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RECIPE MODIFICATION
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SALAD RECIPES 4-8



SEASONING PACKETS 9



HOW TO Modify a Recipe TO IMPROVE THE FLAVOR & NUTRITIONAL CONTENT

BACKGROUND

SODIUM REDUCTION IN COMMUNITIES PROJECT INITIATIVE.



Properly weighing ingredients is important in modifying recipes for nutritional quality.

Who is the audience?

The video and resource guide were developed for food service staff and can be used in a variety of settings (e.g., child care, hospitals and other worksite food production operations, schools and restaurants). The 17 minute video is designed to be used by new or

experienced staff during orientation or annual food service staff training.

What is the purpose of the video and toolkit?

The video demonstrates the need to have and adhere to standardized recipes, including the importance of accurately weighing ingredients and using the correct ingredients as specified in the recipe. Various ways to modify standardized recipes are discussed to improve the nutritional quality as well as flavor profile of menu items. It focuses on reducing sodium as a key element, although other nutrients are addressed as well. Sodium is a particular concern because due to time, budgets, and staffing constraints, many food service operations utilize prepared, packaged, and ready-to-use

ingredients which are often pre-seasoned and cause the consumers to exceed their daily recommended intake of sodium. This can be detrimental to overall health, especially for individuals with chronic conditions such as heart disease, hypertension, or renal issues. By making small changes in food preparation, food service staff can play a part in offering menu items that are flavorful as well as nutritionally sound.

Only a few staff in your food service operation may be designated to actually modify recipes, but others play an important role in ensuring that standardized recipes are followed and serving size is consistent. Working together, food service staff can play a part in offering menu items that are flavorful as well as nutritionally sound.

LEARNING OBJECTIVES

AFTER VIEWING THE VIDEO, PARTICIPANTS WILL BE ABLE TO:

- 1) Name two benefits of following standardized recipes.
- 2) Describe when to add fresh and dry herbs in the cooking process.
- 3) List four ways to modify a recipe to reduce sodium content.
- 4) Explain why it is important to read the nutrition facts label when substituting products in recipes.
- 5) Provide two examples of speed scratch cooking.

PRE/POST-TEST

1) The benefits of using standardized recipes include producing:

- a. the expected yield or number of servings
- b. consistent flavor
- c. consistent nutritional content
- d. all of the above

2) Dry herbs should be added at the end of the cooking process.

- True
False

3) Sodium can be reduced in a recipe by:

- a. Rinsing canned vegetables and beans before use
- b. Rinsing ground beef
- c. Not adding salt or seasoned salt to recipes
- d. Both a and c

4) Which of the following are examples of speed scratch cooking?

- a. Using only fresh vegetables when making a salad
- b. Serving commercially prepared casseroles
- c. Adding fresh vegetables to prepared marinara sauce
- d. Using sour cream as a topping for tacos

5) In order to use the correct amount of an ingredient in a recipe, it is important to use the appropriate measuring cup or spoon when weighing the item and taring the scale.

- True
False

TEST ANSWER KEY

- 1) D
- 2) False
- 3) D
- 4) C
- 5) True

RECIPE MODIFICATION TOOL

This tool can be used by food service staff to plan and document modifications to recipes. Current recipes can be recycled by reviewing the nutritional analysis to determine the nutrient profile and make necessary adjustments to meet the nutritional profile desired through modifications of preparation methods. Recipes can also be easily modified by replacing, reducing or removing ingredients or plate garnishes to meet nutritional goals.

RECYCLE RECIPES STEPS

Recipe:	
Location:	
Date reviewed:	
Date taste test:	
Date approved:	
Approved by:	

1) Review the recipe for accuracy

- Nutrition analysis (determine what nutrient(s) are in excess of goals)
- Cooking methods (add salt to water for rice/pasta)
- Procedures (“salt to taste”)
- Serving size (Is the serving size what is actually being served?)
- AP:EP (ingredients correctly identified for analysis)

2) Replace

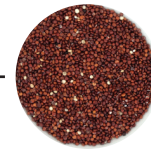
- Salt and seasonings with salt with salt free versions
- Broth with low sodium versions
- Canned vegetables and sauces with low sodium versions, fresh or frozen
- Recipe with healthier option
- Grains: enriched grains with whole-grain; reduce or eliminate seasoning packets
- Other

