K-12 Recipe Book

C·H·Guenther

THE FUTURE OF FOOD

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TORTAS
VEGETARIAN OPTION



Ingredients

24	Breadtown Bakery™ Brioche Roll (241136)
3 lbs	Protein of choice
1/2 cup	Plain Greek yogurt
2 cups	Refried beans (warmed)
2 cups	Cubed avocado
2 cups	Pico de Gallo (optional)
4 cups	Shredded lettuce (optional)

Instructions

1. Toast brioche buns (optional)
2. Spread a thin layer of greek yogurt on top bun
3. Spread 1 tbsp refried beans on bottom bun
4. Add 1 oz of protein on top of beans
5. Add 1 tbsp avocado (and pico/lettuce if desired)
6. Finish by placing top bun on assembled sandwich

Item 241136



BREADTOWN BAKERY

Creditable grain amount
Item 241136: 1 per svg

Nutrition Information
24 servings | Serving Size: 140g *(1 slider)*

Calories	360	
Total Fat	15g	19%DV
Saturated Fat	5g	25%DV
Trans Fat	0g	
Cholesterol	130mg	43%DV
Sodium	1290mg	56%DV
Total Carbohydrate	24g	8%DV
Dietary Fiber	3g	11%DV
Total Sugars	3g	
Added Sugars	4g	6%DV
Protein	33g	66%DV
Vitamin D	0mcg	0%
Calcium	29mg	2%DV
Iron	3mg	15%DV
Potassium	976mg	20%DV

PETITE POT PIES
WHOLE GRAIN

Ingredients

1 pkg	Pioneer® Low Sodium Chicken Gravy w/ Whole Grain (212645), prepared
24	Conestoga™ Whole Grain Simple Split Biscuit Dough (3078)
6 cups	Frozen Mixed Vegetables
6 cups	Shredded chicken
1 Tbsp	Rosemary
1 Tbsp	Oregano



Instructions

1. Remove Conestoga biscuit dough from the freezer and thaw for onbe hour.
2. Preheat oven to 375°F (convection).
3. Press out each biscuit dough to cover each cup of a greased, upside-down standard muffin tin.
4. Bake the biscuits for 15 minutes or until brown. Remove and cool,
5. Prepare Pioneer gravy per package instructions.
6. Mix in vegetables and herbs into the sauce pot of gravy. Cook for 5 minutes.
7. Add shredded chicken to the gravy mix, then remove from heat.
8. Pour 3/4 cup of prepared filling into each biscuit cup to serve.

Item 3078



Item 212645



Creditable grain amount
Item 3078: 1.75 per svg

Nutrition Information
24 servings | Serving Size: 140g *(1 pot pie)*

Calories	330	
Total Fat	10g	13%DV
Saturated Fat	3g	15%DV
Trans Fat	0mg	
Cholesterol	25mg	8%DV
Sodium	780g	7%DV
Total Carbohydrate	42g	34%DV
Dietary Fiber	4g	14%DV
Total Sugars	5g	
Added Sugars	3g	6%DV
Protein	17g	34%DV
Vitamin D	0mcg	0%DV
Calcium	112mg	8%DV
Iron	2.6mg	15%DV
Potassium	348mg	6%DV

MAPLE, HAM & CHEESE BISCUIT SLIDERS
WHOLE GRAIN

Ingredients

24	Conestoga™ Classic Whole Grain Simple Split Biscuits (215812)
6 Tbsp	margarine
2 Tbsp	pancake syrup
24 oz	low sodium ham
12	American and skim milk cheese blend, slice



Instructions

1. Bake Conestoga™ Whole Grain Simple Split Biscuits according to instructions and cool.
2. Combine margarine and pancake syrup in a small bowl.
3. Split Conestoga™ Whole Grain Simple Split Biscuits and spread 1 ½ tsp maple mixture inside.
4. Layer 1 oz ham and 1/2 slice cheese on bottom of each biscuit.
5. Plate and serve.

