

78045: THEME MAC N CHEESE ROASTED VEGGIE

Portion: 1 Entree	\$1.97	24 Portions	\$47.32	48 Portions	\$94.63	72 Portions	\$141.95	96 Portions	\$189.27
OLIVE/VEGETABLE OIL BLEND		1 CUP	\$0.49	2 CUP	\$0.98	3 CUP	\$1.46	1 QRT	\$1.95
GARLIC, fresh, minced		4 TBS	\$0.46	8 TBS	\$0.91	12 TBS	\$1.37	1 CUP	\$1.82
ROASTED MUSHROOMS, 1/4rd R 72242		36 1 oz PORTIONS	\$5.29	72 1 oz PORTIONS	\$10.58	108 1 oz PORTIONS	\$15.88	144 1 oz PORTIONS	\$21.17
ROASTED CAULIFLOWER, small florets R 78044		12 1/2 Cup PORTIONS	\$13.91	24 1/2 Cup PORTIONS	\$27.82	36 1/2 Cup PORTIONS	\$41.73	48 1/2 Cup PORTIONS	\$55.65
ROASTED RED PEPPERS, julienne R 72166		48 1 oz PORTIONS	\$6.26	96 1 oz PORTIONS	\$12.52	144 1 oz PORTIONS	\$18.78	192 1 oz PORTIONS	\$25.04
ROASTED EGGPLANT, diced 1/2" R 72501		48 1 oz PORTIONS	\$7.08	96 1 oz PORTIONS	\$14.15	144 1 oz PORTIONS	\$21.23	192 1 oz PORTIONS	\$28.30
MACARONI OR SHELLS, cooked R 78019		24 3/4 Cup PORTIONS	\$2.66	48 3/4 Cup PORTIONS	\$5.32	72 3/4 Cup PORTIONS	\$7.98	96 3/4 Cup PORTIONS	\$10.64
ALFREDO CHEESE SAUCE, hot R 71910		24 1/2 Cup PORTIONS	\$6.04	48 1/2 Cup PORTIONS	\$12.08	72 1/2 Cup PORTIONS	\$18.12	96 1/2 Cup PORTIONS	\$24.15
GRUYERE SWISS CHEESE, shredded		12 OZ	\$5.14	1 LB 8 OZ	\$10.28	2 LB 4 OZ	\$15.41	3 LB	\$20.55

- Methods:
1. In non stick skillet heat oil. Add garlic and sweat for 30 seconds until fragrant
 2. Add mushrooms, cauliflower, peppers and eggplant. Heat for 30 seconds - 1 minute
 3. Add pasta, toss for 30 seconds
 4. Add alfredo sauce and shredded gruyere. Heat until hot and cheese is melted. CCP- Minimum internal temperature is 165°F (for 15 seconds)
 5. Serve immediately

Shelf Life: If leftover, do not reuse

Per Portion

- 2 tsp olive/vegetable oil blend
- 1/2 tsp garlic, minced
- 1/4 cup roasted mushrooms (1 1/2 oz), 1/4rd
- 1/4 cup roasted cauliflower (1 1/2 oz), small florets
- 1/4 cup roasted red peppers (2 oz), julienne
- 1/4 cup roasted eggplant (2 oz), diced 1/2"
- 3/4 cup pasta (about 4 oz), cooked

Allergens (including sub recipes): Milk,Wheat,Gluten,Soybean

Vegan Type: Lacto/Ovo

1/2 cup
2 TBS

alfredo sauce
gruyere swiss cheese (1/2 oz) shredded

Sub Recipe 72242: MUSHROOMS ROASTED 1 oz

Portion: 1 oz	\$0.15	36 Portions	\$5.29	72 Portions	\$10.58	108 Portions	\$15.87	144 Portions	\$21.16
MUSHROOMS, quartered		3 LB	\$4.82	6 LB	\$9.64	9 LB	\$14.46	12 LB	\$19.28
OIL OLIVE VEG BLEND		12 TBS	\$0.37	1 CUP 8 TBS	\$0.73	2 CUP 4 TBS	\$1.10	3 CUP	\$1.46
KOSHER SALT		1 1/2 TSP	\$0.01	1 TBS	\$0.02	1 TBS 1 1/2 TSP	\$0.03	2 TBS 1/8 TSP	\$0.04
BLACK PEPPER, table grind		1 1/2 TSP	\$0.09	1 TBS	\$0.19	1 TBS 1 1/2 TSP	\$0.28	2 TBS 1/8 TSP	\$0.37

- Methods:
1. Toss all ingredients together
 2. Place in single layer on treated sheet pan
 3. Roast at 450°F for 4 to 6 minutes until lightly golden
 4. CCP- Hold hot at 140°F or above or cool quickly (per HACCP) to 40°F or below