3) Reduce

- Serving size
- High-sodium ingredients
- Protein
- Cheese
- Sauces

4) Remove

- High-sodium items; pickles, olives, sauces



LEMON SCENTED QUINOA PARFAIT

¼ cup red quinoa

1½ cup water

1 Tbsp. walnuts, finely chopped

1 Tbsp. feta cheese

1oz. fresh spinach, rinsed

DIRECTIONS

- Rinse quinoa under water until water runs clear.

- Bring water to a boil.

Add red quinoa to boiling water and simmer 14 - 17 minutes. Add lemon zest to quinoa once cooked; allow to cool until ready to use.

- Combine half of the Honey Lemon Dressing with the cooled quinoa. Toss gently to coat.

- Layer quinoa in a 20-ounce beverage cup. Arrange spinach, feta and walnuts on top of the quinoa. Pour remaining dressing over the layers. Cover with beverage lid; label, date and refrigerate, or serve on plate.

HONEY LEMON DRESSING

1 oz. lemon juice

1 Tbsp. honey

1 oz. olive oil

1½ tsp. dill

¼ tsp. black pepper, ground

1/8 tsp. kosher salt

Whisk together.



Nutrition Facts

Serving Size 1 each (519g)

Servings Per Container 1

Amount Per Serving

Calories 410 **Calories from Fat** 160

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 3g **15%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 10mg **3%**

Sodium 380mg **16%**

Potassium 410mg **12%**

Total Carbohydrate 44g **15%**

Dietary Fiber 5g **21%**

Sugars 15g

Protein 10g

Vitamin A ● **Vitamin C** 15%

Calcium 2% ● **Iron** 4%

Thiamin 2% ● **Riboflavin** 4%

Niacin 2% ● **Vitamin B6** 2%

Folacin 15% ● **Vitamin B12** 0%

Phosphorus 20% ● **Zinc** 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

SOUTHWESTERN PARFAIT

- ¼ cup frozen whole kernel corn, defrosted
- ¼ cup black beans, rinsed and drained
- 1 cup iceberg lettuce, shredded
- ¼ cup tomatoes, diced
- 1 Tbsp. cheddar cheese, shredded
- 1 oz. scallions, diced

DIRECTIONS

- Combine corn and black beans and place in the bottom of a 20-ounce beverage cup.
- Arrange lettuce over corn mixture, followed by cheese, tomatoes and scallions.
- Pour Southwestern Dressing over vegetables.
- Cover with beverage lid; label, date and refrigerate, or serve on plate.

SOUTHWESTERN DRESSING

- ½ cup lime juice
- ¼ cup olive oil
- 1 tsp. cumin
- 1 tsp. oregano
- 2 Tbsp. minced cilantro
- ½ tsp. ground black pepper

Combine salad dressing ingredients, mix well and set aside.



Nutrition Facts

Serving Size 1 each (245g)
Servings Per Container 1

Amount Per Serving

Calories 240 **Calories from Fat** 100

% Daily Value*

Total Fat	13g	20%
Saturated Fat	2g	11%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	5mg	2%
Sodium	380mg	16%
Potassium	180mg	5%
Total Carbohydrate	25g	8%
Dietary Fiber	6g	24%
Sugars	9g	
Protein	9g	

Vitamin A 10%	• Vitamin C 10%
Calcium 10%	• Iron 2%
Thiamin 2%	• Riboflavin 2%
Niacin 2%	• Vitamin B6 2%
Folacin 6%	• Vitamin B12 0%
Phosphorus 6%	• Zinc 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4



FRUITY NUT & FETA PARFAIT

- ½ cup baby kale
- ¼ cup shredded cabbage
- 2 Tbsp. shredded carrots
- 1 oz. apple, peeled and diced
- 1 Tbsp. feta cheese
- 1 Tbsp. raisins
- 1 Tbsp. almonds.

BALSAMIC HONEY DRESSING
 1 Tbsp. balsamic vinegar
 1 Tbsp. honey
 1 Tbsp. Canola oil

Combine and mix well; set aside until ready to use.

