

THE HUMANE SOCIETY OF THE UNITED STATES'

**MEATLESS
MONDAY**



Recipe Contest

Recipe Winner & Finalists

Nutty Noodles

Meatless Monday Recipe Contest 2014 Winner

Submitted by Grimmway Academy, Arvin, Calif.

50 Servings

Serving Size - 1 cup

Ingredients

- 8 lbs. + 6 oz. spaghetti, whole grain
- 1-1/2 cups + 1 teaspoon ginger root
- 16-2/3 cloves garlic
- 3 qts + 1/2 cup peanut butter, smooth unsalted
- 2 qts + 1/4 cup rice wine vinegar
- 2-3/4 cups + 1 teaspoon sugar
- 2-3/4 cups soy sauce
- 4-1/4 cup 8 fl oz. water
- 1 cup + 1/2 tablespoon oil, sesame salad or cooking
- 1/2 cup + 1 teaspoon pepper, red or cayenne
- 8-1/3 pack frozen mixed vegetables
- 1 cup + 1 tablespoon vegetable oil
- 1-1/2 cups + 1 tablespoon sesame seeds



Meredith Lee/The HSUS

Preparation

1. In a pot of boiling salted water, cook the spaghetti until tender. Drain and rinse under cold water until cooled. Drain well.
2. Peel and chop ginger and garlic cloves.
3. In a blender or food processor, puree the peanut butter with the vinegar, sugar, soy sauce, water, sesame oil, crushed red pepper flakes, ginger and garlic. (*Substitute sunflower seed butter for nut-free campuses*).
4. Heat vegetable oil in a large skillet over medium-high heat. Cook and stir vegetable medley until just tender. Season to taste. (*Substitute seasonal fresh vegetables when available – any combination of broccoli, carrot, onion, bell pepper, snap peas, bean sprouts, water chestnut, edamame, bok choy, eggplant, and squash will work well*).
5. Toss cooled spaghetti with cooked vegetable medley and peanut sauce until well coated. Garnish with sesame seeds and serve warm, room temperature, or chilled.

Nutrition Information

Calories: 928
Total Fat: 46 g
Saturated Fat: 8.71 g

Protein: 35.34 g
Sodium: 576 mg
Cholesterol: 0 mg

Contributions to NSLP meal pattern: 2 oz. M/MMA, 2-1/2 servings of grains, 3/4 cup of vegetable



Gnocchi

Submitted by Davis Joint Unified School District, Davis, Calif.

50 Servings

Serving Size – 6 oz.

Ingredients

Marinara Sauce:

- 5-1/2 oz. chopped onions
- 3-1/8 oz. chopped carrots
- 2-2/3 oz. chopped celery
- Minced garlic, to taste
- 1-3/8 teaspoon salt
- 2 lbs. + 14 oz. canned 6-1 tomatoes
- 2 lbs. + 11 3/4 oz. canned ground pear tomatoes
- 2-5/8 tablespoon ground black pepper
- 2-5/6 tablespoon dried oregano
- 1 tablespoon + 2 3/8 teaspoon Italian seasoning mix
- 2-5/8 teaspoon olive oil

Gnocchi:

- 3 lbs. + 2 oz. cooked beans, navy or pea, mature seed 8 oz. canned olives
- 1 lb. + 8 oz. raw spinach
- 6 lbs. + 4 oz. gnocchi
- 2 cups chopped fresh basil

Preparation

1. Sauté onion, carrots, celery, and garlic in olive oil until cooked, about 15 minutes.
2. Add tomatoes, Italian seasoning, oregano, salt, and pepper and let simmer at 140° for 1.5 hours. Set aside to cool until ready to use.
3. Puree beans.
4. Add puree, spinach, black olives, and basil to marinara.
5. Cook gnocchi by placing in boiling water, remove when gnocchi has been floating at the top for 2 minutes.
6. Add sauce to cooked gnocchi and mix thoroughly.

Nutrition Information

Calories: 159

Total Fat: 1.12 g

Saturated Fat: 0.16 g

Protein: 6.67 g
Sodium: 620 mg
Cholesterol: 0 mg



Kathy Milani/The HSUS

Minestrone

Recipe submitted by Lakeside Union School District, Lakeside, Calif.

50 Servings

Serving Size - 1 cup

Ingredients

- Cooking spray, as needed
- 9 oz. diced onions
- 1 lb. + 6 oz. diced carrots
- 6 oz. shredded cabbage
- 7.5 oz. sliced celery
- 7.5 oz. sliced zucchini
- 4 oz. diced green pepper
- 4 oz. minced garlic
- 2 gallons water
- 2 qt + 1 cup marinara sauce
- 1 tablespoon ground white pepper
- 3 tablespoons Italian seasoning
- 1 tablespoon salt
- 7 lbs. cooked white beans
- 11 oz. dry macaroni



Kathy Milani/The HSUS

Preparation

1. Spray pot with cooking spray.
2. Add onions, carrots, cabbage, celery, zucchini, green peppers and garlic and sauté until vegetables are slightly cooked and limp.
3. Add water, marinara sauce, ground white pepper, Italian seasoning and salt.
4. Bring to a boil.
5. Add white beans and macaroni.
6. Reduce heat to simmer and cook until macaroni is tender.

