sweet potatoes and bell peppers. Cook for 10 minutes.
4. When vegetables begin to soften, add curry powder and cook for 2 minutes. Add coconut milk, brown sugar, and water. Simmer until sweet potatoes are tender, about 30 minutes.
5. Add cilantro to sauce and cook for 5 minutes, stirring well. Finish with lime or lemon juice.
6. While sauce is cooking, bake fish for 7 minutes or until it has an internal temperature of 145°F. Top with ½ cup sauce and serve.

## HEALTHIER TUNA SALAD

*This tuna recipe is made with yogurt and less mayonnaise than typical recipes, which makes for a healthier version of a tuna salad. Yogurt is lower in fat and calories with more probiotics and protein, all without compromising flavor.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

14 pounds canned tuna, drained  
4 cups low-fat plain yogurt  
4 cups low-fat mayonnaise  
1 cup pickle relish  
½ cup lemon juice (fresh or bottled)  
3 onions, diced small  
1 bunch celery, sliced thinly

### DIRECTIONS

---

1. Mix all ingredients in a large bowl.
2. Chill and serve.

## BAKED FISH WITH LEMON AND GARLIC

*This is a light and flavorful way to prepare any fish while enhancing its flavor. If you'd like, you can put the oil, lemon juice, garlic, and parsley into a blender and make a sauce.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 ½ cups oil  
1 ½ cups lemon juice (fresh or bottled)  
1 cup minced garlic  
2 bunches parsley, chopped  
12 ½ pounds salmon or cod, in 4 ounce portions

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Combine oil, lemon juice, garlic, and chopped parsley in a bowl.
3. Toss fish in half the marinade, reserving the rest.
4. Place fish on lined and greased sheet pans. Cook for 7-10 minutes until it has an internal temperature of 145°F.
5. Drizzle or brush remaining marinade over cooked filets.

## SPAGHETTI CARBONARA WITH TURKEY BACON AND GREEN PEAS

*This recipe is a perfect way to use less meat without sacrificing flavor. This is an easy way to transition into serving smaller meat portions.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

5 pounds whole wheat spaghetti  
1 cup oil  
3 pounds low-sodium turkey bacon, cut  
into 1-inch pieces  
½ cup minced garlic  
4 pounds frozen green peas  
3 pounds part-skim ricotta  
2 ½ quarts 1% milk  
5 pounds arugula or baby spinach  
½ pound grated parmesan cheese

### DIRECTIONS

---

1. Boil enough water to cook spaghetti. Add spaghetti to boiling water and cook until just al dente. Drain, reserving some of the pasta water, and keep warm.
2. In a large saucepan, heat oil. Sauté turkey bacon and garlic for 2 minutes. Add peas and stir to break up clumps.
3. In a separate bowl, combine ricotta and milk. Pour mixture slowly over other ingredients and cook on medium heat until peas are just done, stirring frequently. Do not simmer or boil. Add pasta and mix well.
4. Add greens and parmesan. Thin with pasta water, as needed. Toss to combine well.

## CHICKEN STIR-FRY

*Typically, this dish is served with brown rice. It's a good way to use surplus vegetables, so get creative and use whatever you have on hand.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

¾ cup oil  
13 pounds boneless skinless chicken thighs, cut into ½ inch by 2-inch strips  
½ cup minced garlic  
½ cup minced ginger  
2 onions, diced  
5 bell peppers, cored and cut into strips  
4 large carrots, sliced thinly  
10 pounds broccoli, cut into bite-sized florets and stems  
2 cups low-sodium soy sauce  
3 tablespoons cornstarch

### DIRECTIONS

---

1. Heat oil in large pan. Add sliced chicken and sauté until almost cooked through and slightly browned.
2. Add garlic, ginger, onion, bell peppers, and carrots, and stir to combine.
3. Cook for 10 minutes until slightly soft. Add broccoli and cook for about 10 more minutes, stirring often.
4. Combine soy sauce and cornstarch in a separate bowl and add to pan.
5. Reduce heat, and cook until sauce has thickened and chicken has an internal temperature of 165°F, stirring frequently.



## TURKEY MEATBALLS

*We always advocate for ground turkey over ground beef. It's lower in saturated fat and still flavorful. We bake our meatballs in the same hotel pans as our tomato sauce, for easy clean up. Add our turkey meatballs to any of our pasta dishes, or serve it with our Baked Polenta with Cheese! (p. 66)*

**SERVES 50 ADULTS**

### INGREDIENTS

---

#### **Meatballs**

12 pounds ground turkey  
8 eggs  
3 cups bread crumbs  
2 ½ cups grated parmesan cheese  
1 bunch parsley, chopped  
2 tablespoons salt  
1 tablespoon ground black pepper  
½ cup minced garlic  
¼ cup dried oregano  
¼ cup dried basil

#### **Tomato Sauce**

2 tablespoons oil  
½ cup garlic, minced  
2 #10 cans low-sodium crushed tomatoes  
¼ cup dried oregano  
Salt, to taste  
Ground black pepper, to taste

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease two 2-inch hotel pans with spray or oil.
3. Mix all meatball ingredients together in a large bowl.
4. Form into approximately 50 4-ounce meatballs.
5. Place meatballs in hotel pans and bake for 30 minutes, until reach an internal temperature of 165°F.
6. Divide all sauce ingredients between the hotel pans. Cover pans with foil and bake for 20 minutes, until sauce is bubbling.
7. Serve 1 meatball with sauce and pasta or grain of your choice.

## AUNT DOLL'S OKRA AND STEWED TOMATOES

*This recipe was developed for us by Chef April C. Smith and her Aunt Doll for Black History Month. Okra and Stewed Tomatoes is a staple dish in the African American community and deeply rooted in the south, as rice, okra, tomatoes and peppers form part of the small list of foods allowed to travel from Africa during the slave trade in the 1500s. Substitute the sausage for chicken or shrimp to make this a versatile dish.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

¼ cup oil  
6 pounds low-sodium turkey sausage,  
sliced (optional)  
6 pounds boneless skinless chicken thighs,  
cubed  
5 onions diced  
6 bell peppers, diced  
1/4 cup minced garlic  
3 tablespoons finely diced jalapeño  
2 #10 cans low-sodium diced tomatoes  
12 ½ pounds okra, cut into ½-inch pieces  
6 cups water  
2 tablespoons paprika  
2 tablespoons dried oregano  
2 tablespoons onion powder  
2 tablespoons dried thyme  
2 tablespoons ground black pepper  
6 bay leaves  
Salt, to taste

### DIRECTIONS

---

1. In a large pot over medium heat oil. Add sausage and sauté for 10 minutes.
2. Add chicken and cook for 10 minutes.
3. Add onions, peppers, garlic, and jalapeño and continue to cook for 5 minutes.
4. Stir in all remaining ingredients and bring to a simmer for 5 minutes. Cover and continue to cook over low to medium heat for 40 minutes, stirring every 15 minutes. Adjust seasoning to taste.



THE  
**TEACHING  
KITCHEN**

AT LENOX HILL NEIGHBORHOOD HOUSE

# VEGETABLE SIDE DISHES



## BRAISED RED CABBAGE WITH APPLES

*We use red cabbage in our menus frequently, though usually raw. This is one of the few dishes in which it is served cooked. The caraway seeds make the dish authentically German and delicious.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

¼ cup butter  
½ cup oil  
5 medium heads red cabbage, shredded  
8 apples, cored and sliced thinly  
3 ½ cups apple cider, apple juice, or  
orange juice  
2 cups water  
2 cup apple cider vinegar  
¼ cup caraway seeds (optional)  
6 tablespoons brown sugar  
Salt, to taste

### DIRECTIONS

---

1. In a large pan, melt butter and oil over medium heat. Sauté cabbage and apples.
2. Add all liquid and seasonings.
3. Cook for 30 minutes, stirring frequently until wilted. Season with salt.



