



NIZHÓNÍGO ÍÍNÁ

COOKING WITH NAVAJO TRADITIONAL FOODS



The STAR School, 145 Leupp Road, Flagstaff, AZ 86004





North Leupp Family Farms Spring 2014

Nizhónigo liná means Beautiful life in Navajo language; this cookbook is intended to support our young students' recipes that can be used for personal home meal plans. The standardized recipes at the end of this book can be used for public foodservice facilities. Through Nizhónigo liná we are reviving the Navajo ways of utilizing healthy traditional foods and using the freshest and most nutritious, locally grown conventional foods. We incorporate Navajo traditional foods into our breakfast and lunch weekly menus. By volunteering our time to help with cleaning, irrigating, planting and harvesting at our local Navajo farms we have built a strong relationship with our Navajo farmers. After trying a new recipe and are happy with our taste-testing process, the students use the recipes presented in this cookbook by preparing traditional meals for parents and elders once a month.



All smiles after a good days work on the farm.

Students are gathered around Stacey Jensen, a local Navajo Traditional Farmer who is preparing students to plant blue corn and onions in the fields.



North Leupp Family Farms is located on the Navajo Nation in Leupp, Arizona. The farm provides Navajo white corn, blue corn, onions, assorted squash, watermelon, greenhouse lettuce greens and chili peppers for the communities.

What I learned ...

"I really really love this recipe and I like the bread, it's really really good. What I have learned is that Kale can be in our bread. It tastes amazingly good and I like it. Some day and time I will make it at home." -Ronnae, Middle School



Blue Corn Tortilla With Kale

Directions:

Ingredients:

- 4 cups Roasted blue corn flour
- 1 tsp Juniper Ash
- 8 cups All-purpose flour
- 1 Tbsp Baking powder
- 1 tsp Salt
- 1 qt Warm water
- 1 bunch Large Kale Leaves
- 1 Tbsp Canola oil for each tortilla

Make dough by mixing all dry ingredients in large bowl (flour ash, baking powder and salt), add warm water and knead dough by gradually adding flour ingredients. Knead until dough is formed in a ball. Dough should be soft but not sticky. Heat skillet at medium high with oil. Divide dough in half and half again. Recipe makes 16 pieces. With your hands, shape dough in a ball and pat to form tortilla. Place kale onto tortilla dough and press. Place patted dough onto lightly greased grill with kale on bottom. Brown the bottom and flip tortilla on other side, about 2-3 minutes on each side. Remove and eat while warm. Enjoy!

Roasting
Blue Corn
Flour before
using it in
recipes gives
it flavor, nutrition
and develops a
range of light to
dark blue colors.





Juniper Ash

Junipers are evergreen trees that grow in the southwest and are drought tolerant. Navajo people have used juniper ash in their blue corn recipes. Juniper Ash adds flavor, nutritional value, and improves the absorption of niacin.

Juniper Ash is added to a recipe by mixing it in very hot water then strained before it is added to the dough or it can be added directly to the dough as a dry ingredient.



The Harvest Festival...

"The first day of the harvest festival was epic because we did awesome things like grind corn on a stone and grind corn with a machine. Another thing we did was make food with a doctor from Indian Health Service. We made awesome Italian food and it tasted awesome because we can taste all the seasonings in the food. We also cooked with another person from IHS. We made kale with sauce in it, and it tasted like pickles the whole time. Then we went to a slide show where a Navajo elder gave a lesson about respecting your parents and your family.

The second day, an elder taught us about boys in the past, and what they did. For example, the boys did the hunting, looked for a safe place for the village. The women did the cooking and took care of their babies. A story of a young woman long ago ran from a bobcat while caring a baby and a stirring stick, she hid underneath a pile of sandstone ledge that led to a dry wash. From under the ledge, she was able to stab the bobcat with her stirring stick. That is the reason why it is used for Kinaalda ceremonies." -Anthony, Middle School

Three Sister Soup



Ingredients

- 4 cups Cold Water
- 4 cups Navajo Corn, fresh or frozen
- 4 cups Summer Squash, fresh or frozen
- 4 cups Canned Black Beans, rinsed
- ¼ tsp Black Pepper
- ¼ tsp Paprika
- 1 tsp Salt

Directions: Bring cold water to boil. Add all ingredients and boil for 20 minutes using medium heat.

