




## INGREDIENTS

- 3 Cups Plantains (from about 3 ripe plantains)
- ½ Cup Tomato (chopped)
- ½ Cup Red Bell Pepper (chopped)
- ½ Cup Green Bell Pepper (chopped)
- 1 Tablespoon Olive Oil
- 1 Cup Onion (chopped)
- ½ Teaspoon Garlic Powder
- 8 Large Eggs (beaten)
- 8 Hot Dogs (frankfurters), without meat or poultry byproducts, cereals, binders or extenders, 2 oz each (chopped)
- 1 Teaspoon Crushed Pepper Flakes
- ½ Teaspoon Salt or Bouillon Powder (add more to taste)
- ½ Teaspoon Italian Seasoning

## DIRECTIONS

1. Peel the skin of the plantains, then cut into rounds about ¼ inch thick.
2. Pan-fry plantain until lightly golden brown and set aside
3. In a sauce pan, heat a tablespoon of oil. Sauté onions and garlic until fragrant and translucent. Add the the chopped tomatoes and peppers and stir fry for about 1 minute.
4. Season with with salt or bouillon powder. Add the chopped hotdogs and stir fry for another minute. Turn off heat and set aside to cool.
5. Preheat the oven to 350°, lightly grease a 10 inch cast iron skillet or quiche dish.
6. Mix the cooled stir fry mix into the beaten eggs. Stir to combine.
7. Pour into the greased cast iron skillet.
8. Bake in the lower rack of the oven for 25-30 minutes or until center firms up.
9. Let cool for about 5 mins. Cut into 10 slices and serve warm.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

-  Breakfast

## YIELD

10 Slices

## PORTION SIZES

- Toddler:** ½ Slice
- Preschool:** 1 Slice
- School Age:** 1 Slice
- Adult:** 1 Slice



## INGREDIENTS

- 3 Cups Mango
- 4 Cups Pineapple
- 2 Cups Watermelon
- 4 Cups Papaya/Pawpaw
- 2 Cups Apples
- ½ Lemon (more to taste)

## DIRECTIONS

1. Peel apples and dice into 1-inch cubes. Squeeze the lemon over the diced apples. Toss with a spoon to ensure that the lemon juice coats all of the apple.
2. Peel and dice all the remaining fruits into 1-inch pieces.
3. Put all the fruits into a large bowl and mix together to combine.
4. Put in the fridge to chill for 30 minutes then serve.

## MEAL PATTERN CONTRIBUTION

 Fruit

## MEAL TYPE

 Breakfast

## YIELD

15 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ½ Cup

**School Age:** ½ Cup

**Adult:** ½ Cup



## INGREDIENTS

- 4 Pounds White Yam
- Water
- Salt (optional)

## DIRECTIONS

1. Cut the yam tuber into manageable sections and use a sharp knife to remove the thick brown skin. Rinse thoroughly to remove dirt and sap.
2. Slice the peeled yam into uniform sized chunks.
3. Wash the yam pieces again in clean water and drain using a colander.
4. Place yam pieces into a pot and add enough water to cover the yam.
5. Add salt if desired.
6. Cover and cook on medium heat for 20–30 minutes.
7. Insert a fork or knife into the yam to test for doneness. It should slide in easily without resistance.
8. Drain excess water and serve hot.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Breakfast

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ½ Cup

**School Age:** ½ Cup

**Adult:** ½ Cup



## INGREDIENTS

- 1½ Cups Boiled Spaghetti (enriched or whole grain rich)
- 4 Eggs
- ½ Cup Tomato (chopped)
- 1 Tablespoon Onion (chopped)
- ¼ Cup Green Bell Pepper (chopped)
- 1 Bouillon Cube
- 1½ Tablespoons Oil
- ⅛ Teaspoon Ground White Pepper
- 2 Sprigs Parsley (finely chopped)