Nutrition Information

Calories: 128
Total Fat: 0.76 g
Saturated Fat: 0.11 g

Protein: 6.63 g
Sodium: 496 mg
Cholesterol: 0 mg



Rockin' Moroccan Stew

Recipe submitted by Monterey Peninsula Unified School District, Monterey, Calif.

50 Servings

Serving Size – 12 oz. + 3 Pita Triangles

Ingredients

- 1 #10 can of diced tomatoes with juice
- 2-1/2 #10 cans drained garbanzo beans
- 1/2 cup vegetable oil
- 2 lbs. + 8 oz. diced white onions
- 1 lb. diced celery
- 3 tablespoons ground ginger
- 3 tablespoons ground turmeric
- 2 tablespoons pepper
- 1-1/2 tablespoons ground cinnamon
- 2-1/2 tablespoons ground nutmeg
- 2 gallons + 1 qt. low sodium vegetable broth
- 2 lbs. dry long grain brown rice
- 1/2 lb. fresh cilantro
- 1 1/2 oz. lemon juice



Kathy Milani/The HSUS

Preparation

1. Sauté onions and celery in vegetable oil until softened.
2. Add ginger, turmeric, pepper, cinnamon, and nutmeg to onions and celery, stirring constantly for 1 minute.
3. Add canned tomatoes, vegetable broth, and garbanzo beans and stir well.
4. Reduce heat to medium-low, cover and simmer for 1 hour.
5. Add rice to stew, cover and return to a simmer for 30 minutes.
6. Add cilantro and lemon juice, cook uncovered for 5 minutes.

Nutrition Information:

Calories: 447

Total Fat: 8 g

Saturated Fat: 2 g

Protein: 14 g

Sodium: 530 mg

Cholesterol: 0 mg

Contributions to NSLP Meal Pattern: 2 oz. equivalent M/MA, 2 oz. equivalent grains



Yakisoba Noodles with Stir Fried Tofu and Bok Choy

Recipe Submitted by Oakland Unified School District, Oakland, Calif.

50 Servings

Serving Size – 1-1/2 cups

Ingredients

Noodles:

- 3-3/4 lbs. of precooked and thawed whole wheat Yakisoba noodles

Sauce:

- 3 cups reduced sodium soy sauce
- 2-1/4 cups water
- 1 cup + 2 tablespoons apple cider vinegar
- 3/4 cup toasted sesame oil



Meredith Lee/The HSUS

Stir-Fry:

- 2 tablespoons vegetable oil
- 3 lbs. washed & chopped bok choy
- 2 tablespoons minced garlic
- 1-1/2 tablespoons minced ginger
- 1/4 lb. chopped green onions (white & green parts)
- 7 lbs. cubed firm tofu
- 1/2 cup chopped fresh cilantro

Preparation

1. Combine sauce ingredients in a large bowl and set aside.
2. Heat vegetable oil in a tilt skillet or wok.
3. Add bok choy and stir-fry until it begins to wilt, about 3-5 minutes.
4. Add garlic, ginger, and green onions, and cook another 2-3 minutes until fragrant.
5. Add the sauce along with the tofu and bring to a boil.
6. Add the cooked noodles, toss gently, and heat until hot.
7. Garnish with cilantro.

Nutrition Information

Calories: 260
Total Fat: 10.83 g
Saturated Fat: 1.53 g

Protein: 16.36 g
Sodium: 617.91 mg
Cholesterol: 0 mg



Beans & Greens with Rice

Recipe submitted by Chapel Hill-Carrboro City Schools, Chapel Hill, N.C.

50 Servings

Serving Size – 1-1/2 cups

Ingredients

- 1-1/2 gal chopped raw turnip greens
- 1 gallon + 1/2 cup canned great northern beans
- 50 cups cooked brown rice
- 3/4 cup + 1/2 tablespoon olive oil
- 3 tablespoons Cajun seasoning
- 1 qt + 1 1/2 cups diced canned tomatoes
- 3 cups water
- 4 oz. balsamic vinegar
- 1/2 cup reduced sodium soy sauce



Preparation

1. Remove thick stems from turnip leaves, chop and wash.
2. Drain and rinse beans.
3. Heat a tilt skillet to medium heat then add olive oil.
4. When olive oil is hot, add turnip greens and stir.
5. Add Cajun seasoning and allow greens to wilt for about 3 minutes.
6. Add beans to greens.
7. Add tomatoes, water, vinegar, and soy sauce and reduce heat. Cover the pan and simmer for about 15 minutes until mixture reaches above 140° and greens are tender.
8. Plate 1 cup of rice with 1/2 cup of beans and greens per serving.