Yield: Makes 1 gallon

Serves: 16/1 cup each

Mutton and the Three Sisters Recipe



Mutton can be added to the Three Sisters soup recipe; dice mutton, brown in skillet over medium heat, add to boiling water and simmer for 1 hour. Continue with Three Sisters Soup recipe.

Navajo Squash Blossom Soup



Ingredients:

3 cups	Water
1 cup	Navajo White Corn
1 Tbsp	Chicken Base, no msg
½ cups	Diced Potatoes
½ cups	Diced Zucchini Squash
4 Large	Squash Blossoms, washed & cut in strips
¼ cups	Milk
1 Tbsp	Butter
1/8 cups	Chopped fresh green onions
½ tsp	Parsley
¼ tsp	Salt
¼ tsp	Pepper

Instructions:

Bring water to boil in medium size pot, add butter and chicken base. After it dissolves add corn, onions, potatoes, zucchini and seasonings. Boil at medium heat for about 20 minutes. Add squash blossoms, simmer for 15 minutes.

Grown at STAR School Gardens/Greenhouse- Zucchini, squash blossoms, green onions
Grown at North Leupp Family Farms- Navajo White Corn



September 24, 2015...

"To begin this recipe was really good. I enjoyed how we all had to work together and cooperate with each other so we don't add too much of the same ingredients. I recommend doing this again." -Lauren, Middle School



Pumpkin Pie Recipe



Step 1

Boil Fresh Pumpkins, cut into large chunks, about 2 lbs. with skin, boil on medium heat for about 20-30 minutes.

NOTE: Cooked pumpkin should be soft and can be easily removed from skin.

Prepare pastry dough →

Pastry Dough Ingredients

½ tsp	Salt
2 cups	All - purpose Whole Grain Flour
½ cup	Cold Butter, in small pieces
6 Tbsp	Cold Water

Directions:

Preheat oven temperature to 425 degrees. In large bowl, combine flour, salt and mix well. Add butter pieces and cut butter in flour mix until it looks like coarse crumbs. Slowly add water to mix and knead lightly, avoid over kneading or dough will become hard.

On lightly floured surface, roll out dough evenly in a circle. Do not use too much flour as it will dry out dough.

Pat dough onto pie pan and decorate edges of desired. Bake 15 minutes or until lightly browned.

Take pie crust out of oven to add pie mixture.

Step 2

Pumpkin Pie Filling Ingredients:

2 Cups Boiled Local Grown Fresh Pumpkin

$\frac{3}{4}$ Cups Brown Sugar

2 Large Eggs

1 tsp. Ground Cinnamon

$\frac{1}{2}$ tsp. Ginger

$\frac{1}{2}$ tsp. Salt

$\frac{1}{4}$ tsp. Nutmeg



Directions:

Separate cooked pumpkin from skin. Mix all ingredients in a mixing bowl, mix well.

Step 3

Pour pumpkin mixture into pie crust. Wrap aluminum foil around edges to protect from over browning. Bake pie at 325 degrees in oven for about 50 minutes or until toothpick comes out clean when inserted. Cool and Enjoy!



STANDARDIZED RECIPES

Carrot Salad

Recipe Component Salad Recipe # 1

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Fresh Carrots, shredded	20 cups	40 cups	Mix carrots, sour cream, cashews, granola, and ginger in a large bowl. Scoop ½ cup of mixture into lettuce leaf, and fold. Serve immediately.
Sour Cream	3 ¾ cups	7 ½ cups	
Cashew nuts, chopped	1 ¼ cups	2 ½ cups	
Honey-nut granola, chopped	2 ½ cups	5 cups	
Ginger Spice	2 ½ tsp	1 tbsp + 2 tsp	
Dark Green Lettuce	50 Leaves	100 Leaves	

Serving:	Yield:	Volume:
	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	81 kcal	Saturated Fat	0.42 g	Iron	0.77 mg
Protein	2.41 g	Cholesterol	1.63 mg	Calcium	50.89 mg
Carbohydrate	13.89 g	Vitamin A	9220.55 IU	Sodium	74.04 mg
Total Fat	2.23 g	Vitamin C	4.86 mg	Dietary Fiber	2.06 g

