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Bahn Mi- Vietnamese Sandwich

Serves 10

Slaw

½ cup water

¼ cup sugar

¼ teaspoon salt

½ cup white vinegar

1 cup carrot, grated

1 cup daikon radish, grated (or jicama, grated)

Sandwiches

10 French sandwich rolls (or 5 10-inch baguettes), cut in half lengthwise

15 ounces sliced deli turkey ham

15 ounces sliced deli turkey

10 ounces red onion, sliced

20 ounces English cucumber, sliced

Fresh cilantro sprigs

1. Combine the water, sugar, salt and vinegar in a bowl and stir until sugar is dissolved. Add grated carrot and daikon radish. Let marinate in the refrigerator until ready to use, or over night. Drain before using.
2. To serve: In each sandwich place 1 ½ ounces each of turkey ham and turkey on the bottom half of the French roll. Add about 1 ounce of sliced red onion and 2 ounces sliced English cucumbers over the top of the chicken. Top with about 1 ½ ounces of the drained carrot and radish slaw and a generous amount of fresh cilantro sprigs.

Serve mayonnaise packets on the side

Optional side: red chili sauce, such as sriracha

Recipe by Chef Garrett Berdan, RD, LD

Updated November 4, 2010

Crunchy Apple and Brown Rice Salad

Serves 8

$\frac{3}{4}$ teaspoon salt
3 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon fresh garlic, minced
2 cups fresh apple, skin on, diced
1 cup celery, diced
 $\frac{1}{4}$ cup olive or vegetable oil
2 tablespoons fresh mint, chopped
2 tablespoons fresh flat-leaf parsley, chopped
 $\frac{1}{4}$ teaspoon black pepper
4 cups cooked and chilled brown rice
1 cup walnut pieces, toasted

Combine the salt, lemon juice, and fresh garlic in a large mixing bowl. Set aside for 5 minutes to let garlic mellow in the acid. Add the apple, celery, and oil, and toss to combine.

Add the mint, parsley, ground pepper, chilled rice and walnuts, and stir to combine. Adjust seasoning with salt, pepper and lemon juice if needed.

Serve chilled.

Recipe from Chef Garrett Berdan, RD, LD
Updated January 13, 2011

Sesame Noodle Salad

Makes 4 lbs, about 14 cups

16 ounces whole wheat spaghetti

Dressing

½ cup toasted sesame oil

¼ cup rice vinegar

¼ cup light soy sauce

2 tablespoons sugar

2 teaspoons ground ginger

1/4 teaspoon cayenne pepper

4 cups napa cabbage, shredded

2 cups red bell pepper, julienned

1 ½ cup green onion, sliced thinly on a bias

1 cup fresh cilantro, chopped

2 tablespoons sesame seeds, lightly toasted (optional)

1. Cook spaghetti in a large pot of boiling salted water until al dente. Drain and rinse in cold water to cool, drain again, set aside.
2. In a large bowl whisk together the sesame oil, rice vinegar, soy sauce, sugar, ginger and cayenne pepper.
3. Add shredded cabbage, bell pepper, green onion, cilantro, sesame seeds and chilled noodles. Toss with the dressing.

Recipe by Chef Garrett Berdan, RD, LD

Updated October 26, 2010

Homemade Granola

Makes 50 servings, ¼ cup per serving

1 lb 12 oz rolled oats
8 ounces nuts (peanuts, walnuts, almonds, hazelnuts)
6 ½ ounces brown sugar
1 cup apple juice
¼ cup plus 1 tablespoon vegetable oil
1 cup honey
1 teaspoon salt
1 tablespoon cinnamon
2 teaspoons ground ginger
1 tablespoon vanilla extract
10 ounces raisins, dried cherries, or dried blueberries

1. Preheat oven to 325°F. Line a sheet pan with parchment paper.
2. Combine the rolled oats and nuts in a large mixing bowl.
3. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, ginger and vanilla in a saucepan. Stir well. Heat over medium for 4 minutes until sugar is dissolved. Do not boil.
4. Add the brown sugar mixture to the oats. Toss evenly to coat.
5. Spread the mixture evenly on the prepared sheet pan.
6. Bake for 20 minutes, stirring after 10 minutes. Granola should be toasted to a golden brown.
7. Remove granola from the oven, let cool, and stir in the dried fruit.