 **Plant-Based Recipe**

## COLLARD GREENS WITH TOMATOES

*Collard greens are a favorite winter green packed with nutrients. Their tough texture softens once cooked and holds up to a higher heat.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

16 pounds collards  
½ cup oil  
2 large onions, diced  
½ cup minced garlic  
1 #10 can low-sodium diced tomatoes  
2 tablespoons sugar  
¼ cup dried oregano  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Take stems off collards, wash well, and chop roughly.
2. Heat oil in a large pot and add onions and garlic. Cook for 3 minutes.
3. Add tomatoes, sugar, and oregano. Heat through. Add collards to pan and cook for 30 minutes. If greens seem dry, add water one cup at a time, stirring frequently.
4. Continue to cook until greens are tender. Season to taste with salt and pepper.

 **Plant-Based Recipe**

## KALE AND POTATOES

*This is a winter dish. Our clients love when we add potatoes to kale, so we serve it often during colder months.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

2 cups oil  
2 large onions, diced  
1 cup minced garlic  
8 pounds potatoes, sliced thinly  
¼ cup paprika  
12 pounds green kale, destemmed and chopped  
1 cup lemon juice (fresh or bottled)  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large pot, heat oil. Sauté onions and garlic until soft, about 5 minutes.
2. Add potatoes and paprika and cook until potatoes are tender.
3. Add kale and lemon juice, stir, and cook until kale is tender. Add a little water if needed.
4. Season to taste with salt and pepper.



## LIMA BEAN AND KALE SUCCOTASH

*This is a great way to mix fresh and frozen vegetables, our recommended method for introducing fresh produce into your menu.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

½ cup oil  
1 large onion, diced  
¾ cup minced garlic  
2 bay leaves  
2 tablespoons ground thyme  
2 tablespoons chili powder  
4 teaspoons dried oregano  
4 teaspoons dried basil  
4 pounds frozen corn  
4 pounds frozen lima beans  
1 #10 can low-sodium diced tomatoes  
4 pounds green kale, destemmed and  
chopped  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large pot, heat oil and sauté onions and garlic, stirring until just transparent.
2. Add all spices. Stir and cook for 2 minutes.
3. Add corn and lima beans. Stir and cook for 5 minutes until thawed.
4. Add diced tomatoes. Bring to a simmer, add kale, and cook until kale is tender. Season to taste with salt and pepper.

## RATATOUILLE

*A French-style stew using fresh summer vegetables in a tomato broth. We love serving with our Baked Polenta with Cheese (p. 66) or any whole grain or pasta.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 ¼ cup oil  
2 large onions, diced  
1 cup minced garlic  
8 large eggplants, 1-inch diced  
5 bell peppers, diced  
10 medium zucchini, cut into ½-inch rounds  
1 #10 can low-sodium diced tomatoes  
¼ cup dried thyme  
1 bunch basil leaves, torn or chopped  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Heat oil in a large skillet. Add onion and garlic and sauté over medium heat, stirring for 5 minutes.
2. Add eggplant, bell pepper, zucchini, and thyme and sauté until vegetables just begin to soften.
3. Add tomatoes and cook for 15 minutes, until vegetables are soft, stirring occasionally.
4. Add basil and season with salt and black pepper.

 *Plant-Based Recipe*

## ROASTED WINTER SQUASH

*This is one of the first vegetables we started cooking fresh. Squash is a nutrient-dense alternative to white potatoes, great to serve in the fall and winter.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

25 pounds acorn or butternut squash, halved,  
seeds removed, and cut into 1-inch slices  
1 cup oil  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Preheat oven to 400°F. Line full-size sheet pans with parchment paper.
2. In a large bowl, toss squash in oil, salt, and pepper. Place on sheet pans.
3. Bake for 30-40 minutes until golden brown and tender.

 *Plant-Based Recipe*

## ROASTED ZUCCHINI

*This is a tasty way of cooking almost any fresh vegetable. This recipe is great to serve in the summer, when zucchini is fresh.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 case of zucchini (about 50), diced  
1 cup oil  
1 cup minced garlic  
½ cup dried basil  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Preheat oven to 400°F. Line full-size sheet pans with parchment paper.
2. In a large bowl, combine zucchini, oil, garlic, basil, salt, and black pepper. Mix well.
3. Put zucchini on sheet pans in a single layer. Roast for 15-20 minutes until lightly browned and tender.

## SAUTÉED ZUCCHINI, CORN, AND TOMATOES

*We always encourage organizations to use fresh and frozen produce in their recipes. It makes the transition to fresh produce easier. Serve this as a light side dish during the summer months.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

½ cup oil  
5 large onions, diced  
½ cup garlic, minced  
5 bell peppers, diced  
10 medium zucchini, cut into ½ inch rounds  
1 #10 can low-sodium diced tomatoes  
3 tablespoons dried basil  
2 tablespoons dried thyme  
5 pounds frozen corn  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large skillet, heat oil. Add onions and garlic and cook over medium heat, stirring for 5 minutes.
2. Add bell peppers, zucchini, tomatoes, basil, and thyme. Cook for 15 minutes on medium heat, stirring frequently.
3. Add corn and cook for another 10 minutes until all is warm.
4. Season with salt and black pepper.

## ROASTED TOMATO SOUP

*Roasting canned tomatoes with garlic and thyme helps deepen their flavor to create a rich base for this classic soup. We add caramelized onions for a touch of sweetness and serve this soup with grilled cheese sandwiches or our Buttermilk Whole Wheat Biscuits (p. 99).*

**SERVES 50 ADULTS**

### INGREDIENTS

---

3 #10 cans low-sodium whole tomatoes  
2 cups garlic cloves  
3 tablespoons dried thyme  
4 bay leaves  
3 cups oil, divided  
Salt and ground black pepper, to taste  
10 onions, diced  
4 quarts water, plus more as needed  
1 ¼ cup tomato paste

### DIRECTIONS

---

1. in a 4-inch hotel pan, combine tomatoes, garlic, thyme, bay leaves, and 1 cup of oil. Season with salt and pepper, and cover the pan tightly with foil. Roast for 40 to 50 minutes until tomatoes are jammy. Remove bay leaves.
2. Meanwhile, in a large pot, heat remaining 2 cups of oil on medium heat. Add the onions and cook until brown and caramelized, 30-40 minutes.
3. Add the roasted tomato mixture, tomato paste, and water to the pot. Using an immersion blender, or working in batches with a stand blender, puree the soup until smooth. Add more water to get the desired consistency and season to taste with salt and pepper.