DIRECTIONS

- Toss kale, shredded cabbage and carrots in a bowl and layer into bottom of 20-ounce beverage cup.
- Arrange apples, raisins, feta cheese and almonds on top of kale mixture.
- Pour salad dressing over the layers.
- Cover with beverage lid, label and date and refrigerate, or serve on plate.



Nutrition Facts

Serving Size 1 each (139g)

Servings Per Container 1

Amount Per Serving

Calories 310 Calories from Fat 110

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 3g **14%**

Trans Fat 0g

Polyunsaturated Fat

Monounsaturated Fat

Cholesterol 10mg **3%**

Sodium 180mg **8%**

Potassium 200mg **6%**

Total Carbohydrate 33g **11%**

Dietary Fiber 4g **14%**

Sugars 21g

Protein 6g

Vitamin A ● Vitamin C 0%

Calcium 0% ● Iron 2%

Thiamin ● Riboflavin

Niacin ● Vitamin B6

Folacin ● Vitamin B12

Phosphorus 4% ● Zinc

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4



CURRIED APPLE PARFAIT

- ½ cup cabbage, shredded
- 1 oz. celery, diced
- 1 oz. carrots, shredded
- 1 oz. apple, diced
- 1 Tbsp. scallions, diced
- 1 oz. raisins
- 1 Tbsp. walnuts

DIRECTIONS

- Layer cabbage into one 20-ounce beverage cup.
- Arrange celery, carrots, apple, scallions, raisins and walnuts on top of cabbage.
- Pour 2 oz. salad dressing over layers.
- Cover with beverage lid, label and date and refrigerate, or serve on plate.

YOGURT CURRY DRESSING

- 1 cup plain Greek yogurt
- 3 Tbsp. olive oil
- 2 Tbsp. cider vinegar
- 2 Tbsp. honey
- ¼ tsp. ground black pepper
- ½ tsp. curry powder

Combine dressing ingredients and set aside.



Nutrition Facts

Serving Size 1 each (225g)	
Servings Per Container 1	
Amount Per Serving	
Calories 270	Calories from Fat 100
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	1%
Sodium 70mg	3%
Potassium 210mg	6%
Total Carbohydrate 40g	13%
Dietary Fiber 5g	21%
Sugars 28g	
Protein 2g	
Vitamin A 90%	• Vitamin C 30%
Calcium 2%	• Iron 2%
Thiamin 2%	• Riboflavin 2%
Niacin 2%	• Vitamin B6 4%
Folacin 6%	• Vitamin B12 0%
Phosphorus 2%	• Zinc 0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	*	Carbohydrate 4	* Protein 4



MOROCCAN LEMON PARFAIT

½ cup fresh spinach,
cleaned and drained

2 oz. garbanzo beans,
rinsed and drained

¼ cup carrots,
shredded

2 Tbsp. raisins

2 Tbsp. parsley,
chopped

1 wedge of lemon

CUMIN HONEY

DRESSING

½ tsp. cumin

½ Tbsp. olive oil

1 Tbsp. lemon juice

1 Tbsp. honey

1/8 tsp. cayenne
pepper

1/8 tsp. ground
black pepper

*Combine dressing
ingredients, mix
well; set aside.*

DIRECTIONS

- Place garbanzo beans in one 20-ounce beverage cup.
- Layer spinach, carrots, raisins and parsley on top.
- Pour cumin honey dressing over layers.
- Garnish with lemon wedge and mint.
- Cover with beverage lid, label and date and refrigerate.



Nutrition Facts

Serving Size 1 each (263g)

Servings Per Container 1

Amount Per Serving

Calories 270 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat .5g 3%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Potassium 320mg 9%

Total Carbohydrate 47g 16%

Dietary Fiber 6g 25%

Sugars 28g

Protein 4g

Vitamin A 10% • Vitamin C 70%

Calcium 2% • Iron 4%

Thiamin 2% • Riboflavin 2%

Niacin 0% • Vitamin B6 2%

Folacin 4% • Vitamin B12 0%

Phosphorus 4% • Zinc 0%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

RECIPES FOR SEASONING PACKETS

Making your own seasoning blends is simple and cost effective. Many commercially prepared blends contain chemicals, additives and gluten, and can be high in sodium. Here are a few seasoning blends you can try, but you might also want to create your own signature blends.