Butternut Squash Soup

Recipe Component

Soup

Recipe # 2

Ingredients	50 Servings	100 Servings	Directions
	Measure	Measure	
Olive Oil	6.25 cups	12.5 cups	1. Saute onion and carrots in oil in Dutch oven over medium-high heat 5 minutes or until onion is tender. Add celery and apple, and sauté 5 minutes. Add garlic, and sauté 30 seconds. Add butternut squash and chicken broth. Bring to boil, reduce heat, and simmer 20 minutes or until carrots are tender. 2. Process squash mixture, in batches, in a blender food processor until smooth. 3. Return to Dutch oven. Add lime juice, honey, salt, ground pepper, allspice, nutmeg, and red pepper.
Onions, chopped	5 Large Onions	10 Large Onions	
Carrots, chopped	10 Medium Carrots	20 Medium Carrots	
Celery, chopped	10 Medium Stalks	20 Medium Stalks	
Apples (Granny Smith) peeled and finely chopped	10 Medium Apples	20 Medium Apples	
Garlic	10 Cloves	20 Cloves	
Butternut Squash	2.5 quarts	5 quarts	
Low-Sodium Fat-free Chicken Broth - no MSG	5 quarts	10 quarts	
Lime Juice	¾ cup + 1.5 tsp	1.5 cups + 1 tbsp	
Honey	¼ cup + 3 tbsp + 1.5 tsp	¾ cup + 3 tbsp	
Salt	3 tbsp + 1 tsp	¼ cup + 2 tbsp + 2 tsp	
Ground Black Pepper	1 tbsp + 2 tsp	3 tbsp + 1 tsp	
Ground Allspice	¾ tsp	1.25 tsp	
Ground Nutmeg	¾ tsp	1.25 tsp	
Ground Red Pepper	¾ tsp	1.25 tsp	

Serving:	Yield:	Volume:
	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	99 kcal	Saturated Fat	0.60 g	Iron	0.67 mg
Protein	2.89 g	Cholesterol	0.00 mg	Calcium	33.36 mg
Carbohydrate	16.54 g	Vitamin A	2741.34 IU	Sodium	518.50 mg
Total Fat	3.49 g	Vitamin C	11.88 mg	Dietary Fiber	2.41 g

Navajo White Corn & Squash Sautee

Recipe Component

Vegetable

Recipe # 4

Ingredients	50 Servings Measure	100 Servings Measure	Directions
White corns, kernels	4 Cups + 2 TBSP	8 Cups + 2 TBSP	<ol style="list-style-type: none"> 1. Shuck fresh corn husk of the cob 2. Clean squash and zucchini skins under cool running water 3. Dice into ½ inch cubes 4. Chop pepper and combine ingredients with salt and olive oil into a skillet 5. Sautee on medium heat until the vegetables are tender, about 10 minutes 6. Stir frequently
Zucchini, raw, chopped	2 Cups + 1 TBSP	4 Cups + 1 TBSP	
Crookneck or Summer Squash, raw, chopped	4 Cups + 2 TBSP	8 Cups + 2 TBSP	
Sweet Green Peppers, raw, chopped	1 Cup	2 Cups + 1 TBSP	
Salt	2 TSP + Pinch	4 TSP + Dash	
Olive Oil	.5 Cup	1 Cup	

Serving:	Yield:	Volume:
	50, .5 cup Servings	50 Servings:
	100, .5 cup Servings	100 Servings:

Nutrients Per Serving					
Calories	37 kcal	Saturated Fat	0.34 g	Iron	0.67 mg
Protein	0.65 g	Cholesterol	0.00 mg	Calcium	3.99 mg
Carbohydrate	3.95 g	Vitamin A	38.2 IU	Sodium	100 mg
Total Fat	2.41 g	Vitamin C	6.4 mg	Dietary Fiber	2.41 g