## BUTTERNUT SQUASH SOUP

*Butternut squash is one of our favorite winter vegetables to use because it's packed with Vitamin A. To save time and nutrients, we don't ever peel our squash. Make this in the fall with a sandwich and a salad for a nourishing meal.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

20 pounds butternut squash (10-12 medium), seeded, skin left on, 2-inch diced  
1 cup oil, divided  
1/2 cup dried herbs (we love thyme, sage, or rosemary)  
Salt and ground black pepper, to taste  
5 onions, diced  
1 cup minced garlic  
2 tablespoons nutmeg  
1/4 cup cinnamon  
2 gallons water

### DIRECTIONS

---

1. Preheat oven to 400°F. Line full-size sheet pans with parchment paper.
2. In a large bowl, toss squash with 1/2 cup oil, dried herbs, salt, and pepper. Spread squash out on sheet pans in a single layer. Roast until tender, 35-40.
3. In a large pot, heat remaining oil. Sauté onions and garlic. Add nutmeg and cinnamon. Cook for about 1 minute.
4. Add roasted squash and water. With an immersion blender, puree soup until smooth. Add more water to achieve desired consistency.
5. Bring to a simmer. Season to taste with salt and pepper.



## LOUISIANA RED BEANS

*A southern classic, these spiced stewed beans pair well with whole grains, collard greens, and our Cheddar Cheese Cornbread (p. 97).*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 cup oil  
6 large onions, diced  
6 bell peppers, diced  
½ cup minced garlic  
1 bunch celery, diced  
4 bay leaves  
¼ cup dried thyme leaves  
¼ cup dried sage leaves  
¼ cup paprika  
¼ cup dried parsley  
¼ cup onion powder  
3 #10 cans low-sodium kidney beans,  
drained and rinsed  
8 cups water, plus more as needed  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large pan, heat oil over medium heat. Cook onions, bell peppers, garlic, and celery in oil for about 10 minutes, or until onions become translucent.
2. Add all dry spices and cook for another 2 minutes until fragrant.
3. Add beans and water. Cook for 20-25 minutes over medium heat to develop flavors, adding water as needed. Add salt and black pepper to taste.

## MINISTRONE SOUP

*This vegetable and flavor packed soup is another good way to use up leftover vegetables while getting a strong serving of nutrients and fiber.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

½ cup oil  
4 medium onions, diced  
¾ cup minced garlic  
4 bell peppers, diced  
10 carrots, diced  
1 tablespoon oregano  
1 tablespoon dried thyme  
5 quarts water  
1 #10 can low-sodium diced tomatoes  
1 #10 can low-sodium white or kidney  
beans, drained and rinsed  
Salt and ground black pepper to taste  
8 pounds whole wheat macaroni, cooked

### DIRECTIONS

---

1. In a large pot, heat oil.
2. Sauté onions, garlic, peppers, carrots, oregano and thyme in oil for 5 minutes, until vegetables begin to soften.
3. Add water, tomatoes, and drained beans. Bring to a simmer and cook for 30 minutes, until vegetables are soft.
4. Take out four cups of beans and vegetables mixture and blend. Add back to the soup.
5. Season to taste with salt and pepper. Add cooked pasta and more water to reach desired consistency.





THE  
TEACHING  
KITCHEN  
AT LENOX HILL NEIGHBORHOOD HOUSE

# GRAIN SIDES





## BAKED POLENTA WITH CHEESE

*Polenta is cornmeal or ground corn. It firms up when baked with cheese, making it easier to cut into squares.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

5 gallons water  
½ pound butter  
8 pounds polenta  
2 pounds low-fat cheddar cheese,  
shredded and divided  
4 cups 1% milk

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. In a large pot, boil water and butter. Gradually add polenta while stirring. Stir constantly for approximately 20 minutes.
3. Add half the cheddar, and milk. Stir well to combine.
4. Oil two 2-inch hotel pans and pour in polenta. Sprinkle remaining cheddar on top, cover with film and foil, and bake for about 20 minutes until cheese is melted on top.

## BARLEY AND BROWN RICE BAKE

*We have found that incorporating new grains such as barley with familiar ones such as brown rice is a great way to introduce new and unfamiliar whole grains to your menu. Of all the grains we serve, barley is lowest on the glycemic index and is therefore great for diabetics. It also happens to be one of the least expensive grains that we serve.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

3 pounds hulled barley  
3 pounds brown rice  
½ cup oil  
¼ cup salt  
4 teaspoons ground black pepper  
24 cups boiling water  
Bay leaf or dry herbs (optional)

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. In two full-sized hotel pans, divide the barley, brown rice, oil, salt, pepper, boiling water, and herbs if using. Mix well.
3. Cover with plastic wrap and aluminum foil.
4. Bake for 20-25 minutes until water is absorbed and grain is fully cooked.



## TABBOULEH WITH TOMATOES AND CUCUMBERS

*This Mediterranean dish made with bulgur wheat is a great side dish in the summer. You can serve it with baked chicken to make it a main dish.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

4 cup lemon juice (fresh or bottled)  
3 cup oil  
Salt and ground black pepper, to taste  
40 cups cooked and cooled bulgur wheat  
10 medium cucumbers, diced  
10 large tomatoes, diced  
5 onions, diced  
4 bunches parsley, chopped

### DIRECTIONS

---

1. In a large bowl, combine lemon juice, oil, salt, and pepper. Stir to combine well.
2. Add bulgur, cucumbers, tomatoes, onions, and parsley.
3. Toss well to combine. Taste and adjust seasoning as needed.

*\*See our Grain Cooking Guide (p. 102).*

## GRAIN SALAD WITH LEMON BASIL DRESSING

*This summer dish is a good opportunity to use a mix of fresh and frozen vegetables when transitioning to using more fresh vegetables. Substitute whichever grain you like.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

4 cups oil  
3 cups lemon juice (fresh or bottled)  
Zest of 3 lemons (optional)\*  
40 cups cooked and cooled whole grains\*\*  
(such as wheat berries, barley, bulgur  
wheat, or brown rice)  
8 medium cucumbers, diced  
4 cups grated carrots  
4 cups grated beets  
2 pounds frozen green peas, thawed  
1 bunch fresh parsley, chopped  
1 bunch fresh basil, chopped  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large bowl, combine lemon juice, lemon zest (if using) and oil. Stir to combine well.
2. Toss grain, cucumbers, carrots, beets, and peas with lemon dressing and mix well.
3. Sprinkle fresh parsley, basil, salt, and black pepper over the salad and mix well. Chill for 30 minutes.

*\*To zest, scrape off thin colorful skin of the lemon with a small grater or microplane.*

*\*\*See our Grain Cooking Guide (p. 102).*

## BARLEY, CORN, AND BLACK BEAN SALAD

*This grain-centered salad is a great way to incorporate a new whole grain, as well as use a mix of fresh and frozen vegetables.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

4 cups oil  
4 cups lemon juice (fresh or bottled)  
¼ cup cumin  
3 tablespoons paprika  
Salt and ground black pepper, to taste  
36 cups cooked and cooled hulled barley\*  
3 pounds frozen corn, thawed  
1 #10 can low-sodium black beans, drained  
and rinsed  
4 onions, diced  
6 large bell peppers, diced  
1 bunches cilantro, chopped

### DIRECTIONS

---

1. In a large bowl, mix oil, lemon juice, cumin, paprika, salt, and black pepper.
2. Add barley, corn, beans, onion, peppers, and cilantro.
3. Toss well to combine. Taste and adjust seasoning as needed.

