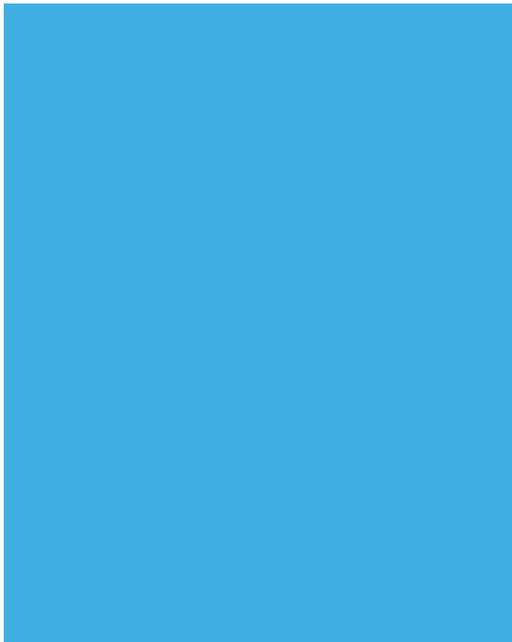


Soup Kitchen Culinary & Nutritional Guide

This guide is intended to be used as a culinary and nutritional resource to help create nutritionally balanced menus at your community food program. This guide includes tools for you such as 52 weekly recipes, nutrition label, and a "why is this meal healthy for me" handout for each recipe. These recipes are portioned for fifty and include ingredients most used in soup kitchens across America. Finally, these meals have been created understanding your financial restraints while still focusing on creating nutrient dense results. Our goal at Nourishing USA is to offer nutrition for all and we hope this will help in your facility.



www.NourishingUSA.org

"By providing the necessary tools to make nutritional meals accessible, we can all combat the growing problem of poverty and obesity across America."

- Nourishing USA

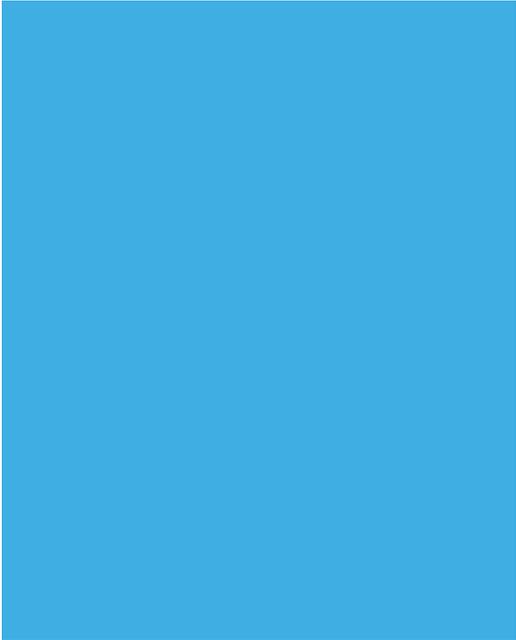
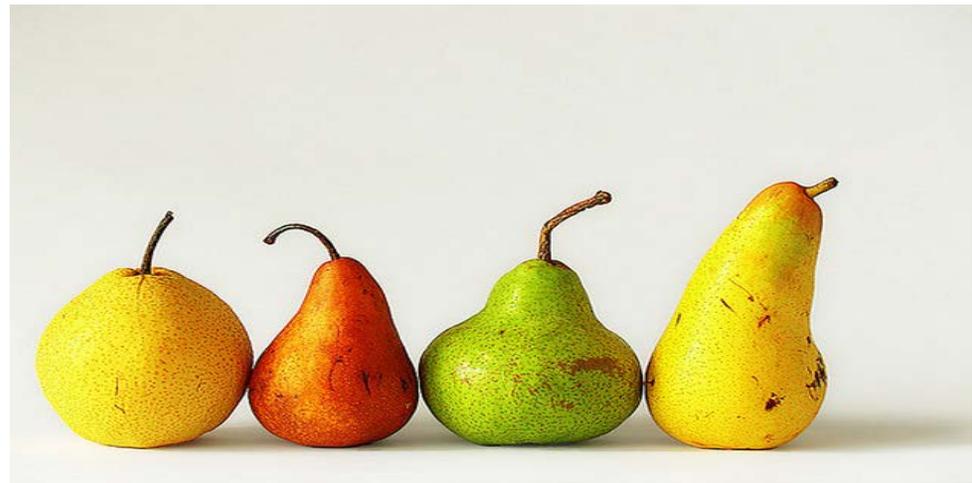
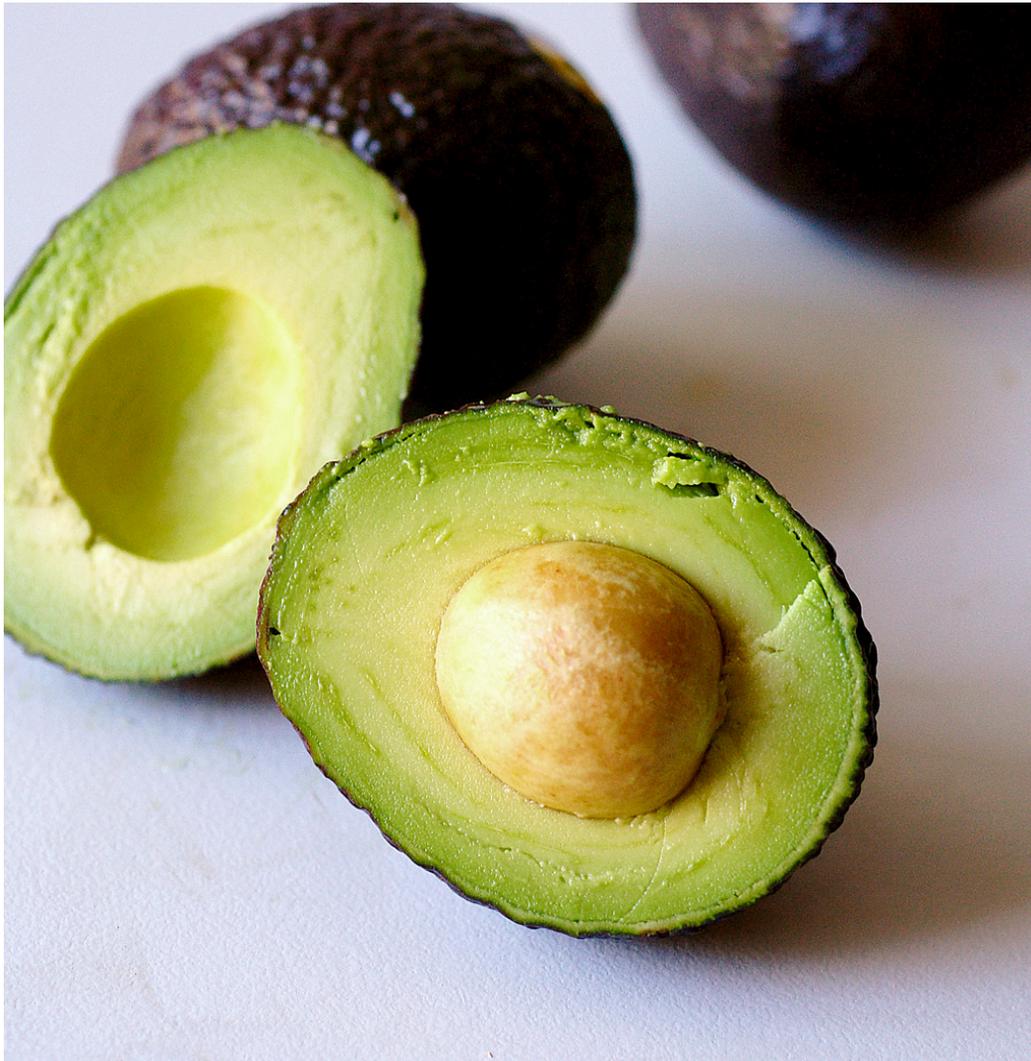


