

**Entree: Spinach & Artichoke Chicken : 10**

Ingredients	Amount 10 portions	Scaled: 45	Procedure
Chicken breast (skinless/boneless)  Artichoke hearts  Spinach Parmesan cheese Mayonnaise Garlic powder Cooking spray	10 halves (6 oz each) or 3 ¾ lbs  2 ½ (15 oz cans) or 1 ½ gal  50 oz 2 cups 2 cups 2 tsp As needed	45 halves (6 oz each) or 16 ¾ lbs  11 ¼ (15 oz cans) or 1 ⅓ gal  2 ⅞ lb 2 ¼ quarts 2 ¼ quarts 3 tbsp As needed	Preheat the oven to 375 degrees F (190 degrees C). Grease a baking dish with cooking spray.  Mix together artichoke hearts, spinach, Parmesan cheese, mayonnaise, and garlic powder in a medium bowl. Place chicken in the prepared baking dish; cover chicken evenly with artichoke mixture.  Bake, uncovered, in the preheated oven until chicken is no longer pink in the center and juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

**Per Serving:** 548 calories; protein 34.4g; carbohydrates 13.4g; fat 39.9g; cholesterol 96mg; sodium 1225mg.

**Starch: Garlic & Herb Mashed Potatoes: 10**

Ingredients	Amount 10 portions	Scaled: 45	Procedure
Golden potatoes Chicken Broth Butter  Greek yogurt Fresh parsley Salt Pepper	5 lbs 2 cups ½ cup or 1 stick  ½ cup 3 tbsp ½ tsp or to taste ½ tsp or to taste	22 ½ lbs 2 ¼ quarts 2 ¼ cup or 4 ½ sticks  2 ¼ cups 1 cup ¾ tbsp or to taste ¾ tbsp or to taste	<p>Peel potatoes if desired. Cut into 2-inch pieces and place in a large saucepan or Dutch oven. Cover with water and bring to a boil over high heat. Boil for 15 to 20 minutes or until easily pierced with a fork. Drain well in a colander.</p> <p>Return potatoes to pan; toss briefly over low heat to dry off extra moisture. Mash warm potatoes with a masher or hand-held electric mixer until chunky.</p> <p>Gradually add warm broth, greek yogurt, and butter while mashing until potatoes are desired consistency. Mix in parsley and season with salt and pepper, if desired.</p> <p>Cover pan and heat over very low heat to keep warm up to about 30 minutes before serving.</p>

**Per Serving:** 202 calories; protein 5.1g; carbohydrates 41.1g; fat 2.4g; cholesterol 4.6mg; sodium 289.6mg

**Vegetable: Maple Orange Glazed Carrots : 10**

Ingredients	Amount 10 portions	Scaled: 45	Procedure
Carrots Orange juice Maple syrup Butter Salt	1 ½ lb 0.40 cup 1 ½ tbsp 1 ½ tbsp ¼ tsp or to taste	7 ½ lbs 2 cups 7 ½ tbsp 7 ½ tbsp 2 tsp or to taste	<p>Peel and chop carrots into 1-inch coins. Place the prepared carrots in a medium saucepan and cover with cold water. Bring the water to a boil over high heat. Then reduce the heat to medium and simmer until the carrots are just fork-tender, about 10-12 minutes. Once tender, drain the water from the carrots and return the carrots to the hot pan.</p> <p>Add orange juice, maple syrup, salt, and butter to the carrots and cook over medium heat for 4 minutes, stirring frequently. Once the glaze has coated the carrots and begun to caramelize, remove the carrots from the heat.</p> <p>Serve the glazed carrots.</p>

**Per Serving:** Calories: 41kcal | Carbohydrates: 5g | Fat: 2g | Saturated Fat: 2g | Sodium: 97mg | Potassium: 48mg | Sugar: 4g | Vitamin A: 50IU | Vitamin C: 12.3mg | Calcium: 14mg

**Dessert #1: Yogurt parfait w/berries and granola : 10**

Ingredients	Amount 10 portions	Scaled: 45	Procedure
Greek yogurt Honey Vanilla extract Granola Fresh or Frozen mixed berries	5 cups ½ cup 1 ½ tsp 2 ½ cups 10 cups	5.5 quarts 2 ¼ cups 6 ¾ tsp 11 ¼ cups 11 ¼ quarts	Combine yogurt, honey, and vanilla extract in a large bowl. Stir well.  Place 1 cup of frozen fruit in each of 8 plastic cups. Top each with 1/2 cup yogurt mixture. Store in the refrigerator until needed.  Top each cup of fruit and yogurt with 1/4 cup granola before eating.

**Per Serving:** 359 calories; protein 13.5g; carbohydrates 60.5g; fat 7.8g; cholesterol 2.5mg; sodium 106.2mg.

**Dessert #2: Greek Yogurt Oreo Cheesecake Bites : 10**

Ingredients	Amount 10 portions	Scaled: 45	Procedure
<p>Oreos Butter Cream cheese, softened  Sugar Greek yogurt Vanilla extract Egg Semi sweet chocolate</p>	<p>3 ¾ oz 1 ¼ tbsp 8 oz  ¼ cup + 1 tsp ¼ cup + 1 tsp ⅛ tsp 1 large 2 ¼ oz</p>	<p>1 lb + 1 ½ oz ¼ cup + 1 tbsp 5 (8 oz) packages or 40 oz 1 ¼ cup 1 ¼ cup 1 ¼ tsp 5 large 10 oz</p>	<p>Preheat the oven to 325 degrees F (165 degrees C). Line a 9x13-inch baking pan with foil, with ends extending over the sides.</p> <p>Finely crush 75% cookies and mix with melted butter. Press onto the bottom of the prepared pan. Save remaining cookies and set aside.</p> <p>Beat cream cheese and sugar in a large bowl until blended. Add greek yogurt and vanilla; mix well. Add eggs, one at a time, beating after each until just blended. Gently stir chopped cookies into batter. Pour over the crust.</p> <p>Bake in the preheated oven until the sides are set and center is almost set, 35 to 40 minutes. Remove from the oven and set the pan on a wire rack until completely cool, about 1 hour.</p> <p>Cover with plastic wrap and refrigerate for at least 2 hours. Remove from the refrigerator and use the foil overhand to remove cheesecake from the pan. Cut into 36 squares and transfer to a waxed or</p>

			<p>parchment paper-lined baking tray.</p> <p>Place semisweet chocolate in a microwave-safe bowl. Microwave on 50% power in 30-second intervals, stirring frequently, until melted. Repeat with dark chocolate. Pour melted chocolates into separate zip-top bags. Snip a corner off each bag and drizzle over the cheesecake bites. Chill until ready to serve.</p>
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**Per Serving:** 215 calories; protein 3.8g; carbohydrates 18.1g; fat 16g; cholesterol 54.4mg; sodium 138.4mg.