Shelf Life: Use within 24 hours

Allergens (including sub recipes):

Vegan Type: Vegan

Sub Recipe 78044: Cauliflower Simply Roasted WLNS

Portion: 1/2 Cup	\$1.16	12 Portions \$13.91	24 Portions \$27.82	36 Portions \$41.73	48 Portions \$55.64
CAULIFLOWER, trimmed, small florets		4 LB 5 3/4 OZ \$13.64	8 LB 11 1/2 OZ \$27.29	13 LB 1 1/4 OZ \$40.93	17 LB 7 OZ \$54.57
EXTRA VIRGIN OLIVE OIL		2 TBS 3/4 TSP \$0.21	4 TBS 1 1/2 TSP \$0.42	6 TBS 2 1/4 TSP \$0.63	9 TBS \$0.84
KOSHER SALT		1 1/2 TSP \$0.01	1 TBS \$0.02	1 TBS 1 1/2 TSP \$0.03	2 TBS 1/8 TSP \$0.04
BLACK PEPPER, table grind		3/4 TSP \$0.05	1 1/2 TSP \$0.09	2 1/4 TSP \$0.14	1 TBS \$0.19

- Methods:
1. In a large bowl combine cauliflower florets, EVOO, salt and pepper. Toss well to coat
 2. Place on treated sheet pan, spread evenly in single layer, don't overlap
 3. Place in preheated 450°F convection oven and roast for 10 to 12 minutes until caramelized. May need to turn pan 3/4 way through roasting.
CCP- Minimum internal temperature is 140°F (for 15 seconds)
 4. CCP- Hold hot at 140°F or above for service
 5. Serve 1/2 cup per portion

Shelf Life: Use within 48 hours. CCP- Reheat quickly (per HACCP) to 165°F or above (for 15 seconds)

Note: 1/2 cup = 3 oz average

Allergens (including sub recipes):

Vegan Type: Vegan

Sub Recipe 72166: Peppers Red Roasted 1 oz WLNS

Portion: 1 oz	\$0.13	48 Portions	\$6.26	96 Portions	\$12.51	144 Portions	\$18.77	192 Portions	\$25.03
RED PEPPERS, washed		3 LB 12 OZ	\$5.99	7 LB 8 OZ	\$11.97	11 LB 4 OZ	\$17.96	15 LB	\$23.95
VEGETABLE OIL SPRAY		2 TBS 1/8 TSP	\$0.27	4 TBS 1/8 TSP	\$0.54	6 TBS 1/4 TSP	\$0.81	8 TBS 1/3 TSP	\$1.08

- Methods:
1. Wash peppers under cold water prior to use.
 2. Spray exterior of pepper with pan coating and grill on char broiler or roast in 425°F oven until skin is completely charred
 3. Place peppers in sealed container or plastic bag for 5 to 6 minutes until skin loosens and is easy to peel
 4. Remove skin, seeds and stem
 5. CCP- Hold refrigerated at 40°F or below for use

Shelf Life: Use within 48 hours.

Allergens (including sub recipes):

Vegan Type: Vegan

Sub Recipe 72501: EGGPLANT ROASTED 1 OZ

Portion: 1 oz	\$0.15	48 Portions \$7.08	96 Portions \$14.15	144 Portions \$21.23	192 Portions \$28.30
EGGPLANT, 1/2" thick round slices		5 LB 6 OZ \$5.93	10 LB 12 OZ \$11.86	16 LB 2 OZ \$17.79	21 LB 8 OZ \$23.72
OIL OLIVE VEG BLEND		1 CUP 8 TBS \$0.73	3 CUP \$1.46	1 QRT 8 TBS \$2.20	1 QRT 2 CUP \$2.93
GARLIC, fresh, chopped		1 TSP \$0.04	2 TSP \$0.08	1 TBS \$0.12	1 TBS 1 TSP \$0.15
KOSHER SALT		1 TSP \$0.01	2 TSP \$0.01	1 TBS \$0.02	1 TBS 1 TSP \$0.03
BLACK PEPPER, table grind		1/2 TSP \$0.03	1 TSP \$0.06	1 1/2 TSP \$0.09	2 TSP \$0.12
BALSAMIC VINEGAR		4 TBS \$0.34	8 TBS \$0.67	12 TBS \$1.01	1 CUP \$1.35

- Methods:
1. Slice eggplant, with skin, into 1/2" rounds
 2. Combine oil, garlic, salt, pepper and balsamic vinegar, mix well
 3. Toss eggplant with balsamic marinade
 4. Place eggplant in single layer on sheet pan
 5. CCP- Roast at 450°F or 4-6 minutes, CCP- Minimum internal temperature of 140°F (for 15 seconds)
 6. CCP- Hold hot at 140°F or above or cool quickly (per HACCP) to 40°F or below