*\*See our Grain Cooking Guide (p. 102).*

## WHEAT BERRIES WITH DRIED FRUIT

*This fiber-rich salad can be made nut-free and with any mix of dried fruits you like. We use a mix of brown rice and wheat berries for a variety of textures in this favorite salad.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

3 cups chopped walnuts (optional)  
4 cup oil  
4 cup lemon juice (bottled or fresh)  
Salt and ground black pepper, to taste  
25 cups cooked and cooled wheat berries\*  
25 cups cooked and cooled brown rice\*  
1 bunch celery, sliced thinly  
3 cups dried fruit (raisins, cranberries, or combination)  
1 bunch cilantro or parsley, chopped  
2 pounds fresh spinach  
3 large red onions, diced

### DIRECTIONS

---

1. Preheat oven to 325°F.
2. Toast walnuts on a full baking sheet lined with paper for 10 minutes.
3. In a large bowl, combine oil, lemon juice, salt, and black pepper.
4. Add toasted walnuts, wheat berries, rice, celery, dried fruit, red onion, and herbs. Toss well to combine.

*\*See our Grain Cooking Guide (p. 102).*

## WHOLE GRAIN GREEK SALAD

*This recipe is a great way to use leftover grains in a fresh, vegetable-packed salad. This is ideal in the spring or summer when tomatoes and cucumbers are in season.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

4 cups lemon juice (fresh or bottled)  
Zest of 2-3 lemons (optional)\*  
4 cups oil  
6 tablespoons dried oregano  
6 tablespoons dried mint (optional)  
6 cloves garlic, minced  
Salt and ground black pepper, to taste  
50 cups cooked and cooled grains  
1 #10 can low-sodium chickpeas, drained  
and rinsed  
7 tomatoes, chopped  
5 medium cucumbers, diced  
4 onion, diced  
4 cups shredded beets  
4 cups feta cheese, crumbled  
4 cups sliced black olives, Kalamata or  
other black olives  
1 bunch parsley

### DIRECTIONS

---

1. In a large bowl, stir lemon juice with zest, oil, oregano, mint, garlic, salt, and black pepper. Adjust seasonings to taste.
2. Add grains, chickpeas, tomatoes, cucumbers, onions, beets, feta, olives and parsley.
3. Carefully mix until evenly combined.

*\*To zest, scrape off thin colorful skin of the lemon with a small grater or microplane.*



# DRESSINGS & SAUCES





 **Plant-Based Recipe**

## APPLE VINAIGRETTE

*This is a great recipe to repurpose leftover bruised fruit. You can also make this any stone fruit or pears.*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

4 pounds (10-12) apples, cored and cut into bite-sized pieces  
5 ½ cups apple cider vinegar  
½ cup honey  
⅓ cup Dijon mustard or 3 tablespoons yellow mustard  
8 cups oil  
Water, as needed  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Place the apples, vinegar, honey and mustard into blender and puree.
2. With the machine running, slowly add oil until the desired consistency is reached. Water can also be used to thin out dressing.
3. Season with salt and pepper.
4. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

 **Plant-Based Recipe**

## BALSAMIC DIJON VINAIGRETTE

*This vinaigrette goes great with our Roasted Beet and Carrot Salad (p. 84).*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

14 cups oil  
6 cups balsamic vinegar  
1 cup Dijon mustard  
½ cup honey  
¼ cup minced garlic  
2-3 cups orange juice  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Whisk all ingredients until blended.
2. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

 *Plant-Based Recipe*

## ROASTED RED PEPPER VINAIGRETTE

*This is a vibrant and flavorful salad dressing. Red bell peppers provide a large boost of Vitamin C.*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

2 #10 cans roasted red bell pepper, drained  
1 gallon oil  
3 cups apple cider vinegar  
½ cup dried oregano  
½ cup minced garlic  
¼ cup sugar or honey  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a blender or tall container, combine all ingredients.
2. Blend on high speed until smooth.
3. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

## YOGURT RANCH DRESSING

*This healthier version of ranch dressing is even more delicious than storebought. Use fresh herbs if have them or create your own blend of dried. We love to serve with our Sweet Potato Fries (p. 90).*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

96 ounces (6 pounds) plain low-fat yogurt  
1 cup buttermilk or 1% milk  
1 cup lemon juice  
½ cup minced garlic  
¼ cup onion powder  
¼ cup dried oregano  
¼ cup dried dill  
1 bunch parsley, chopped  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. In a large container, mix all ingredients until well combined.
2. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

## CAESAR DRESSING

*Homemade Caesar dressing is much healthier and cheaper than storebought. Add parmesan cheese for a creamier option.*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

½ cup garlic  
¾ cup Dijon mustard or ½ cup yellow mustard  
3 cups light mayonnaise  
¾ cup lemon juice (fresh or bottled)  
2 ¼ cups red wine vinegar  
15 cups oil  
2 tablespoons ground black pepper  
3 cups grated parmesan cheese (optional)

### DIRECTIONS

---

1. In a tall container, combine all ingredients.
2. Blend on high speed until smooth.
3. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

## YOGURT DIJON DRESSING

*This sweet and tangy dressing is great with crunchy vegetables or even spread onto a sandwich. You can substitute yellow mustard for the dijon, just use a bit less.*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

9 cups plain low-fat yogurt  
4 ½ cups oil  
4 ½ cups Dijon mustard  
1 ½ cup lemon or orange juice (fresh or bottled)  
1 ½ cup honey  
1 ½ cup apple cider vinegar  
8 cloves garlic, minced  
Water, as needed  
Salt and ground black pepper, to taste

### DIRECTIONS

---

1. Whisk all ingredients until blended.
2. Thin with water as needed, and season to taste with salt and pepper.
3. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

## MOROCCAN TOMATO SAUCE

*This aromatic sauce is great for preventing fish or chicken from drying out. Add chickpeas for more protein and pair with your favorite grain.*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

¼ cup oil  
3 onions, diced  
1/2 cup minced garlic  
Salt, to taste  
2 tablespoons cinnamon  
1/4 cup cumin  
1/4 cup paprika  
1 #10 can low-sodium whole peeled  
tomatoes  
2 cups water  
5 pounds spinach (fresh or frozen, thawed,  
and drained)

### DIRECTIONS

---

1. In a large pot, add oil. Sauté onions and garlic.
2. Add salt, cinnamon, cumin, paprika, tomatoes, and water.
3. Simmer for about 20 minutes, then add spinach. Cook until spinach is slightly wilted.

## PUMPKIN SEED SALSA VERDE

*This is our adaptation of the popular Mexican green sauce. Our version uses oven-roasted green tomatillos, green bell peppers, cilantro and fresh spinach for a nutrient-dense and vibrantly green salsa. Adjust the spice level and add toasted pumpkin seeds for a thicker, creamier sauce. This recipe is portioned to use in our Pastel Azteca (p. 38). But, like many of our sauces, large batches can be prepared and frozen in airtight containers.*

**MAKES APPROXIMATELY 10 CUPS**

### INGREDIENTS

---

6 pounds tomatillos, husk removed, rinsed  
2 pounds green peppers (2 large), seeded  
and roughly chopped  
1 cup garlic cloves  
4 tablespoons oil  
5 cups pumpkin seeds, toasted  
1 pound cilantro, roughly chopped  
2 pounds baby spinach  
Salt and black pepper, to taste

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. On a full-size sheet pan combine tomatillos, peppers, and garlic and toss with oil. Roast for 15 minutes or until garlic is soft and golden brown. Allow to cool.
3. On a separate pan, spread the pumpkin seeds. Toast in the oven for 5-10 minutes, stirring often, until the edges brown slightly. Allow to cool.
4. In a blender combine  $\frac{1}{3}$  of the roasted vegetables and  $\frac{1}{3}$  of the cilantro, spinach, and toasted seeds. Puree until smooth. Add water, if needed to help with the puree. The sauce should be thick enough to coat the back of a spoon. Season with salt and pepper.
5. Repeat pureeing the remaining ingredients in batches.

