

# Yogurt & Buttermilk Dressing

## Ingredients

- Yogurt, Greek - 1/2 Cup / 4.5 oz
- Buttermilk, Shaken - 1/2 Cup / 4 oz
- Sour Cream, Light - 1/2 Cup / 4 oz
- Mayonaise - 1/4 Cup / 2oz
- Olive Oil - 1/4 Cup / 2 oz
- Lemon Juice - 1/8 Cup / 1 oz
- Dijon Mustard - 1 Tbsp / .5 oz
- Garlic, fresh, finely minced - 1 Clove / .1 oz
- Cotija, grated - 1/4 Cup / 1 oz
- Parsley, fresh, leaves, finely chopped - 1/4 Cup / .7 oz
- Basil, fresh, leaves, finely chopped - 1/4 Cup / .5 oz
- Mint, fresh, leaves, finely chopped - 1/8 Cup / .1 oz
- Dill, fresh, finely chopped - 1 Tbsp / .1 oz
- Tarragon, fresh, leaves - 1 Tbsp / .1 oz
- Salt, Kosher - 1 tsp
- Pepper, ground - 1/2 tsp
- Paprika - 1/2 tsp

## Directions

1. Combine all ingredients in a Blender, securely fasten the lid, and pulse for one 30 to 60 seconds to combine the ingredients.
  - Alternate -
  - The ingredients can all be combined in a mixing bowl
  - The ingredients can be combined using a handheld blender

## Notes, Tricks & Tips

- Add an additional 1 cup of Mayonnaise to thicken the dressing for added viscosity or to use as a dip for vegetables.
- Adding a Tablespoon or two of water to a dressing or vinaigrette (depending on volume) can help balance the acid and fat.
- Poaching minced garlic in water before using it in a dressing or vinaigrette will soften the flavor and prevent flavor of the dressing from changing over time.
- Most dressings have a shelf life of 7 to 14 days depending on the moisture content and the combination of ingredients.



### Serving Size & Crediting

20 Servings  
2 Tbsp / 1 Ounce

No Crediting

# Green Market Pesto

## Ingredients

- Micro Greens, tightly packed - 1 Cup / 2 oz
- Basil Leaves, roughly chopped, tightly packed - 1/2 Cup / 1 oz
- Italian Parsley Leaves, tightly packed - 1/2 cup / 1 oz
- Garlic, minced - 1 Tbsp / .5 oz
- Olive Oil - 1/2 Cup / 3.5 oz
- Cotija Cheese, grated - 1 Cup / 4 oz
- Lemon Juice - 2Tbsp / 1 oz
- Black Pepper, ground - 1/4 tsp
- Chile Flake, Crushed - 1/8 tsp



## Directions

1. In a food processor, combine the first four ingredients and pulse for 15 to 30 seconds to combine .
2. Add the olive oil and pulse for 30 seconds, scrape down the sides of the food processor and add the cheese, lemon juice, salt and spices. Pulse for thirty seconds longer to combine all of the ingredients.
3. Taste the pesto, make adjustments to the amount of lemon, salt, chile and pepper to your liking.
4. The pesto will hold in an air tight container for up to 7 days.
5. Use it as a garnish on pizza or tossed with pasta salad.

## Notes, Tricks & Tips

- If you would like to add Nuts - consider using 1/2 cup of chopped cashew or hazelnuts.
- This pesto can become a sauce by adding additional olive oil to modify the consistency.

### Serving Size & Crediting

12 Servings  
2 Tbsp / 1 oz

.25 oz M/MA  
1/8 cup Vege

# Rind & Wheat Pizza

## Ingredients

- Rind & Wheat Dough Balls (Frozen) - 2 each
- Pizza Fresh Sauce - 3 cups / 24 ounces
- Oaxaca Cheese, Grated - 3# / 48oz
- See Toppings Sheet for additional ideas

## Directions

1. To thaw and Use - Take 2 dough out of freezer and let sit in the refrigerator over night.
2. Remove from fridge and let sit for 2 hours at room temperature before using to make pizza.
3. Prepare a full-size sheet tray by brushing the surface with a light coat of oil or prepare using pan spray.
4. Roll the dough onto sheet pans, using your fingers to push the pizza into the corners of the tray. (Use two dough balls per full-size sheet tray)
5. Evenly spread the Pizza Fresh Sauce across the dough.
6. Evenly spread the Cheese on top of the sauce.
7. Add additional toppings evenly across the cheese as desired.
8. Bake the Pizza in a preheated oven at 450F for 12 -14 minutes.
9. Cut the Pizza into 16 to 25 portions depending on the grade level.