Item 215812



Creditable grain amount
Item 215812: 1.75 per svg

Nutrition Information
24 servings | Serving Size: 45g *(1 slider)*

Calories	320	
Total Fat	18g	23%DV
Saturated Fat	7.7g	39%DV
Trans Fat	0.6g	
Cholesterol	24mg	8%DV
Sodium	807mg	35%DV
Total Carbohydrate	29g	10%DV
Dietary Fiber	2g	7%DV
Total Sugars	4.3g	
Added Sugars	2.7g	5%DV
Protein	12g	24%DV
Vitamin D	0.9mcg	5%DV
Calcium	239mg	18%DV
Iron	2.2mg	12%DV
Potassium	319mg	7%DV

BLUEBERRY BANANA MUFFINS
WHOLE GRAIN



Ingredients

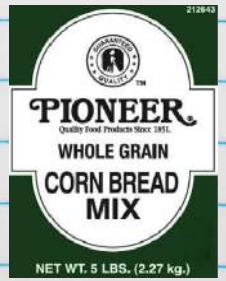
1 pkg	Pioneer® Whole Grain Cornbread Mix (212643)
5	Ripe bananas
3 c	Blueberries
8½ c	Water
59	Muffin liners (or food release)

Instructions

1. Preheat convection oven to 350°F or 425°F traditional oven.
2. Prepare muffin pans by spraying with food release or lining with muffin cups.
3. Mash bananas in the bottom of a large mixing bowl or large bowl of a stand mixer.
4. Pour 8 ½ cups of cool water into mixing bowl. Add Pioneer Whole Grain Cornbread Mix.
5. Mix with a paddle attachment on low speed #1 for 30 seconds.
6. Scrape down the sides of the bowl and paddle with rubber spatula.
7. Add blueberries and mix with paddle attachment on low speed #1 for additional 30 seconds.
8. Pour batter into prepared muffin pans, filling to 1/4" of the top.
9. Bake for 15-17 minutes (18-20 minutes in conventional oven). Cool muffins before removing from pans.

Chef's Tip: Sprinkle sparkling sugar or powdered sugar dust, or glaze with powdered sugar icing.

Item 212643



Creditable grain amount
Item 212643: 1.25 per svg

Nutrition Information
59 servings | Serving Size: 64g *(1 muffin)*

Calories	165	
Total Fat	4.4g	6%DV
Saturated Fat	2.2g	11%DV
Trans Fat	0g	
Cholesterol	0mg	
Sodium	434mg	19%DV
Total Carbohydrate	29g	10%DV
Dietary Fiber	1g	5%DV
Total Sugars	9.5g	
Added Sugars	6.5g	13%DV
Protein	2.3g	5%DV
Vitamin D	0mcg	
Calcium	82mg	6%DV
Iron	0.8mg	4%DV
Potassium	122mg	3%DV

CORNBREAD TACO BITES
WHOLE GRAIN



Ingredients

1 pkg	Pioneer® Whole Grain Cornbread Mix (212643)
8½ c	water
2 lb	ground beef
2½ oz	taco seasoning
1 c	yellow onion, minced and sauteed
15 oz	black beans, drained
30 oz	corn, drained
10 oz	diced tomatoes & green chiles, drained
3 c	cheddar cheese, shredded (divided)

Instructions

1. Cook ground beef, drain fat. Place cooked beef into a bowl and stir with taco seasoning.
2. Add sauteed onions, beans, corn, tomatoes & chiles, and half of the shredded cheese (1 ½ cups) to the taco seasoned beef and mix, set aside.
3. Mix Pioneer Whole Grain Cornbread Mix with the water in a mixer with the paddle attachment for 1 minute on low speed, stopping half through to scrape the bowl.
4. Add beef and vegetable mixture to the batter and mix for an additional 30 seconds.
5. Grease muffin pans, add ~2 ounces of batter mixture to each pan.
6. Sprinkle each filled pan with cheddar cheese, using the other half of the cheese (remaining 1½ cups).
7. Bake for 12-15 minutes at 375°F (convection).
8. Cool for 5 minutes and serve warm.