Recipe adapted from USDA Recipes for Schools- Granola
Chef Garrett Berdan, RD
Updated March 15, 2011

Creamy Fire Roasted Tomato and Red Pepper Soup

Makes 24 8-ounce servings (about 1 ½ gallons)

1/3 cup olive oil

1 tbsp garlic, minced

½ tsp chili flakes

1 tsp dried basil

6 lb 6 oz (#10) can Angela Mia Fire Roasted Diced Tomatoes

1 28-ounce can roasted red peppers, drained

1 qt vegetable broth

1 pt heavy cream

Heat the olive oil in a large kettle over medium heat. Add the minced garlic and sauté until fragrant. Add the red chili flakes and basil, stir for 10 seconds. Add the tomatoes, red peppers, and vegetable broth. Bring to a boil and reduce to a simmer and continue to simmer for 5 minutes. Using an immersion blender, blend the soup until very smooth. Blend in the heavy cream. Thin with additional vegetable broth if desired. Remove soup from the heat and serve.

Recipe by Chef Garrett Berdan, RD, LD

Curry Chicken Salad Wrap

Serves 4

¼ cup lowfat mayonnaise
½ cup plain fat-free or lowfat yogurt
1 teaspoon yellow curry powder
12 ounces cooked chicken, diced
¼ cup red onion, diced
½ cup celery, diced
1 cup apple, skin on, diced
½ cup raisins
¼ cup flat-leaf parsley, chopped
Salt
Ground black pepper
4 12-inch whole wheat wraps
2 cups Romaine lettuce, shredded
1 cup grated carrot

1. Mix together the mayonnaise, yogurt, and curry powder in a large bowl. Add the chicken, onion, celery, apple, raisins and parsley; stir to combine. Season to taste with salt and pepper.
2. Lay out a whole wheat wrap and spread ¼ of the chicken salad mixture down the center leaving room at each end for folding. Top with ½ cup shredded lettuce and ¼ cup carrot.
3. Fold each end over the filling, then fold the long end over the filling and roll like a burrito. Slice in half to reveal the colorful layers inside.

Recipe by Chef Garrett Berdan, RD, LD
Updated March 21, 2011

Tuscan Chickpea and Sausage Soup

Makes 24 8-ounce servings (about 1 ½ gallons)

Special equipment: Steam-jacketed kettle

½ cup vegetable oil
4 teaspoons garlic, minced
1 teaspoon red chili flakes
1 pound yellow onion, diced
4 teaspoons dry basil leaf
3 pounds 3 ounces (1/2 No. 10 can) canned diced tomatoes, with juices
3 pounds 3 ounces (1/2 No. 10 can) canned chickpeas (garbanzo beans), with juices
1 pound 4 ounces frozen Italian sausage pizza topping
1 gallon chicken broth
1 pound 4 ounces raw green kale, ribs removed, chopped

1. Preheat the steam-jacketed kettle.
2. Add the vegetable oil, garlic and chili flakes to the kettle. Sauté until aromatic, about 30 seconds. Add the onions and basil, and sweat until onions soften, about 5 minutes.
3. Add the tomatoes with juices, chickpeas with juices, Italian sausage and chicken broth. Bring to a boil, then reduce heat to a simmer. Simmer for 15 minutes.
4. Stir in the chopped kale and return the soup to a simmer. Simmer for 5 minutes. Heat soup to 165°F for at least 15 seconds.

Recipe by Chef Garrett Berdan, RD
Updated December 16, 2010