## SOFRITO

*A versatile aromatic puree inspired by Caribbean, Latin America and other Spanish-speaking countries. Sofrito is made of assorted vegetables such as bell peppers, tomatoes, cilantro, garlic, and onions. This recipe is a great way to use produce on the turn to make a flavorful base for dishes like stews, beans and rice. Make a large batch to freeze and thaw as needed, and try it in our Stewed Beans (Habichuelas Guisadas) (p. 20).*

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

7 pounds bell green peppers, seeded and chopped  
2 pounds cilantro, washed and chopped  
½ pound fresh oregano or 3 tablespoons dried oregano  
1 pound garlic  
3 cups water, or as needed

### DIRECTIONS

---

1. Combine all ingredients and puree in a blender. Sofrito should be a paste-like consistency.
2. Store in an airtight container. You can store in the freezer and use as needed.



## APPLE BUTTER

*This apple butter is a great way to use up leftover apples, and can be made on a stovetop on medium heat or in an oven. Depending on the variety of apples you use, you can add a bit of sugar to help sweeten. It can be frozen and stored in airtight containers and used as needed and goes great with our Sheet Pan Pancakes (p. 9) and our Banana French Toast Casserole (p. 13).*

**SERVES 50 ADULTS**

### INGREDIENTS

---

7 pounds apples, cored and sliced  
5 tablespoons lemon juice (fresh or bottled)  
1 cup brown sugar (optional)  
1/4 cup cinnamon  
1/4 cup ground ginger  
1 tablespoon nutmeg  
1/2 cup water

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. In a hotel pan, mix all ingredients together and cover tightly with foil.
3. Cook in oven for 2-3 hours until apples are very tender and most of the liquid has evaporated.
4. Let cool slightly and puree with immersion blender or in food processor. Add more water for desired texture.

 *Plant-Based Recipe*

## SOY GINGER MARINADE

Use this marinade to season chicken, fish, or tofu before baking.

**MAKES APPROXIMATELY 1 ½ GALLONS**

### INGREDIENTS

---

- 1 ½ gallons low-sodium soy sauce
- 2 cups ginger, minced
- 2 cups garlic, minced
- 2 cups honey, molasses, or brown sugar
- ¾ cup sesame oil (optional)

### DIRECTIONS

---

1. In a large container, mix all ingredients until evenly combined.
2. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

 *Plant-Based Recipe*

## BBQ SAUCE

Use this on chicken or tofu. Adjust the seasoning to make it more or less spicy.

**MAKES APPROXIMATELY 1½ GALLONS**

### INGREDIENTS

---

- 12 cups (½ #10 can) ketchup
- 6 cups water
- 1 cup brown sugar or molasses
- 1 cup apple cider vinegar
- 1 cup tomato paste
- 1 cup Dijon mustard or ¼ cup yellow mustard
- ¼ cup paprika
- ¼ cup garlic powder
- ¼ cup onion powder
- ¼ cup oregano
- 2 tablespoons ground black pepper
- 2 tablespoons ground fennel

### DIRECTIONS

---

1. In a large pot, add all ingredients and stir
2. Cook for 1 hour on low simmer, stirring occasionally.
3. Brush hot BBQ sauce onto cooked protein.

## SPINACH BASIL PESTO

*Pesto is a bright, colorful and flavorful sauce traditionally made with basil, cheese, and nuts. However, it can be customized depending on what herbs you have on hand or allergens you want to avoid. This can be made with a blender or food processor. Freeze in batches and use as needed.*

**MAKES APPROXIMATELY 1½ GALLONS**

### INGREDIENTS

---

4 pounds spinach  
1 ½ pounds basil or herb of choice  
8-10 garlic cloves  
9 cups oil  
3 cups lemon juice (fresh or bottled)  
6 ½ cups grated parmesan cheese  
Salt, to taste

### DIRECTIONS

---

1. Add spinach, basil, parmesan, garlic, and lemon juice in a blender or food processor fitted with the blade attachment.
2. Puree until chunky. With the blender or food processor running, slowly add the olive oil. Thin out with water and season with salt as needed.

## YOGURT TARTAR SAUCE

*Serve this tartar sauce with any fish. It also works great as a sauce for a veggie burger or salmon burger. Use any fresh herbs, if you have them, but dried will work in a pinch.*

**MAKES APPROXIMATELY 1½ GALLONS**

### INGREDIENTS

---

1 large onion, chopped  
5 cloves garlic  
1 cup lemon juice (fresh or bottled)  
80 ounces (5 pounds) plain low-fat yogurt  
3 cups light mayonnaise  
1 bunch parsley, dill, cilantro or combination, chopped  
1 cup pickle relish (optional)  
Salt, to taste

### DIRECTIONS

---

1. In a blender or tall container, combine onion, garlic, and lemon juice.
2. Blend on high speed until smooth.
3. Add remaining ingredients and mix until well combined.



THE  
TEACHING  
KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE

# SALADS



## APPLE, BEET, AND CARROT SLAW WITH CITRUS DRESSING

*Beets and carrots are heart-healthy root vegetables full of antioxidants. This salad is great for serving in the winter, when root vegetables are in season, and is a great make-ahead salad. Add your favorite dried fruit, seeds, or nuts.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

3 cups oil  
1 ½ cup lemon juice (fresh or bottled)  
4 ½ cups orange juice (fresh or bottled)  
Salt and ground black pepper, to taste  
10 pounds beets, washed and grated  
8 pounds carrots, washed and grated  
6 pounds apples, cored and grated  
1 bunch parsley, chopped

### DIRECTIONS

---

1. Make the dressing: whisk oil, lemon juice, and orange juice with a sprinkle of salt and black pepper.
2. Toss shredded vegetables, apples and parsley with the citrus dressing. Let sit refrigerated for 30 minutes to an hour for flavor to develop.

## ROASTED BEET AND CARROT SALAD

*We recommend Yogurt Dijon Dressing (p. 76) for this hearty, colorful salad. You can also swap arugula for any greens you have on hand, such as spinach or kale.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

8 pounds carrots, diced  
8 pounds beets, diced  
¼ cup oil  
Salt and ground black pepper, to taste  
5 pounds arugula  
1 #10 can low-sodium chickpeas, drained and rinsed

### DIRECTIONS

---

1. Preheat oven to 350° F.
2. Toss carrots and beets with oil, salt, and pepper.
3. On full-size sheet pans, spread carrots and beets in a single layer. Roast for 20-30 minutes or until tender. Let vegetables cool.
4. In a large bowl, toss all ingredients with dressing of choice.

## CABBAGE CARROT KOHLRABI SLAW

*Kohlrabi is a crispy root vegetable from the cabbage family like Brussels sprouts or kale. Kohlrabi is a winter storage vegetable and makes a great addition to all salads.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

3 cups orange juice  
Zest of 2 oranges (optional)  
3 cups apple cider vinegar, white vinegar, or rice wine vinegar  
2 cups oil  
½ cup honey  
¼ cup minced ginger  
Salt and ground black pepper, to taste  
10 pounds green cabbage, shredded  
5 pounds red cabbage, shredded  
6 pounds kohlrabi, shredded  
4 pounds carrots, shredded  
1 bunch cilantro or parsley, chopped (optional)

### DIRECTIONS

---

1. Make the dressing: In a blender or tall container, combine orange juice and zest, vinegar, oil, honey, ginger, salt, and pepper
2. Blend on high speed until smooth.
3. Toss shredded vegetables and herbs with the dressing. Let sit refrigerated for 30 minutes to an hour for flavor to develop.