## DIRECTIONS

1. Place tomato, onion, bell pepper, parsley, cracked eggs and white pepper in a bowl. Sprinkle seasoning cube (Maggi) on top. Beat with a fork to combine.
2. Add the spaghetti and mix well to combine.
3. Heat oil in a skillet on high for 2 minutes then reduce the heat to low and pour the spaghetti and egg mixture into the skillet. Spread to ensure that it is evenly distributed in the skillet, then let it cook on very low heat for about 8 minutes, until the egg sets.
4. Flip to the other side and let it cook for another 3 minutes.
5. Cut into 6 equal slices and serve warm.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Breakfast

## YIELD

6 Slices

## PORTION SIZES

**Toddler:** ½ Slice

**Preschool:** ½ Slice

**School Age:** 1 Slice

**Adult:** 2 Slices



## INGREDIENTS

- 1½ Tablespoons Olive Oil
- 1 Cup Onion (chopped)
- 3 Teaspoons Garlic (minced)
- 2 Cups Cabbage (shredded)
- 2 Cups Sweet Potato (peeled and cut into ½-inch cubes)
- 14½ Ounce Can Diced Tomatoes
- 2 Teaspoons Ginger (grated)
- 3 Cups Water
- 2 Cups Okra or Zucchini (trimmed and sliced)
- ¾ Cup Creamy Peanut Butter
- Salt and Pepper (to taste)
- Red Pepper Flakes (to taste)
- Peanuts (chopped; for topping)
- Scallion (sliced; for topping)

## DIRECTIONS

1. Heat the oil in a soup pot. Add the onion and garlic and sauté over medium heat until the onion is golden.
2. Add the cabbage, sweet potatoes, tomatoes, ginger and water. Bring to a slow boil, then lower the heat and simmer gently with the cover slightly open until the sweet potatoes are nearly tender, about 15 minutes.
3. Add the okra or zucchini. Stir in the peanut butter, a little at a time, until it blends into the broth. Stir in the red pepper flakes, then simmer gently, covered, for 10 minutes longer, or until all the vegetables are tender. Add a bit more water, if needed.
4. Season with salt and pepper.
5. Serve immediately with optional toppings.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

11 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ¾ Cup



## INGREDIENTS

- 1 Cup Carrots (grated)
- 8 Cups Lettuce (grated)
- 2 Cups Cabbage (grated)
- ½ Cup Canned Peas
- ½ Cup Canned Corn
- 2 Cups Tomato (cubed)
- 2 Cups Cucumber (cubed)
- 3 Eggs
- 6 Cups Potato (cubed from about 3 potatoes)
- 1 Cup Baked Beans in Sauce
- ½ Cup Salad Cream or Mayonnaise

## DIRECTIONS

1. Grate the peeled carrots using a medium grater. Wash the greens, then finely shred them.
2. Cut the tomatoes, remove the core, and dice them into small cubes. Peel the cucumbers, remove the seeds, and dice them into small cubes. Drain and rinse the canned beans, peas, and corn.
3. Hard-boil the eggs for 7 to 10 minutes, then cool and peel. Slice into rounds. Boil the potatoes until tender, peel, and cut into cubes.
4. In a large bowl, start layering the ingredients except for the eggs and baked beans. Begin with the lettuce and cabbage, then add the rest in layers, arranging by color if you like.
5. Continue layering until everything is used up. Add the baked beans as the top layer.
6. Finish by placing the sliced eggs on top. You can also line a few slices around the sides of the bowl for a nice presentation.
7. Serve right away with salad cream or mayonnaise. You can also chill in the fridge until ready to serve.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

24 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ¾ Cup



## INGREDIENTS

- 4 Tablespoons Oil (divided)
- 1½ Pounds Chicken Thighs (boneless, skinless)
- 2 Cups Couscous (enriched or whole grain rich)
- 1 Teaspoon Paprika
- ½ Teaspoon Curry Powder
- Salt and Pepper (to taste)
- ¾ Cup Onion (chopped)
- 1 Scotch Bonnet or Habanero Pepper (optional; seeded and minced)
- 3 Teaspoons Garlic (minced)
- 1 Cup Red Bell Pepper (diced)
- ½ Cup Green Onion (sliced and divided)
- 2 Cups Chicken Stock
- Fresh Parsley (chopped)