Zucchini Muffins

Recipe Component

Grain

Recipe # 3

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Whole Wheat White Flour	5 ¼ cup	10 1/2 cups	<ol style="list-style-type: none"> Preheat oven to 400° F. In a large bowl mix the white wheat flour, blue corn flour, sugar, salt, and baking powder together. In a medium bowl mix milk, melted margarine, eggs, and vanilla extract. Add flour mixture until combined. Add zucchini. Scoop in paper baking cups or greased muffin pan so that the cup is filled 3/4 full. Bake for 12 minutes or until golden brown.
Blue Corn Flour	5 ¼ cup	10 1/2 cups	
Granulated Sugar	2 1/8 cup	4 ¼ cups	
Table Salt	2 1/8 TSP	4 ¼ TSP	
Baking Powder	4 ¼ TBSP	8 ½ TBSP	
Fat Free Milk	4 1/8 cups	8 ½ cups	
Vegetable Shortening	2 1/8 cups	4 ¼ cups	
Large eggs	4	8	
Vanilla Extract	4 ¼ TSP	8 ½ TSP	
Zucchini, chopped	2 1/8 cups	4 ¼ cups	
Walnuts, chopped (optional)	1 1/8 cups	2 ¼ cups	

Serving:	Yield:	Volume:
	50, 1.5 oz. Servings	50 Servings:
	100, 1.5 oz. Servings	100 Servings:

Nutrients Per Serving					
Calories	99 kcal	Saturated Fat	0.60 g	Iron	0.67 mg
Protein	2.89 g	Cholesterol	0.00 mg	Calcium	33.36 mg
Carbohydrate	16.54 g	Vitamin A	2741.34 IU	Sodium	518.50 mg
Total Fat	3.49 g	Vitamin C	11.88 mg	Dietary Fiber	2.41 g

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Recipe

May 24, 2016

Recipe: 000004 STAR School Pumpkin Pie
 Recipe Source: STAR School
 Recipe Group: DESSERTS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 8
 Size of Portion: 1 slice

002047 SALT, TABLE..... 051432 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED... 001145 BUTTER, WITHOUT SALT..... 014429 WATER, MUNICIPAL..... 011423 PUMPKIN, CKD, BLD, DRND, WO/SALT..... 019334 SUGARS, BROWN..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 002010 CINNAMON, GROUND..... 002021 GINGER, GROUND..... 002047 SALT, TABLE..... 002025 NUTMEG, GROUND.....	1/2 TSP 2 CUP 1/2 CUP 6 TBSP 2 CUP, mashed 3/4 CUP, unpacked 2 large egg 1 TSP 1/2 TSP 1/2 TSP 1/4 TSP	1. Preheat oven to 425 degree F. 2. In a large bowl, combine flour, salt and mix well. Add butter pieces and cut butter into the flour mix into coarse crumbs. Slowly add water to mixture as you knead lightly. When dough forms roll into ball, cover in wrap and allow cooling in the fridge for 30 minutes. 3. Once chilled, roll dough evenly into a circle with added flour to prevent sticking. Place dough into pie pan and bake for 15 minutes. Use pie beads to prevent bubbling of the crust. 4. Combine filling together and place in cooked pie crust. Cover exposed crust with foil. 5. Bake in the oven at 325 degree F for 50 minutes or until a toothpick comes out clean. Cool and serve.
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*Nutrients are based upon 1 Portion Size (1 slice)

Calories	300 kcal	Cholesterol	77.03 mg	Sugars	14.39 g	Calcium	39.87 mg	39.31%	Calories from Total Fat
Total Fat	13.10 g	Sodium	315.81 mg	Protein	5.43 g	Iron	2.18 mg	23.33%	Calories from Saturated Fat
Saturated Fat	7.77 g	Carbohydrates	40.76 g	Vitamin A	3949.37 IU	Water ¹	71.26 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.68 g	Vitamin C	2.89 mg	Ash ¹	1.22 g	54.38%	Calories from Carbohydrates
								7.25%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Recipe

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.....	%				? - Allergen 7
Fat Change.....	%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Inc #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	002047	SALT TABLE			
I	051432	FLOUR, ALL PURPOSE, ENRICHED, UNBLEAC			
I	001145	BUTTER, WITHOUT SALT			
I	014429	WATER MUNICIPAL			
I	011423	PUMPKIN CKD BLD DRND WO/SALT			
I	019334	SUGARS BROWN			
I	050430	EGGS, WHOLE, FROZEN, PASTEURIZED, RA			
I	002010	CINNAMON GROUND			
I	002021	GINGER GROUND			
I	002047	SALT TABLE			
I	002025	NUTMEG GROUND			