## FALL HARVEST APPLE SALAD

*This colorful salad combines fresh and hearty greens with roasted fall squash. Use any leftover roasted vegetables and add your favorite seeds and dried fruit. We recommend serving with our Apple Vinaigrette (p. 74).*

**SERVES 50 ADULTS**

### INGREDIENTS

---

6 bunches kale, stems removed, cut into 1-inch pieces  
4 pounds red cabbage, finely shredded  
5 pounds apples, cored and sliced  
4 medium butternut squash, diced and roasted\*  
2 cups seeds or nuts (pepitas, sunflower seeds, walnuts)  
2 cups dried fruit (raisins, cranberries)

### DIRECTIONS

---

1. In a large bowl, place all vegetables and toss with parmesan and dressing of choice.

\* See page 57 for method.









# SNACKS



## BEAN DIP

*This dip works as a snack with whole wheat bread, or can be put in a whole wheat wrap with vegetables for a summer sandwich. Use your favorite beans.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

¼ cup oil  
2 onions, diced  
¼ cup minced garlic  
2 tablespoons cumin  
2 tablespoons chili powder  
1 #10 can low-sodium beans, drained and rinsed  
1 bunch cilantro, chopped  
½ cup lime juice (fresh or bottled)  
Salt, to taste

### DIRECTIONS

---

1. In a large pan, heat oil. Add onion, and garlic and sauté until soft.
2. Add cumin and chili powder, sauté for 5 minutes.
3. Add beans and continue to cook for 5 minutes.
4. Add cilantro and lime juice and season with salt.
5. Puree ingredients until smooth.

## BLACK BEAN AND CHEDDAR VEGETABLE QUESADILLAS

*These quesadillas are a crowd favorite. You can add any roasted or sautéed vegetables. We love mushrooms, squash, corn, and leafy greens.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

50 9-inch whole wheat flour tortillas  
1 #10 can low-sodium black beans, drained, rinsed, or one batch Black Bean Dip  
13 cups roasted or sautéed vegetables  
13 cups low-fat shredded cheddar cheese

### DIRECTIONS

---

1. Preheat oven to 375°F.
2. Line 5 full-size sheet pans with parchment paper. Lay 5 tortillas on each sheet pan. Smear ½ cup mashed black beans or black bean dip on each tortilla evenly.
3. Add ½ cup vegetables to each tortilla. Sprinkle ½ cup shredded cheddar evenly onto each tortilla. Top with another tortilla and press firmly. Repeat for all quesadillas.
4. Top quesadillas with an additional piece of parchment and another sheet pan.
5. Bake in oven for 12 minutes.
6. Remove from oven and allow to cool slightly. Cut each quesadilla into quarters.

## HUMMUS

*Hummus is a smooth chickpea dip. It works well as a snack, but you can also add it to a whole wheat wrap with vegetables and serve it for lunch. Adding leftover roasted carrots, beets, or winter squash increases nutrient density and changes the flavor and color of the hummus.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

1 #10 can low-sodium chickpeas, drained  
and rinsed  
½ cup lemon juice (fresh or bottled)  
¼ cup minced garlic  
1 cup oil  
2 tablespoon cumin  
2 tablespoons salt  
Water, as needed  
4 cups cooked beets, butternut squash, or  
carrots (optional)

### DIRECTIONS

---

1. Place chickpeas, lemon juice, garlic, oil and spices in a food processor and puree until smooth. Add water to thin, as needed. Adjust seasoning between batches for consistency. You may need to make 2-3 batches depending on the size of your food processor.
2. Add leftover vegetables if using. Process until smooth. Refrigerate until ready to use.

## ROASTED SWEET POTATO FRIES

*These sweet potato fries are a healthier and more nutrient-dense alternative to chips. This works great with a healthy dip, such as the Yogurt Ranch Dressing (p. 76). Cut the sweet potatoes into thin fries of thick wedges and swap in any spices you have.*

**SERVES 50 ADULTS**

### INGREDIENTS

---

8-10 pounds sweet potatoes, washed with skin left on, cut into ½-inch sticks  
⅓ cup oil  
1 teaspoon salt  
1 tablespoon cumin  
1 tablespoon garlic powder  
2 tablespoons paprika

### DIRECTIONS

---

1. Preheat oven to 400°F.
2. Line 2-3 full-size sheet pans with parchment paper or foil.
3. In a large mixing bowl, toss sweet potatoes with oil, salt, and spices.
4. Spread potatoes in a single layer on sheet pans. Roast for 15 minutes. Stir or flip and cook for additional 15 minutes, or until tender and golden brown.



THE  
TEACHING  
KITCHEN  
AT LENOX HILL NEIGHBORHOOD HOUSE

# BAKED GOODS





## BLUEBERRY CORN MUFFINS

*These berry muffins are a great option for breakfast or a snack. Use fresh or frozen blueberries, or swap in raspberries or strawberries if you have those on hand. If you don't have muffin tins, bake the batter in a hotel pan and slice into pieces.*

**MAKES ABOUT 50 MUFFINS**

### INGREDIENTS

---

3 ½ cups whole wheat or all-purpose flour  
2 ½ cups cornmeal  
2 tablespoons baking powder  
2 teaspoons cinnamon  
2 teaspoons salt  
1 teaspoon baking soda  
3 cups buttermilk, well shaken\*  
2 cups sugar  
1 ¼ cup oil  
4 eggs  
1 tablespoon vanilla extract  
6 cups blueberries

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease or line 50 muffin cups with paper liners, or grease two 2-inch hotel pans.
3. In a large bowl, mix dry ingredients: flour, cornmeal, baking powder, cinnamon, salt, and baking soda.
4. In a separate bowl, mix wet ingredients: buttermilk, sugar, oil, eggs, and vanilla.
5. Pour dry ingredients into wet ingredients and fold until just combined. Carefully fold in blueberries.
6. Evenly distribute batter into prepared muffin tins or hotel pans.
7. Bake until a toothpick inserted in the center of a muffin or pan comes out clean, 12-18 minutes.

*\*For a buttermilk substitute combine 1 scant cup milk with 1 tablespoon lemon juice or vinegar for each cup needed.*

## HEALTHY CARROT CAKE OATMEAL COOKIES

*These cookies are packed with whole grains and can be served for breakfast or as a snack. Using overripe bananas makes these cookies naturally sweeter and helps reduce food waste.*

**MAKES ABOUT 75 2-INCH COOKIES**

### INGREDIENTS

---

6 ½ cups rolled oats  
5 cups whole wheat or all-purpose flour  
5 teaspoons baking powder  
1 ½ tablespoons cinnamon  
½ tablespoon salt  
2 ½ cups brown sugar  
1 ½ cups oil  
8 eggs, room temperature  
1 ½ tablespoons vanilla extract  
1 ½ cups mashed ripe bananas (about 4-6 bananas)  
6 ½ cups freshly grated carrots (about 6-8 carrots)  
3 cups coconut flakes (optional)  
1 ½ cups raisins or dried cranberries (optional)

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Line two full-size sheet pans with parchment paper.
3. In a medium bowl, whisk dry ingredients: oats, flour, baking powder, cinnamon, and salt.
4. In a separate bowl, whisk wet ingredients: sugar, oil, eggs, vanilla, and mashed banana.
5. Add dry ingredients to wet ingredients and mix well. Gently fold in the carrots, coconut, and dried fruit if using. Refrigerate at least 10 minutes or overnight if desired.
6. Drop the cookie dough in rounded scoops (about 2 tablespoons) onto the prepared sheet pans. Flatten slightly with your hand.
7. Bake for 12-15 minutes or until edges are golden brown.