Kathy Milani/The HSUS

Nutrition Information

Calories: 399

Total Fat: 6.1 g

Saturated Fat: 0.6 g

Protein: 13.14 g

Sodium: 271 mg

Cholesterol: 0 mg



Two-Bean Taco Pizza

Recipe submitted by Chapel Hill-Carrboro City Schools, Chapel Hill, N.C.

50 Servings

Serving Size - 1 slice

Ingredients

Crust:

- 3 tablespoons + 3/8 teaspoon double acting baking powder
- 2 qt + 1/4 cup white whole wheat flour
- 3-1/8 cups yellow whole-grain cornmeal
- 1 tablespoon + 1/8 teaspoon salt
- 1 tablespoon + 1/8 teaspoon sugar
- 1 tablespoon + 1 5/8 teaspoons yeast
- 3-1/8 cups warm water
- 1-1/2 cups + 1 tablespoon olive oil

Bean Patties:

- 11 lbs. + 6 oz. cooked pinto beans
- 3-1/8 cups all-purpose flour

Bean Spread:

- 6 lbs. + 4 oz. great northern beans
- 1 tablespoon + 1/8 teaspoon lemon juice
- 3/4 cup + 1/2 tablespoon olive oil

Remainder of Ingredients:

- 1 qt + 2 1/4 cups chopped fresh tomatoes
- 3-1/8 cups sliced purple onions
- 3 lbs. + 2 oz. commercial salsa

Preparation

1. Mix the baking powder, flours, cornmeal, salt, and sugar in a bowl. In a separate bowl, mix yeast into warm water and let sit 5 minutes. Then add to flour mixture.
2. Knead dough for 5-7 minutes. Roll onto lightly floured surface and form into a ball. Form into a crust shape on 16" round pizza pan; twist edges to keep sauce from running over.
3. Rub olive oil into crust. Bake in 450° oven for 7 minutes. Remove when lightly brown.
4. Drain and mash the pinto beans. Place in a bowl. Mix in the all-purpose flour.
5. Form into a few patties and sear in a sauté pan or tilt-skillet on medium-high heat until brown on both sides. Chop, keep hot, and reserve for later.
6. Drain northern beans and mash or puree into a large bowl.
7. Add lemon juice and olive oil to beans. Mix well. Reserve for later use - keep hot.



Kathy Milani/The HSUS

8. Evenly spread ingredients over the baked pizza crust in this order: northern bean spread, salsa (can puree if desired for fewer chunks), bean topping (crumbled), diced tomatoes, purple onions.
9. Bake in a convection oven at 375° for 5-8 minutes until toppings are hot and a thermometer registers 140°. Remove the pizza from the oven. Allow to sit one minute. Cut each pizza into 8 slices/servings; serve hot.

Nutrition Information

Calories: 457
Total Fat: 11.66 g
Saturated Fat: 1.65 g

Protein: 18.42 g
Sodium: 538 mg
Cholesterol: 0 mg

Contributions to Meal Pattern: 1/2 cup vegetables, 2 oz. equivalent beans/legumes



Veggie Medley Polenta Lasagna

Recipe submitted by Mammoth Unified School District, Mammoth, Calif.

50 Servings

Serving Size – 4 to 5 oz.

Ingredients

Polenta:

- 2 gallons water
- 12-1/2 cups polenta
- 8 tablespoons vegetable base

Vegetable Medley:

- cooking spray
- 10 diced tomatoes
- 1 tablespoon salt
- 1 tablespoon pepper
- 2-1/2 tablespoons minced garlic
- 20 yellow squash, diced
- 20 zucchini, diced
- 15 cups spaghetti sauce



Kathy Milani/The HSUS

Preparation

1. Bring water and vegetable base to a boil. Slowly add in the polenta, stirring constantly until thickened and polenta pulls away from the sides of the pan. Cook time is approximately twenty minutes. Let stand five minutes.
2. Spray skillet or flat top grill with cooking spray. Add tomatoes and garlic and cook over medium heat for five minutes. Stir in squash and zucchini. Cook until vegetables are tender, yet crisp, approximately ten minutes.
3. Assemble: Each hotel pan will be complete with three layers of polenta and two layers of vegetable medley. To begin use one-sixth of the polenta for shallow full hotel pan (#200 size) that has been sprayed with cooking spray. Spread a fourth of the vegetable medley over polenta. Continue layers using equal amounts of polenta for each layer and ending with polenta.
4. Use the remaining ingredients to complete the second hotel pan.
5. Bake lasagna at 350°, uncovered, for thirty-five minutes or until an internal temperature of 155°. Cover with foil or a lid during cooking if the lasagna becomes more than a toasty brown color on top.
6. Remove from oven and let stand for ten minutes. Cut into fifty servings. (4 to 5 oz. serving size). Top each serving with 2 oz. of spaghetti sauce after plating.

Nutrition Information

Calories: 183

Total Fat: 3.3 g

Saturated Fat: 0 g

Protein: 5.8 g

Sodium: 201 mg

Cholesterol: 0 mg