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Recipe

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Recipe: 000001 Navajo Squash Blossom Soup
 Recipe Source: STAR School
 Recipe Group: SOUPS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: 1

014429 WATER,MUNICIPAL..... 3 CUP 011911 CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND... 1 CUP 011353 POTATOES,RUSSET,FLESH & SKN,RAW..... 1/2 .5 CUP, diced 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 1/2 CUP, chopped 001175 MILK,FLUID,1% FAT,W/O/ ADDED VIT A & VIT D..... 2 OZ 001145 BUTTER,WITHOUT SALT..... 1 TBSP 011282 ONIONS,RAW..... 1/8 CUP, chopped 011297 PARSLEY,RAW..... 1/2 TSP, chopped 902415 Better than Bouillon, Organic Chicken Base..... 6 GRAM	1. Bring water to a boil in a medium sized pot. 2. Add butter and chicken base until thoroughly mixed. 3. Add corn, squash, potatoes and onions and let simmer for 15 minutes. 4. Add squash blossoms, parsley and salt and pepper to taste.
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*Nutrients are based upon 1 Portion Size (1)

Calories	53 kcal	Cholesterol	*5.56* mg	Sugars	*N/A* g	Calcium	*20.41* mg	*37.09%*	Calories from Total Fat
Total Fat	*2.17* g	Sodium	127.35 mg	Protein	1.56 g	Iron	*0.20* mg	*22.29%*	Calories from Saturated Fat
Saturated Fat	*1.30* g	Carbohydrates	7.95 g	Vitamin A	*93.93* IU	Water ¹	*166.17* g	*N/A**	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	*0.90* g	Vitamin C	*3.44* mg	Ash ¹	*0.48* g	60.42%	Calories from Carbohydrates
								11.85%	Calories from Protein

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change..... %				? - Allergen 7
Fat Change..... %				? - Allergen 8
Type of Fat.....				

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Recipe

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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER MUNICIPAL			
I	011911	CORN SWT WHITE FRZ KRNL CUT OFF COB			
I	011353	POTATOES RUSSET FLESH & SKN RAW			
I	011477	SQUASH SMMR ZUCCHINI INCL SKN RAW			
I	001175	MILK FLUID 1% FAT WO/ ADDED VIT A & VIT D			
I	001145	BUTTER WITHOUT SALT			
I	011282	ONIONS RAW			
I	011297	PARSLEY RAW			
I	902415	Better than Bouillon, Organic Chicken Base			

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Recipe

May 24, 2016

Recipe: 000002 STAR Three Sister Soup
 Recipe Source: STAR School
 Recipe Group: SOUPS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 16
 Size of Portion: 8 oz

014429 WATER,MUNICIPAL..... 4 cup 8 fl oz 011913 CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP.... 4 CUP, kernels 011641 SQUASH,SMMR,ALL VAR,RAW..... 4 CUP, sliced 016315 BEANS, BLACK,MATURE SEEDS,CKD,BLD,W/SALT... 4 CUP 002028 PAPRIKA..... 1/4 TSP 002030 PEPPER,BLACK..... 1/4 TSP, ground 002047 SALT,TABLE..... 1 TSP	1. Bring cold water to a boil. 2. Add all ingredients to boiling water and cook for 20 minutes using medium heat. 3. Serve hot.
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*Nutrients are based upon 1 Portion Size (8 oz)

Calories	102 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	19.61 mg	5.39%	Calories from Total Fat
Total Fat	0.61 g	Sodium	253.71 mg	Protein	5.51 g	Iron	1.29 mg	1.09%	Calories from Saturated Fat
Saturated Fat	0.12 g	Carbohydrates	20.88 g	Vitamin A	78.63 IU	Water ¹	143.82 g	*N/A*	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	5.23 g	Vitamin C	7.77 mg	Ash ¹	1.38 g	81.96%	Calories from Carbohydrates
								21.64%	Calories from Protein

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			? - Allergen 1
Grain.....	oz			? - Allergen 2
Fruit.....	cup			? - Allergen 3
Vegetable.....	cup			? - Allergen 4
Milk.....	cup			? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change.....	%			? - Allergen 7
Fat Change.....	%			? - Allergen 8
Type of Fat.....				