## Notes, Tricks & Tips

- Use a light coat of sauce to prevent the Pizza from becoming soggy, approx. 1/8 cup or 2 Tbsp per serving.
- The Pizza Dough being featured today is made locally in Spokane, Washington by Rind and Wheat Bakery, 1516 W Riverside Ave, Spokane, WA 99201. (509) 596-9900



### Serving Size & Crediting

24 Servings  
2 Tbsp / 1 Ounce

2 MMA  
2oz Grain  
1/8 Cup  
Red / Orange  
Vege



# Pizza Fresh Sauce

## Ingredients

- Tomatoes, Whole, Canned or Roasted, Pureed - 1# /16oz
- Tomato Paste, Canned - 1/4 Cup / 4 oz
- Olive Oil, 1/4 Cup / 2oz
- Apple Cider Vinegar - 1/8 Cup / 1 oz
- Italian Parsley, fresh, leaves, torn or chopped - 1/4 cup
- Basil, fresh, leaves, torn or chopped - 1/8 cup
- Garlic, fresh, cloves, thinly sliced or minced - 1 Tbsp
- Salt, Kosher - 1 Tbsp
- Pepper, Ground - 1 tsp
- Chile Flake, Crushed - 1 pinch



## Directions

1. In a large work bowl, add the Tomatoes (see note for using fresh), Tomato Paste, Olive Oil and the Vinegar. Using your hands (washed and gloved) crush the tomatoes well, and stir to combine the ingredients.
2. Using a spatula, fold in the Herbs, Garlic and Spices.
3. Calculate how many servings of Pizza you will have per pan of pizza dough. Add 1/8 cup of Tomato Sauce per serving.

## Notes, Tricks & Tips

- If using Fresh Tomatoes, slice them in half, place them on a parchment lined sheet tray, coat lightly with olive oil and a sprinkle of salt. Roast them for 30 minutes at 325 F. This helps to concentrate the flavor and remove excess water weight.
- This sauce does not require cooking and can be frozen for three months.

### Serving Size & Crediting

24 Servings  
2 Tbsp / 1 Ounce

1/8 Cup  
Red / Orange  
Vege

# Toppings Bar Ideas

## Tacos

- Grated Oaxaca or Cotija Cheese
- Chopped Tomatoes
- Diced Onions
- Microgreens
- Cilantro
- Shredded Lettuce and Cabbage
- Fresh Salsa

## Pizza

- Roasted Sausage (see demo today)
- Roasted Oyster Mushrooms (see demo today)
- Diced or Sliced Tomatoes
- Sliced Button Mushrooms
- Sliced Zucchini
- Sliced or Diced Bell Peppers
- Roasted Bell Peppers
- Sliced Olives
- Microgreens
- Pickled Jalapeños
- Sliced Olives
- Pineapples
- Herbs
- Herb Pesto (see demo today)

## F2S Hamburger

- Roasted Oyster Mushrooms (see demo today)
- Sliced Onions
- Pickled Jalapenos
- Microgreens
- Sliced Tomatoes
- Sliced Onions
- Arugula
- Lettuce
- Seasoned Mayo (such as dijon or roasted pepper)



# Roasted Oyster Mushrooms

## Ingredients

- Oyster Mushrooms, chopped - 4 Cups /16 oz
- Olive Oil - 1/4 Cup / 2 oz
- Salt, Kosher - 1 tsp
- Pepper, Black, ground - 1/4 tsp

## Directions

1. Begin by cleaning the bottom of the Oyster Mushroom cluster. Trim away any additional material from the growing compost. Feel free to use the stem of the cluster as it will roast well and become tender.
2. Chop the mushrooms into large bite sized pieces. Place the chopped mushrooms into a mixing bowl and lightly coat them with olive oil. Using your hands (washed and gloved), combine the mushrooms and the olive oil, stirring and lightly massaging to coat them well.
3. Season the mushrooms with salt and pepper and mix gently once more to incorporate the seasoning.
4. Place the mushrooms onto a sheet tray. Roast at 425 for 12 to 15 minutes.
5. Cool the mushrooms on the sheet tray, under refrigeration, to 40F for later use.

## Notes, Tricks & Tips

- Note - 4 cups of Roasted Mushrooms yields 2 Cups / 10.6 Ounces of roasted Mushrooms
- The cooked mushrooms can be used as a pizza topping or in other recipes such as the lentil burger.



### Serving Size & Crediting

15 - 1/8 Cup  
Servings

1/4 Cup Other  
Vegetable

# Roasted Sausage

## Ingredients

- Italian Sausage (seasoned), Raw - 1# /16 oz
- Olive Oil or Pan Spray - 1/8 Cup / 1 oz

## Directions

1. Prepare the surface of a sheet tray with a thin, evenly layer of oil or a light coating of pan spray.
2. Spread the Sausage out evenly across the sheet tray, making dimples with your fingers to help break up the mass.
3. Place the sausage lined sheet tray in a pre-heated oven, and roast at 425 for 12 to 15 minutes.
4. Allow the Sausage to cool to 40 F, under refrigeration for later use.
5. Chop the cooled sausage into bite sized pieces to use on a pizza.