## DIRECTIONS

1. Cut the chicken into cubes or strips. Heat 2 tablespoons of oil in a medium pan over medium heat. Add the chicken and season with paprika, curry powder, salt, and black pepper. Cook for about 7 minutes, or until fully cooked. Remove from heat and set aside.
2. Add the remaining 2 tablespoons of oil to the same pan. Add the onions, scotch bonnet or habanero pepper (if using), garlic and bell peppers. Stir-fry for 3 to 5 minutes, until fragrant.
3. Stir in half of the green onions, then add the chicken stock and bring to a rolling boil.
4. Add the couscous and stir briefly. Cover immediately, remove from heat, and let it sit for 5 to 6 minutes.
5. Fluff with a fork, then stir in the cooked chicken, remaining green onions, and parsley.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** ¾ Cup

**Preschool:** 1 Cup

**School Age:** 1½ Cups

**Adult:** 1½ Cups



## INGREDIENTS

- 2 Pounds Chicken Parts, fresh or frozen, Thighs with bone, with skin, (about 4 ounces each)
- 1 Cup Onion (sliced)
- 2 Preserved Lemons
- 3 Cups Chicken Stock
- ½ Cup Olives  
(Green and Kalamata)
- 1 Tablespoon Honey
- Olive Oil
- Cilantro (for garnish)
- 2 Tablespoons Moroccan Spice Blend

## DIRECTIONS

1. Thinly slice the onion. Halve the preserved lemons and remove the pulp. Discard half of the pulp and finely chop the remaining pulp. Reserve the peels.
2. Marinate the chicken thighs, along with the onions, lemon pulp, 1 tablespoon of olive oil and spice mix for 1 hour.
3. Heat 2-3 tablespoons of olive oil in a pan and heat over medium heat. Remove the chicken from the marinade and brown both sides of the chicken thighs, about 3-5 minutes per side.
4. Remove the chicken from the pan and drain any excess fat. Place the onions and remaining marinade ingredients in the pan and cook until the onions are softened, about 7 minutes.
5. Deglaze the pan with about ½ cup of the chicken stock, breaking up the browned bits stuck to the pan. Add the chicken back to the pan, skin side down, and then add chicken stock to cover about ⅔ of the chicken.
6. Reduce heat to a simmer and cook, covered, for 15 minutes. After 15 minutes, flip the chicken over. Add the lemon peel and the honey and stir to combine. Cover and simmer for 15 more minutes.
7. Add the olives to the pan and cook for 15 minutes to allow the sauce to thicken some. Salt to taste.
8. Garnish with cilantro and serve warm.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

16 Ounces Chicken

## PORTION SIZES

**Toddler:** 1 Ounce Chicken  
**Preschool:** 1½ Ounces Chicken  
**School Age:** 2 Ounces Chicken  
**Adult:** 2 Ounces Chicken



## INGREDIENTS

- 3 Tablespoons Oil
- 1 Cup Onion (finely chopped)
- 2 Teaspoons Garlic (crushed)
- 2 Ounces Ginger (finely grated)
- 2 Tablespoons Mild Curry Powder
- 1 Cup Red Pepper (finely chopped)
- 1 Cup Yellow Pepper (finely chopped)
- 4 Cups Carrots (grated)
- 2 Tablespoons Tomato Purée
- 14½ Ounce Can Chopped Tomatoes
- 2 Sprigs Fresh Thyme Leaves
- 16 Ounce Can Baked Beans
- Salt and Pepper (to taste)

## DIRECTIONS

1. Add the oil to a pan over medium heat. Then add onion and sauté until translucent and softened.
2. Add garlic, ginger and curry powder. Stir to combine.
3. Add peppers. Cook for 2 mins.
4. Add carrots. Stir to combine and coat in curry powder.
5. Add tomatoes and tomato paste. Stir to combine.
6. Cook mixture for 5-10 minutes. Mixture should be well combined and thickened slightly.
7. Add baked beans and fresh thyme. Simmer for 5 mins.
8. Remove from heat. Can be served hot or cold.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Snack