## PUMPKIN MUFFINS

*This is an easy and healthy muffin recipe that can be served as a snack or for special occasions. Equal amounts of pureed sweet potato can replace the pumpkin in this recipe if it's what you have on hand. If you don't have muffin tins, bake the batter in a hotel pan and slice into pieces.*

**MAKES ABOUT 50 MUFFINS**

### INGREDIENTS

---

6 cups whole wheat or all-purpose flour  
¼ cup pumpkin pie spice, or equal  
amounts cinnamon, ground ginger,  
nutmeg, and clove  
1 tablespoon baking soda  
1 tablespoon baking powder  
1 ½ teaspoons salt  
4 ½ cups pumpkin puree  
3 cups brown sugar  
¾ cup sugar  
¾ cup oil  
9 eggs  
3 tablespoons vanilla extract  
3 tablespoons apple cider vinegar  
½ cup rolled oats

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease or line 50 muffin cups with paper liners, or grease two 2-inch hotel pans.
3. In a bowl, mix dry ingredients: flour, pumpkin pie spice, baking soda, baking powder, and salt.
4. In a separate large bowl, whisk wet ingredients: pumpkin puree, sugars, oil, eggs, vanilla extract, and vinegar. Fold dry ingredients into wet ingredients until just combined. Evenly distribute batter into prepared muffin tins or hotel pans if using. Sprinkle oats evenly overtop the muffins.
5. Bake until a toothpick inserted in the center of a muffin or pan comes out clean, 15-18 minutes.

## QUICK APPLE CAKE

*This delicious and easy cake recipe is a great way to use up leftover fruit. If you don't have apples, swap for pears, plums, nectarines, peaches, or any fruit in the kitchen that needs to be used up.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

12 cups whole wheat or all-purpose flour  
6 cups sugar  
2 tablespoons baking soda  
4 teaspoons salt  
4 teaspoons cinnamon  
2 teaspoon nutmeg  
5 ½ cups oil  
4 cups buttermilk, well shaken  
16 eggs, room temperature  
4 teaspoons vanilla extract  
12 cups diced apples (about 5 apples)

#### **Optional topping ingredients:**

1 cup rolled oats  
½ cup sugar  
2 tablespoons cinnamon

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease two 4-inch hotel pans with oil or oil spray.
3. In a large bowl, mix dry ingredients: flour, sugar, baking soda, salt, cinnamon, and nutmeg.
4. In a separate bowl, whisk wet ingredients: oil, buttermilk, eggs, and vanilla. Fold dry ingredients into the wet ingredients until just combined. Carefully fold in the apples.
5. Divide the batter between the prepared hotel pans. In a small bowl, mix oats, sugar, and cinnamon. Sprinkle on top of batter.
6. Bake for 30-40 minutes until a toothpick inserted into the center comes out clean.

*\*For a buttermilk substitute combine 1 scant cup milk with 1 tablespoon lemon juice or vinegar for each cup needed.*

## ZUCCHINI CAKE

*We use this recipe for our monthly birthday cake for kids and older adults during the summer. Substitute carrots in the fall and winter to make this a seasonal recipe.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

8 eggs  
4 cups brown sugar  
2 cups oil  
2 tablespoons vanilla extract  
8 cups zucchini, grated  
8 cups whole wheat or all-purpose flour  
1 tablespoon cinnamon  
1 teaspoon allspice  
1 tablespoon ground ginger  
1 tablespoon baking soda  
1 tablespoon baking powder  
1 teaspoon salt

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease two 2-inch hotel pans with spray or oil.
3. In a bowl, beat eggs until foamy. Add sugar, oil, vanilla, and grated zucchini.
4. In a separate large bowl, combine flour, cinnamon, allspice, ginger, baking soda, baking powder, and salt.
5. Pour wet ingredients over dry ingredients and mix until just combined. Do not overmix. Pour batter into prepared hotel pans.
6. Bake for 25-30 minutes until toothpick comes out clean.



## CHEDDAR CHEESE CORNBREAD

*This cornbread goes well with any main dish (We love it with our Black Bean and Sweet Potato Chili (p. 23). You can add herbs or corn kernels for extra flavor and texture.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

6 ½ cups whole wheat or all-purpose flour  
6 ½ cups cornmeal  
1 ½ cups sugar  
3 ½ tablespoons baking powder  
1 tablespoon salt  
4 ½ cups buttermilk, well shaken  
3 ½ cups oil  
14 eggs  
6 cups shredded low-fat cheddar cheese

*\*For a buttermilk substitute combine 1 scant cup milk with 1 tablespoon lemon juice or vinegar for each cup needed.*

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease two 2-inch hotel pans with spray or oil.
3. In a large bowl, mix dry ingredients: flour, cornmeal, sugar, baking powder, and salt.
4. In a separate bowl, mix wet ingredients: buttermilk, oil, and eggs.
5. Add dry ingredients to wet ingredients and mix until just combined. Fold in cheddar cheese and any other additions (corn kernels, herbs).
6. Pour batter into greased hotel pans. Bake 20-25 minutes until golden brown and a toothpick inserted in the center comes out clean.

## CHOCOLATE CHIP OATMEAL COOKIES

*This is our healthier twist on a traditional chocolate chip cookie, using oats to give the cookies more fiber, antioxidants, and vitamins. Swap in raisins for the chocolate chips for a classic oatmeal cookie.*

**MAKES ABOUT 50 COOKIES**

### INGREDIENTS

---

2 cups brown sugar, packed  
2 cups (1 pound) butter, room temperature  
2 teaspoons vanilla extract  
2 eggs  
4  $\frac{2}{3}$  cups oats  
3  $\frac{1}{2}$  cups whole wheat or all-purpose flour  
2 teaspoons baking soda  
1 teaspoon salt  
2 cups semisweet chocolate chips  
2 cups coconut flakes

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Line two full-size sheet pans with parchment paper.
3. In a large bowl, combine brown sugar and butter and stir until blended.
4. Stir in vanilla and eggs until light and fluffy.
5. Stir in oats, flour, baking soda, and salt. Stir in chocolate chips and coconut flakes.
6. Scoop dough into rounded scoops (about 2 tablespoons) onto sheet pans, spacing them two inches apart.
7. Bake 12-15 minutes or until golden brown.
8. Cool slightly; transfer from sheet pan to wire rack.

## BUTTERMILK WHOLE WHEAT BISCUITS

*These fluffy biscuits come together quickly and are a great way to round out any breakfast. We love serving with scrambled eggs or our Spinach Cheddar Frittata (p. 11).*

**MAKES ABOUT 80 BISCUITS**

### INGREDIENTS

---

16 cups whole wheat flour  
16 cups all-purpose flour  
10 tablespoons baking powder  
4 cups sugar  
4 teaspoons salt  
12 cups buttermilk  
4 cups oil

### DIRECTIONS

---

1. Preheat the oven to 400°F.
2. Line two full-size sheet pans with parchment paper.
3. In a large bowl, whisk the flours, baking powder, sugar, and salt.
4. Make a well in the center of the flour and add the buttermilk and oil. Gently mix flour and liquids together until just combined.
5. Scoop into  $\frac{1}{4}$  cup biscuits and place on the prepared sheet pans.
6. Bake for 12-15 minutes, until lightly golden brown.