Item 212643



Creditable grain amount
Item 212643: 1.25 per svg

Nutrition Information
70 servings | Serving Size: 85g *(1 pc)*

Calories	290	
Total Fat	10g	13%DV
Saturated Fat	5g	25%DV
Trans Fat	0g	
Cholesterol	15mg	5%DV
Sodium	790mg	34%DV
Total Carbohydrate	41g	14%DV
Dietary Fiber	2g	7%DV
Total Sugars	12g	
Added Sugars	9g	6%DV
Protein	8g	18%DV
Vitamin D	0mcg	
Calcium	151mg	10%DV
Iron	1.7mg	10%DV
Potassium	211mg	4%DV

THE EASY A(LFREDO)
WHOLE GRAIN



Ingredients

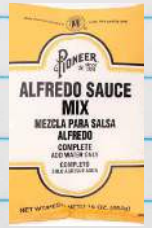
1 bag	Pioneer® Alfredo Sauce Mix (94341)
4 lb	Whole Grain pasta of choice
3 lb	Diced chicken or protein of choice
4 lbs	Broccoli (frozen or fresh)

Instructions

1. Prepare Pioneer Alredo Sauce mix per package instructions. Hold hot until ready to use.
2. Cook pasta and broccoli per manufacturer's instructions and drain.
3. Cook chicken per manufacturer's heating instructions.
4. Combine all ingredients into a serving pan and hold hot until ready for service.

Serve with Conestoga™ Thaw & Bake Whole Grain Roll Dough (210501) to add additional creditable grains.

Item 94341



Item 210501



Creditable grain amount
Item 210501: 1 per svg

+ additional WG from pasta

Nutrition Information
38 servings | Serving Size: 1 cup *(200 g)*

Calories	290	
Total Fat	5g	6%DV
Saturated Fat	2g	10%DV
Trans Fat	0g	
Cholesterol	25mg	8%DV
Sodium	290mg	13%DV
Total Carbohydrate	44g	15%DV
Dietary Fiber	7g	25%DV
Total Sugars	2g	
Added Sugars	0g	0%DV
Protein	17g	34%DV
Vitamin D	0mcg	0%
Calcium	71mg	6%DV
Iron	2.2mg	10%DV
Potassium	453mg	10%DV

BREAKFAST PIZZA
WHOLE GRAIN



Ingredients

24	Conestoga™ Whole Grain Roll Dough (210501)
1 qt	Conestoga™ Instant Low Sodium Peppered Gravy (99484), prepared
2 lbs	Breakfast sausage
3	Red bell peppers, seeded and chopped
3	Green bell peppers, seeded and chopped
2	Large onions, chopped
40 oz	Shredded Cheese

Instructions

1. Place frozen roll dough in a full-size hotel pan and brush or lightly spray with oil. Cover with plastic or bun wrap to prevent drying.
2. Once thawed, press dough together to create a crust. Then use fingertips to press indentations into dough. Allow to rise.
3. Preheat convection oven to 400°F (standard 450°F)
4. Prepare Pioneer Instant Low Sodium Peppered Gravy per package instructions, remove from heat and set aside.
5. Parbake dough in oven for 10-12 minutes.
6. Ladle gravy over dough, starting in the middle and working towards the edges. Leave 1/2 inch on the edge.
7. Top with breakfast sausage, sauteed vegetables, then cheese.
8. Bake for 8-11 minutes.

Item 210501



Item 99484



Creditable grain amount
Item 210501: 1 per svg

Nutrition Information
24 servings | Serving Size: 120g *(1 pc)*

Calories	380	
Total Fat	23g	30%DV
Saturated Fat	11g	55%DV
Trans Fat	0g	
Cholesterol	75mg	25%DV
Sodium	760mg	33%DV
Total Carbohydrate	23g	8%DV
Dietary Fiber	2g	7%DV
Total Sugars	4g	
Added Sugars	3g	6%DV
Protein	21g	42%DV
Vitamin D	0.3mcg	2%DV
Calcium	345mg	25%DV
Iron	1.5mg	8%DV
Potassium	298mg	6%DV