Production Specification

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Recipe

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER MUNICIPAL			
I	011913	CORN SWT WHITE FRZ KRNL ON COB UNP			
I	011641	SQUASH SMMR ALL VAR RAW			
I	016315	BEANS BLACK MATURE SEEDS CKD BLD W/S			
I	002028	PAPRIKA			
I	002030	PEPPER BLACK			
I	002047	SALT TABLE			

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Recipe

May 24, 2016

Recipe: 000003 Blue Corn Tortillas with Kale
 Recipe Source:
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 16
 Size of Portion: 1 each

902416 Roasted Blue Commeal..... 050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 002047 SALT, TABLE..... 014429 WATER, MUNICIPAL..... 011233 KALE, RAW..... 050384 OIL, VEGETABLE.....	4 CUP 8 CUP 1 TSP 1 QT 8 CUP, chopped 1 TBSP	1. Mix all dry ingredients in a large bowl (flour, ash, baking powder, and salt). 2. Using warm water, gradually add the dried mix to water while kneading into dough. Knead until dough is formed into a ball. Sough should be soft, but not sticky. 3. Heat a skillet at medium high with oil. 4. Divide dough in half and half again. With your hands, shape the dough into a ball and pat to form a tortilla. Place kale onto tortilla dough and press. Place dough onto lightly greased grill or pan with kale leaf on the bottom (toward the heat of the pan). 5. Brown the bottom and slip tortilla to grill on the other side, about 2-3 minutes. Serve warm.
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*Nutrients are based upon 1 Portion Size (1 each)

Calories	292 kcal	Cholesterol	0.00 mg	Sugars	*0.00* g	Calcium	56.59 mg	7.17%	Calories from Total Fat
Total Fat	2.32 g	Sodium	164.54 mg	Protein	8.56 g	Iron	3.65 mg	0.78%	Calories from Saturated Fat
Saturated Fat	0.25 g	Carbohydrates	58.80 g	Vitamin A	5150.96 IU	Water ¹	*87.49* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.37 g	Vitamin C	40.20 mg	Ash ¹	*0.95* g	80.61%	Calories from Carbohydrates
								11.74%	Calories from Protein

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Recipe

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				
Moisture Change. %				? - Allergen 6
Fat Change..... %				? - Allergen 7
Type of Fat.....				? - Allergen 8

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902416	Roasted Blue Cornmeal			
I	050391	FLOUR, ALL PURPOSE, ENRICHED, WHITE, B			
I	002047	SALT, TABLE			
I	014429	WATER, MUNICIPAL			
I	011233	KALE, RAW			
I	050384	OIL, VEGETABLE			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

STAR Melon Salad

Recipe Component

Fruit

Recipe # 5

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Watermelon, cubed	9.30 lbs	18.50 lbs	<ol style="list-style-type: none"> 1. Wash melon rinds under cool running water with a produce brush. 2. Cut all fresh melon into 1 inch cubes and toss together in a large bowl. 3. Garnish with mint (serve chilled)
Cantaloupe, cubed	6.84 lbs	13.32 lbs	
Honeydew, cubed	9.30 lbs	18.50 lbs	
Pineapple	7.09 lbs	14.10 lbs	
Blueberries	22.32 oz	44.40 oz	
Mint (Optional)	33.48 g	66.60 g	

Serving:	Yield:	Volume:
	50, 1 cup Servings	50 Servings:
	100, 1 cup Servings	100 Servings:

Nutrients Per Serving					
Calories	116 kcal	Saturated Fat	0.09 g	Iron	0.75 mg
Protein	1.95 g	Cholesterol	0.00 mg	Calcium	27.75 mg
Carbohydrate	29.28 g	Vitamin A	252.7 RE/ 2737.7 IU	Sodium	27 mg
Total Fat	.48 g	Vitamin C	76.4 mg	Dietary Fiber	2.80 g

Contact Information

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Thank you to our Supporters and Partnership Organizations

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STAR School Wellness Committee

Tolani Lake Enterprises

Created by Louva Montour, Culinary Instructor