## CHOCOLATE BEET CAKE

*We love to add as many vegetables into our recipes as possible. Beets give a classic chocolate cake a rich color and lots of nutrients and fiber. We bet your clients won't even notice that they're getting a hearty dose of veggies for dessert.*

**MAKES 2 HOTEL PANS**

### INGREDIENTS

---

8 cups beets (16 small to medium beets),  
peeled, cooked until soft, and pureed  
8 cups whole wheat or all-purpose flour  
4 cups sugar  
2 cups unsweetened cocoa powder  
2 tablespoons baking soda  
3 teaspoons salt  
8 large eggs  
3 cups warm water  
1 cup oil  
4 teaspoons vanilla extract

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Grease two hotel pans with oil or cooking spray.
3. In a large bowl, whisk together flour, sugar, cocoa powder, baking soda, and salt.
4. In a separate bowl, whisk eggs, water, oil, vanilla, and pureed beets. Stir dry ingredients into wet ingredients.
5. Pour batter into hotel pans. Bake 30-40 minutes until a toothpick inserted in the center comes out clean.

## SWEET POTATO COOKIES

*These cookies come out almost closer to a light scone. They are delicious, and the sweet potatoes are nutrient-dense and high in vitamin A. The whole wheat flour, sweet potatoes, and oats make this a high fiber snack.*

**MAKES 50 COOKIES**

### INGREDIENTS

---

4 medium sweet potatoes, peeled,  
cooked until soft, and pureed  
4 cups whole wheat or all-purpose flour  
3 cups rolled oats  
2 teaspoons baking soda  
4 teaspoons ground cinnamon  
1 teaspoon ground ginger  
1 teaspoon salt  
1 cup oil  
2 cups brown sugar  
2 large eggs  
2 teaspoons vanilla extract  
1 cup chocolate chips (optional)

### DIRECTIONS

---

1. Preheat oven to 350°F.
2. Line two full-size sheet pans with parchment paper.
3. In a medium bowl, combine flour, oats, baking soda, salt, cinnamon, and ginger. Set aside.
4. In a separate bowl, combine oil, sugar, eggs, sweet potato puree, and vanilla.
5. Stir wet ingredients into dry ingredients. Fold in chocolate chips if using.
6. Scoop dough with a 1-ounce scoop, spacing them two inches apart.
7. Bake for 10-12 minutes or until light golden brown.
8. Let cool in pan on wire rack for 20 minutes before serving.



## GRAIN COOKING GUIDE

We cook grains almost every day, using them as the base for dishes like our *Bulgur Wheat con Pollo* (p. 41) or adding them to our favorite salads. We love grains for their versatility in flavor, texture, and nutrients—and we love that they can be cooked on the stovetop or in the oven. Here's a quick guide for both methods, along with some standard water ratios to help get you started.

### Stovetop method:

1. Fill a large pot with water (see below for quantity) and bring to a boil.
2. Add grains, a splash of oil, and any additional seasonings.
3. Stir and cover.
4. Cook until grains are soft and have absorbed all the water.
5. Fluff with a fork.

### Oven method:

1. Preheat oven to 350°F.
2. Bring a large pot of water (see below for quantity) to a boil.
3. In a 2-inch hotel pan, combine grains, boiling water, a splash of oil, and any additional seasonings.
4. Cover the hotel pan with a tight layer of plastic film and aluminum foil.
5. Cook until grains are soft and have absorbed all the water.
6. Uncover and fluff with a fork.

GRAIN TYPE	GRAIN AMOUNT	WATER AMOUNT	COOK TIME	YIELD
BARLEY (HULLED)	1 pound	7 cups	70-75 minutes	12 cups
BROWN RICE	1 pound	4 cups	35-40 minutes	10 cups
BULGUR	1 pound	4 ¼ cups	20-25 minutes	10 cups
MILLET	1 pound	4 cups	25-30 minutes	8 cups
QUINOA	1 pound	4 ¼ cups	20-25 minutes	8 cups
WHEAT BERRIES*	1 pound	5 cups	90-95 minutes	6 cups

\*Drain excess water after cooking.

## MEASUREMENT

<b>CUP</b>	1/16 cup	1/8 cup	1/4 cup	1/3 cup	3/8 cup	1/2 cup	2/3 cup
<b>OUNCES</b>	1/2 oz	1 oz	2 oz	2.5 oz	3 oz	4 oz	5 oz
<b>MILLILITERS</b>	15 ml	30 ml	59ml	79ml	90 ml	118 ml	158 ml
<b>TABLESPOONS</b>	1	2	4	5.5	6	8	11

<b>CUP</b>	3/4 cup	1 cup	2 cups	4 cups	5 cups	6 cups	8 cups
<b>OUNCES</b>	6 oz	8 oz	16 oz	32 oz	40 oz	48 oz	64 oz
<b>MILLILITERS</b>	177 ml	240 ml	480 ml	960 ml	1180 ml	1420 ml	1895 ml
<b>TABLESPOONS</b>	12	16	32	64	80	96	128

## TEMPERATURE

<b>FAHRENHEIT</b>	100 °F	150 °F	200 °F	250 °F	300 °F	325 °F	350 °F
<b>CELSIUS</b>	37 °C	65 °C	93 °C	121 °C	150 °C	160 °C	180 °C

<b>FAHRENHEIT</b>	375 °F	400 °F	425 °F	450 °F	500 °F	525 °F	550 °F
<b>CELSIUS</b>	190 °C	200 °C	220 °C	230 °C	260 °C	274 °C	288 °C

## WEIGHT

<b>IMPERIAL</b>	1/2 oz	1 oz	2 oz	3 oz	4 oz	5 oz	6 oz
<b>METRIC</b>	15 g	29 g	57 g	85 g	113 g	141 g	170 g

<b>IMPERIAL</b>	8 oz	10 oz	12 oz	13 oz	14 oz	15 oz	1 lb
<b>METRIC</b>	227 g	283 g	340 g	369 g	397 g	425 g	453 g

## ACKNOWLEDGMENTS

*The Teaching Kitchen Farm-to-Institution Cookbook* is constantly evolving. It builds upon years of experience developing and testing recipes in the Lenox Hill Neighborhood House kitchens and within our programs. We aim to provide our clients with the healthiest, freshest, most sustainable and delicious food possible. The recipes you find in this cookbook are the ones that clients and staff love best.

Many people have worked to make this cookbook a reality, from our Executive Chefs and Cooks to our *Teaching Kitchen* Chefs, interns and team members over time. Former Executive Chef and *Teaching Kitchen* Executive Chef Lynn Loflin originally developed many of these recipes during her years at Lenox Hill Neighborhood House. She dramatically transformed our Food Services with the goal of serving fresh, healthy and locally sourced meals to our clients. *Teaching Kitchen* Chefs Evelyn Garcia, Seema Pai and Brianne Ross developed additional recipes while testing and refining many others. Chef Evelyn translated our cookbooks—and many other program materials—into Spanish.

Many current and former members of our food services team also contributed to these recipes, including Annie Melo-Abreu, Francisca Diaz, Gabriel Onofre, Maria Gonzalez, Olga Ortega and Vicenta Nunez. Their decades of experience bringing these meals to life for our clients helped to inform the recipes in within this book.

*The Teaching Kitchen Farm-to-Institution Cookbook* was truly a team effort. Its recipes are cherished by many. We hope that it will go a long way in your kitchen, too.