## Notes, Tricks & Tips

- Note - 4 cups of Roasted Mushrooms yields 2 Cups / 10.6 Ounces of roasted Mushrooms
- The cooked mushrooms can be used as a pizza topping or in other recipes such as the lentil burger.

### Serving Size & Crediting

15 - 1/8 Cup  
Servings

1/4 Cup Other  
Vegetable



# Quick & Easy Taco Beef

## Ingredients

- Ground Beef, 85/15 - 1 # / 16 oz
- Water - 1 Quart / 32 oz
- Coriander, ground - 2 tsp
- Cumin, ground - 1 tsp
- Chili Powder - 1 tsp
- Paprika - 1 tsp
- Salt, Kosher - 1 tsp
- Pepper, Black, ground - 1/2 tsp

## Directions

1. Combine the ground meat and water together in a medium pot. Using your hands, mash the meat until smooth and lump free.
2. Place the pot on the stove and bring to a simmer over medium high heat, stirring occasionally to break up any clumps. Allow to cook for approx. 12 minutes.
3. Using a fine mesh strainer, strain off the liquid, reserving the meat.
4. Combine the spices in a small metal bowl. Use a whisk or fork to break up any lumps that may occur. Sprinkle seasoning over the meat and stir to combine.
5. Hold in a steam table above 135F for service or cool the meat on a tray, in a thin layer.

## Notes, Tricks & Tips

- This meat is great for tacos, nachos, folding into chili con carne, and/or combining with beans and cheese as a quesadilla filling.
- Fold in 1 cup of Salsa Verde or 1/2 Cup Fire Roasted Green Chiles to give the meat a zesty spin.



### Serving Size & Crediting

12 - 1 ounce  
Servings

1 M/MA



# Beef Burger Patty

## Ingredients

- Beef, Ground, 85/15 - 2 # / 32 oz
- Salt, Kosher - 2 tsp / 10 grams
- Pepper, Black, ground - 1/2 tsp / 1 grams

### Optional Spices

- Mustard Powder
- Paprika
- Garlic powder
- Onion powder

## Directions

1. In the bowl of a Stand mixer - Combine the three ingredients, sprinkling the salt and pepper evenly over the meat.
2. Using the paddle attachment on medium low, stir to combine for approx 1 minute, until the mixture is well combined. Be cautious to not over mix..
3. Using a #12 Portion Scoop, make 12 even portions, approx. 2.6 ounce each.
4. Use a hamburger press or ring mold to create a uniform shape.
5. Allow to chill or freeze before cooking.
6. Cook until you reach a 165F internal temperature - approx. 8 to 10 minutes at 375 to 425 F (Use a lower temperature and shorter cooking time for Convection)
7. Hold in a steam table or holding cabinet above 135F for service or cool the meat on a tray, in a thin layer to reheat later.

## Notes, Tricks & Tips

- Consider adding other herbs or spices to the mixture to create different flavor profiles for your burger patties.



### Serving Size & Crediting

12 Servings  
2.6 oz Patties

2 M/MA

# Beef & Lentil Burgers

## Ingredients

- Beef, Ground, 85/15 - 1 # / 16 oz
- Oyster Mushrooms, roasted, chopped - 1 Cup / 6 oz
- Oats, crushed - 1 Cup / 4 oz
- Lentils, brown, cooked - 1/2 Cup / 4 oz
- Onions, finely diced - 1 cup / 3 oz
- Pepper, Black, ground - 1/2 tsp
- Egg, lightly whisked - 1 each / 2 oz
- Tomato Paste - 2 Tbsp / 1 oz
- Garlic, Minced - 1 Tbsp / 4 grams
- Salt, Kosher - 2 tsp / 10 grams
- Coriander, crushed - 1 tsp / 4 grams
- Chile Flake, crushed - 1/2 tsp / 1 grams
- Pepper, Black, ground - 1/2 tsp / 1 grams



## Directions

1. In the bowl of a Stand mixer - Combine all of the ingredients together.
2. Using the paddle attachment on medium low, stir to combine for approx 1 minute, until the mixture is well combined. Be cautious to not over mix..
3. Using a #12 Portion Scoop, make 12 even portions, approx. 2.5 ounce each.
4. Use a hamburger press or ring mold to create a uniform shape.
5. Allow to chill or freeze before cooking.
6. Cook until you reach a 165F internal temperature - approx. 8 to 10 minutes at 375 to 425 F (Use a lower temperature and shorter cooking time for Convection)
7. Hold in a steam table or holding cabinet above 135F for service or cool the meat on a tray, in a thin layer to reheat later.

## Notes, Tricks & Tips

- Rinse the lentils prior to cooking, examine them for objects like pebbles that may be hiding in them. Cook for approx. 15 to 20 minutes in a pot of simmering water, just until tender so they do not fall apart. Strain well before using in the recipe.

### Serving Size & Crediting

12 Servings  
2.5 oz Patties

1/8 Cup  
Additional  
Vegetables  
1 M/MA  
.25 oz Grain