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ½ Cup



## INGREDIENTS

- 10 Cups Flour (enriched or whole grain rich)
- 5 Teaspoons Salt
- 10 Tablespoons Sugar
- 5 Tablespoons Cayenne (more to taste)
- 1¼ Cups Vegetable Oil
- 3⅓ Cups Water

## DIRECTIONS

1. In a medium bowl, mix together the dry ingredients.
2. Pour the vegetable oil into the bowl and use your hands to mix it in. The mixture will still seem dry.
3. Pour the water into the dough, little by little, kneading in between. The dough should not be sticky or crumbly. Once all the water has been added, use your hands to knead for 5 minutes.
4. Flour a dry, flat surface and use a rolling pin to roll the dough out until it's about ¼ inch thick. Then, cut the dough into strips lengthwise and horizontally. The pieces should be about ½ inch on all sides (except for thickness).
5. Heat a cast iron skillet over medium heat with no oil or grease. Add the pieces (gently) to the skillet and mix occasionally for about 20 minutes until they are toasted on all sides.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Snack

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** ⅛ Cup  
**Preschool:** ⅛ Cup  
**School Age:** ¼ Cup  
**Adult:** ¼ Cup



## INGREDIENTS

- 2 Pounds Potatoes (sliced thinly)
- 1 Cup Flour (enriched or whole grain rich)
- 2 Teaspoons Ginger (minced)
- 2 Tablespoons Rice or Corn Flour
- 2-4 Teaspoons Cumin or Coriander or Carom Seeds
- 1-2 Teaspoon Sriracha
- ½ Cup Fresh Herbs (coriander, parsley or cilantro)
- ¾ Cup + Extra Water
- 1 Teaspoon Salt

## DIRECTIONS

1. In a large bowl combine flour, rice flour, ginger spice, hot pepper, salt and herbs.
2. Add water a little at a time, enough to form a thick paste that coats the back of a spoon.
3. Put potatoes in the same bowl, a small batch at a time and make sure each slice is coated in spice blend.
4. Let it rest for about 5-10 minutes to absorb the flavor.
5. Heat up a large skillet or cast iron with oil on medium-high heat.
6. Pan-fry the bhajias in batches, turning once, until golden brown, about 3-4 minutes. Do not overcrowd the pan.
7. Repeat process until all the potatoes are cooked.
8. Using a slotted spoon, transfer bhajias to pan lined with paper towels.
9. Serve warm with ketchup or chutney.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Snack

## YIELD

4¾ Cups

## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ½ Cup



## INGREDIENTS

- 1/3 Cup Vegetable Oil
- 6 Cups Tomatoes
- 4 Cups Red Bell Pepper
- 3 Cups Red Onion
- Habanero or Scotch Bonnet peppers (to taste)
- 3 Tablespoons Tomato Paste
- 2 Teaspoons Curry Powder
- 1 Teaspoon Dried Thyme
- 2 Bay Leaves
- 5 Cups Chicken Stock
- 4 Cups Long-Grain Rice (enriched or whole grain rich; rinsed)
- Salt and Pepper (to taste)

## DIRECTIONS

1. Blend tomatoes, bell peppers, red peppers, onions, and two cups of stock until smooth.
2. Transfer the tomato mixture to a large pot and bring to a boil.
3. Turn down the heat and let the tomato mixture simmer for 10 minutes, partly covered.
4. Heat vegetable oil in a pan. Stir fry some sliced onions and season with salt.
5. After about 3 minutes, add the curry powder, black pepper, thyme and bay leaves. Continue cooking on medium heat for 3 minutes.
6. Stir in the tomato paste. After 2 minutes, add the tomato mixture and cook over medium heat for 10 minutes, partly covered or until the tomato stew is reduced by half.
7. Add the remaining stock to the pan and bring it to a boil.
8. Add the rice. Stir and cover with foil and lid.
9. Turn down the heat and cook for 30 minutes, stirring halfway through.
10. Taste and season your jollof rice as needed.
11. Allow the covered rice to rest for 5 minutes before serving.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Snack

## YIELD

22 Cups

## PORTION SIZES

**Toddler:** 1/2 Cup

**Preschool:** 1/2 Cup

**School Age:** 1 Cup

**Adult:** 1 Cup