

Fresh Mexican Salad

Portions: 120

Ingredients:

Amount	Item	Notes
12 Heads	Romaine Lettuce	Preceded and chopped
26 Cups	Whole corn kernel	Canned
7.5 Cups	Red bell pepper, chopped (~8 bell peppers)	1 bell pepper ~ 1 cup chopped
7.5 Cups	Yellow bell pepper, chopped (~8 bell peppers)	1 bell pepper ~ 1 cup chopped
7.5 Cups	Jicama*	Prewashed/precut, if possible
7.5 Cups	Roma tomatoes*	Diced

Equipment needed: Knives, can opener

Method:

1. Mise en place ingredients.
2. Wash bell peppers and tomatoes
3. Dice bell peppers and tomatoes into small pieces.
4. Dice sticks of jicama into small pieces.
5. Open and drain cans of corn.
6. Combine and gently mix all ingredients, except for lettuce.
7. Rinse & dry lettuce, if necessary
8. During plating, salad mixture will be served on top of washed and cut Romaine lettuce.

Original Recipe: [Blackbean Salad with Creamy Avocado Cilantro dressing](#); scaled from 4 portions to 120 (omitting black beans).

Creamy Avocado Cilantro Dressing

Portions: 120

Ingredients:

Amount	Item	Notes
10 Cups	Unsweetened Almond milk	Amount will vary based on desired consistency
7 Cups	Cilantro	Leaves removed from stems, Chopped
7	Avocado	Peeled, pitted and chopped
15T (~1 Cup)	Lime Juice	From fresh limes (use juicer)
8 cloves	Garlic Cloves	Minced (food processor)
3 ¾ tsp.	Sea salt	More or less, to taste
3 ¾ tsp.	Cumin	More or less, to taste

Method: Knives, Juicer, Commercial Blender, squeeze bottles for serving

1. Mise en place ingredients.
2. Wash cilantro and pat dry; remove leaves from stems.
3. Peel, pit, and chop avocados.
4. Place all ingredients in a blender and process until smooth, scraping down the sides.
5. Cover and refrigerate until serving.

Original Recipe: [Blackbean Salad with Creamy Avocado Cilantro dressing](#); scaled from 4 portions to 120.

Quick Seasoned Black Beans

Portions: 120

Ingredients:

Amount	Item	Notes
½ Cup	Olive oil	
4 Cups	Onion, yellow	Diced
6 T	Vegetable broth concentrate	
16 oz.	Tomato paste	Canned
½ Cup	Dried chili pepper	(2 large, whole)
16 lb.	Black Beans	Canned, drained

Equipment: Tilt skilled

Method:

1. Heat oil in large saucepan.
2. Sauté onions until translucent, about 5 minutes.
3. Add vegetable broth concentrate, water, and tomato paste, and dried chili pepper.
4. Bring to a boil, then reduce heat to a simmer.
5. Add canned beans (drained).
6. Simmer for ten minutes on low heat.
7. Season to taste.

Original Recipe: [Quick Seasoned Black Beans](#)

Spanish Style Quinoa

Portions: 120 (1/2 cup servings)

Ingredients:

Amount	Item	Notes
2 Cups	Vegetable oil	
14 cups	Quinoa	Uncooked
15	Onion, white or yellow	Finely Chopped
1 cup	Garlic	Pre-peeled, Minced (food processor)
8	Green Bell Pepper	Washed, diced
96 oz.	Tomato sauce	(#10 can, 6lb.)
20 cups	Water	
½ cup	Chili powder	
2 T	Garlic powder	
2 T	Ground Cumin	

Equipment: Tilt skillet, food processor, Commercial oven

Method:

1. Mise en place ingredients.
2. Heat oven to 350°F.
3. Finely chop onions.
4. Wash and dice bell pepper.
5. Heat the vegetable oil in the tilt skillet over medium-high heat.
6. Stir in the onion, garlic, and green pepper.
7. Cook and stir 5 to 7 minutes until the onion is tender.
8. Add the quinoa and cook for an additional 5 minutes, or until the quinoa has lightly toasted.
9. Season with chili powder, garlic powder, and cumin.
10. Add tomato sauce.
11. Evenly distribute seasoned tomato quinoa mixture to hotel pans.
12. Evenly distribute water to hotel pans; stir.
13. Seal hotel pans with plastic wrap and 1 layer of aluminum foil.
14. Bake at 350° for approximately 25 minutes.

Original Recipe: [Spanish Style Quinoa](#); scaled from 8 portions (1/2 C servings) to 120.

Cinnamon Sugar Tortilla Chips

Portions: 120

Ingredients:

Amount	Item	Notes
60 T	Granulated Sugar	
30 tsp.	Ground Cinnamon	
80	Flour tortillas	
	Nonstick cooking spray	

Equipment: Knives, Convection Ovens, gloves, parchment paper

Method:

1. Mise en place ingredients.
2. Preheat ovens to 350°F.
3. Combine sugar and cinnamon into a large bowl.
4. Spray each tortilla with cooking spray and toss in cinnamon-sugar mixture.
5. Cut tortillas into tenths (stack and cut as many as possible at once).
6. Lay pieces on large baking sheets, lined with parchment paper.
7. Bake for 8-10 minutes.
8. Cool completely before serving with salsa

Original Recipe: [Cinnamon-Sugar Tortilla Chips](#) (this fruit salsa recipe will not be used); scaled from 4 portions (8 chips) to 120.

Fruit Salsa

Portions: 120 (~ ¼ – ½ Cup serving)

Ingredients:

Amount	Item	Notes
15 pints (240 oz.)	Strawberries, fresh	Washed, stems removed, halved
15	Green apples	Cored and roughly cut
45	Kiwi	Peeled (pre-peeled if possible)
2 T	Cinnamon	To taste

Equipment: Knives, apple corer (if available), Food processor

Method:

1. Mise en place ingredients.
2. Wash fruit.
3. Core and roughly cut green apples.
4. Remove stems from strawberries.
5. Cut kiwis in half; spoon out the fruit and dice into small pieces.
6. Use food processor to dice green apples into very, very small pieces.
7. Use food processor to dice strawberries into very small pieces.
8. Mix all fruit & cinnamon in a large bowl.
9. Add cinnamon, to taste.
10. Cover and immediately transfer to refrigerator. Chill until serving*

**Salsa is best served well-chilled after several hours.*

Vegan Horchata

Portions: 120 (1/2 cup serving)

Ingredients:

Amount	Item	Notes
2-2/3 Cups	White rice	Uncooked
3-3/4 Cups	Raw cashews	
45 Cups	Water	
15 tsp.	Vanilla extract	
15 tsp.	Ground cinnamon	
75	Medjool dates	Pitted
1 Cup	Vanilla Agave Syrup	

Equipment: Large plastic beverage container, funnel strainer, cheesecloth

Method:

Monday Afternoon:

1. Soak the cashews, rice, and dates in several inches of water for 2-6 hours; to allow ingredients to soften and become easier to blend.

Tuesday Morning:

2. Drain soaking water and combine them in a blender with all other ingredients (water, vanilla, cinnamon).
3. Blend on high until all solid ingredients are fully pureed.
4. Strain using a funnel strainer and cheesecloth.
5. Add agave syrup and additional sweetener as necessary.
6. Refrigerate Immediately.
7. Serve chilled, with ice.

*Original Recipe: [Healthy Horchata-Cinnamon Rice Milk](#) scaled from 4 portions (1/2 cup servings) to 120