Shelf Life: Use within 24 hours

Allergens (including sub recipes):

Vegan Type: Vegan

Sub Recipe 78019: PASTA BASIC COOKING METHOD SHORT

Portion: 3/4 Cup	\$0.11	24 Portions	\$2.66	48 Portions	\$5.32	72 Portions	\$7.98	96 Portions	\$10.63
WATER		2 GAL 2 2/3 QRT	\$0.00	5 GAL 1 1/3 QRT	\$0.00	8 GAL	\$0.00	10 GAL 2 2/3 QRT	\$0.00
KOSHER SALT		2 5/8 TSP	\$0.02	1 TBS 2 1/3 TSP	\$0.04	2 TBS 2 TSP	\$0.06	3 TBS 1 5/8 TSP	\$0.08
SHORT PASTA Macaroni, rotini, shells etc		2 LB 10 2/3 OZ	\$2.42	5 LB 5 1/3 OZ	\$4.84	8 LB	\$7.26	10 LB 10 2/3 OZ	\$9.68
OLIVE OIL		2 TBS 2 TSP	\$0.22	5 TBS 1 TSP	\$0.44	8 TBS	\$0.66	10 TBS 2 TSP	\$0.88

- Methods:
1. In a large pot bring water and salt to a boil
 2. Add pasta and cook per manufacture directions: Al dente for pasta that will be further cooked (casseroles) and cook a bit softer for pastas that do not require further cooking (salads, action stations)
 3. Drain and rinse under cold water
 4. Toss with olive oil
 5. CCP - Hold hot at 140°F or above for use or spread in single layer on sheet pan and CCP- Cool quickly (per HACCP) to 40°F or below for use
 6. Serve a 6 oz spoodle (3/4 cup) per serving

Shelf Life: Use within 3 days. CCP - Reheat quickly (per HACCP) to 165°F or above (for 15 seconds)

Rule of Thumb: Per pound of dry pasta use 1 gallon water, 1 tsp Kosher salt and 1 TBS olive oil.

Note: 1 lb of short pasta yields about 2.2 lbs cooked (al dente)

Note: 6 oz spoodle of cooked pasta = 4 oz average

Sub Recipe 71910: SAUCE ALFREDO CHEESE 1/2 Cup

Portion: 1/2 Cup	\$0.25	24 Portions \$6.04	48 Portions \$12.08	72 Portions \$18.11	96 Portions \$24.15
MARGARINE		5 OZ \$0.25	10 OZ \$0.50	15 OZ \$0.75	1 LB 4 OZ \$1.00
GARLIC, fresh, minced		1 TBS 1/2 TSP \$0.13	2 TBS 1 TSP \$0.27	3 TBS 1 1/2 TSP \$0.40	4 TBS 2 TSP \$0.53
FLOUR		1 CUP \$0.08	2 CUP \$0.17	3 CUP \$0.25	1 QRT \$0.33
WHOLE MILK		2 QRT 2 CUP \$3.21	1 GAL 1 QRT \$6.41	1 GAL 3 1/2 QRT \$9.62	2 GAL 2 QRT \$12.83
KOSHER SALT		1/2 TSP \$0.00	1 TSP \$0.01	1 1/2 TSP \$0.01	2 TSP \$0.01
WHITE PEPPER, ground		1/2 TSP \$0.06	1 TSP \$0.11	1 1/2 TSP \$0.17	2 TSP \$0.22
LOW SODIUM VEGETABLE BASE		1 1/4 TSP \$0.09	2 1/2 TSP \$0.18	1 TBS 3/4 TSP \$0.28	1 TBS 2 TSP \$0.37
MOZZARELLA PT SKIM, shredded		6 OZ \$0.95	12 OZ \$1.91	1 LB 2 OZ \$2.86	1 LB 8 OZ \$3.81
PARMESAN CHEESE, grated		5 OZ \$1.26	10 OZ \$2.52	15 OZ \$3.78	1 LB 4 OZ \$5.04

- Methods:
1. Melt margarine over medium heat, add garlic and sweat. Stir in flour. Cook for 4 minutes until bubbly. Do not brown
 2. Add milk, stirring constantly. Cook until sauce thickens
 3. Add salt, pepper and base. Simmer for 15 minutes. CCP- Minimum internal temperature of 140°F
 4. Remove from heat. Slowly whisk in cheeses, until well blended
 5. CCP- Hold hot at 140°F or above for service or cool quickly (per HACCP) to 40°F or below

Shelf Life: Use within 48 hours. CCP- Reheat quickly (per HACCP) to 165°F (for 15 seconds)

Note: 1/2 cup = 4 oz

Allergens (including sub recipes): Milk,Wheat,Soybean,Gluten

Vegan Type: Lacto/Ovo