APPLE STREUSEL MUFFIN
WHOLE GRAIN



Ingredients

1 pkg	Pioneer® Whole Grain Muffin Mix (212665)
1 cup	Brown sugar
1¼ cup	All-purpose Flour
1 tsp	Ground cinnamon
1¾ cup	Margarine
2 cup	Water
2 cup	Unsweetened applesauce
6 cup	Chopped apple, skin on (~4 medium sized)

Instructions

1. Preheat oven to 400°F (350°F for convection oven). Spray insides of muffin tins with non-stick cooking spray.
2. Combine brown sugar, flour, cinnamon and margarine in a medium bowl until mixture forms a streusel; set aside.
3. Place water and applesauce in mixing bowl. Add muffin mix to bowl. Mix with paddle attachment on low speed #1 for 30 seconds.
4. Add chopped apple. Mix for an additional 1 minute. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula.
5. Fill each muffin mold with 3 ounces batter (by weight) using a #12 scoop or until within ½ inch of the top. Sprinkle with 1 tablespoon reserved streusel mixture.
6. Bake for 25 minutes or until cooked through (20 minutes for convection).
7. Remove from oven and allow to cool slightly before removing from pans.

Item 212665



Creditable grain amount
Item 212665: 2.25 per svg

Nutrition Information
64 servings | Serving Size: 61 g *(1 muffin)*

Calories	370	
Total Fat	8.9g	11%DV
Saturated Fat	3.5g	18%DV
Trans Fat	0.5g	
Cholesterol	0mg	
Sodium	371mg	16%DV
Total Carbohydrate	67g	22%DV
Dietary Fiber	3.3g	12%DV
Total Sugars	37g	
Added Sugars	34g	68%DV
Protein	5.3g	11%DV
Vitamin D	0mcg	
Calcium	76mg	6%DV
Iron	2mg	11%DV
Potassium	196mg	4%DV

HAM & CHEESE PULL APART BITES
WHOLE GRAIN



Ingredients

1 pkg	Conestoga™ Instant Low Sodium Peppered Gravy Mix (99484), prepared
12	Conestoga™ Whole Grain Simple Split Biscuit Dough (3078)
1¼ c	Diced ham
1¼ c	Cheddar cheese, shredded
1 Tbsp	Neutral oil (vegetable)
2 tsp	Everything bagel seasoning (+ extra for topping)

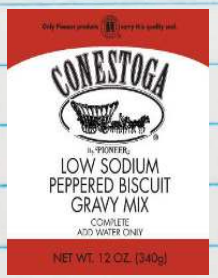
Instructions

1. Remove Conestoga biscuit dough from the freezer and thaw for 45 minutes.
2. Grease a standard muffin tin liberally or line the tin with muffin liners and preheat the oven to 375°F (convection).
3. Cut thawed biscuits into small bite size pieces.
4. Place the cut biscuit dough into a large bowl and toss with oil.
5. Add ham, cheese, and everything bagel seasoning into the bowl and toss with the cut biscuit dough.
6. Separate the mixture evenly into 12 muffin tins, about 1/3 cup of mixture.
7. Top each Pull Apart Bite with everything bagel seasoning.
8. Bake for 10-15 minutes, or until brown, rotate halfway through.
9. Prepare Conestoga Instant Low Sodium Peppered Gravy Mix per package instructions, remove from heat, and set aside.
10. Allow Pull Apart Bites to cool for 5 minutes and serve with prepared gravy.

Item 3078



Item 99484



Creditable grain amount
Item 3078: 1.75 per svg

Nutrition Information | 12 servings
Serving Size: 140g | *per pull apart*

Calories	390	
Total Fat	18g	23%DV
Saturated Fat	8g	40%DV
Trans Fat	0mg	
Cholesterol	20mg	7%DV
Sodium	1080g	47%DV
Total Carbohydrate	47g	16%DV
Dietary Fiber	2g	7%DV
Total Sugars	4g	
Added Sugars	3g	6%DV
Protein	10g	20%DV
Vitamin D	0.2mcg	2%DV
Calcium	169mg	15%DV
Iron	1.8mg	10%DV
Potassium	262mg	6%DV