DIRECTIONS

Combine all spices and store in an airtight container, or plastic bag. Label the container with the name of the recipe and the expiration date. Spices may be used for up to one year, and then should be discarded.

MEXICAN SEASONING BLEND > Prep: 5 Mins. • Yield: 26 • Serving: 1 Tbsp

½ cup Oregano, dried leaves (*can use ¼ cup ground oregano instead*)

¼ cup Cumin, *ground*

¼ cup Coriander, *ground*

¼ cup Chili Powder

2 Tbsp. Onion Powder or Granulated Onion (*not onion salt*)

1 Tbsp. Garlic Powder or Granulated Garlic (*not salt*)

1 Tbsp. Brown Sugar

1 Tbsp. Paprika, Spanish, Sweet or Smoked

1 tsp. Black Pepper, *ground*

½ tsp. Ground Cinnamon (*optional*)

NUTRITION INFORMATION: Calories 10 • Fat 0g • Cholesterol 0g • Sodium 20mg • Potassium 35 mg • Carbohydrates 10g • Protein 0g

ITALIAN SEASONING BLEND > Prep: 5 Mins. • Yield: 22 • Serving: 1 Tbsp

½ cup Oregano, *dried leaves* (*can use ¼ cup ground oregano instead*)

¼ cup Rosemary Leaf

¼ cup Thyme Leaf

¼ cup Marjoram Leaf

1 Tbsp. Onion Powder or Granulated Onion (*not onion salt*)

1 Tbsp. Garlic Powder or Granulated Garlic (*not salt*)

1 tsp. Black Pepper, *ground*

NUTRITION INFORMATION: Calories 0 • Fat 0g • Cholesterol 0g • Sodium 0mg • Potassium 35 mg • Carbohydrates 6g • Protein 0g

CAJUN SEASONING BLEND > Prep: 5 Mins. • Yield: 16 • Serving: 1 Tbsp

½ cup Paprika, Spanish, Sweet, or Smoked

¼ cup Granulated Garlic

1 Tbsp. Cayenne Pepper

1 Tbsp. Thyme Leaf

1 Tbsp. Oregano Leaf

2 tsp. Black Pepper, *ground*

NUTRITION INFORMATION: Calories 0 • Fat 0g • Cholesterol 0g • Sodium 0mg • Potassium 10 mg • Carbohydrates 3g • Protein 0g

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**ESKENAZI
HEALTH**



**MARION COUNTY
PUBLIC
HEALTH
DEPARTMENT**

Prevent. Promote. Protect.



Family Development Services
— A Head Start Organization —

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RESOURCES & REFERENCES

The following resources are recommended reading in conjunction with the video to provide information to staff about the health risks associated with consuming too much sodium, along with the role of sodium in processed foods.

- **Sodium: the facts** – This two-page resource can be downloaded in English and Spanish at http://www.cdc.gov/salt/pdfs/Sodium_Fact_Sheet.pdf.
- **Get the Facts: Sodium's Role in Processed Food** – This two-page resource can be downloaded at http://www.cdc.gov/salt/pdfs/sodium_role_processed.pdf.

Ground Beef and Spanish Rice Recipe – This USDA recipe is used in the video and can be downloaded at <http://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/ground-beef-and-spanish-rice>

Seasoning Blend Recipes – created by Megan E. Cook, MS, RD, CD, Eskenazi Health Food & Nutrition Services Department (June 2014).

Recycle Recipes Form – created by Margie Fougerson, MS, RDN, CD, Eskenazi Health Food & Nutrition Services Department, 05/14/2014

FOR MORE INFORMATION ABOUT THE VIDEO AND TOOLKIT, PLEASE CONTACT:

Sandra Cummings, MSW
Chronic Disease Coordinator
Marion County Public Health Department
3838 N. Rural St.
Indianapolis, IN 46205 USA

Telephone: (317) 221- 2096
scummings@marionhealth.org