Table of Contents

Recipes	3-55
Why is this Meal Healthy? Handout & Nutrition Labels.....	56-108
Healthy Cooking Tips & Techniques.....	109-110



Avocado Pineapple Salsa over Chicken

Yield: 50 servings

Ingredients:

- 10 each avocado, halved, seeded and diced
- 8 cups chopped fresh or canned pineapple
- 5 cups finely red bell pepper, chopped
- 1 cup fresh cilantro, chopped
- ½ cup rice vinegar
- 3 tbsp. ground cumin
- ½ cup olive oil
- 2 (2 lbs. package) dried garbanzo beans, soaked and cooked
- 15 (12.5oz cans) chicken, rinsed and drained

Method of Preparation:

1. In a large bowl, whisk together rice vinegar, oil, and cumin.
2. Stir in avocado, pineapple, pepper, and cilantro and cooled cooked garbanzo beans.
3. Serve salsa over rinsed and drained canned chicken.



Ginger Chicken-Salad Wrap

Yield: 50 Servings

Ingredients:

- 3 tbsp. olive oil
- 16 (12.5oz cans) chicken, rinsed and drained
- 6 cups cucumber, chopped
- 4 cups red bell pepper, chopped
- 3 tbsp. honey
- 2 tbsp. minced, peeled fresh ginger
- $\frac{1}{4}$ cup lime juice
- 1 cups low sodium soy sauce
- 2 garlic cloves, minced
- 50 whole wheat tortillas
- 25 cups chopped romaine lettuce

Method of Preparation:

1. Open all cans of chicken, making sure to rinse and drain.
2. Combine chicken, cucumbers, bell peppers, honey, ginger, lime juice, soy sauce and garlic in a large bowl and mix until completely combined.
3. To serve, arrange all whole wheat tortilla on a large table, spoon half a cup of chicken salad and top with half a cup of romaine lettuce.
4. Wrap and serve



Sweet Potato and Carrot Soup

Yields: 50 Servings

Ingredients:

- ½ cup extra virgin olive oil
- 10 medium onions, chopped
- 1 gallon low sodium chicken stock
- 2 (15.5oz cans) sweet potatoes, rinsed and drained
- 2 (15.5oz cans) carrots, rinsed and drained
- 3 tbsp. salt
- 3 tbsp. pepper

Method of Preparation:

1. In a large pot, heat oil over medium high heat. Add onions and cook until translucent. Add stock, sweet potatoes and carrots. Bring to boil and reduce heat to simmer.
2. With a food processor or blender blend the soup until smooth.
3. Adjust seasonings with salt and pepper.



Grilled Zucchini Lasagna

Yield: 50 Servings

Ingredients:

- 25 medium zucchini, sliced length wise 1 inch thick
- 10 lbs. ground beef
- ½ cup olive oil
- 5 cups onion, chopped
- 2 garlic heads, minced
- 10 (15.5oz cans), tomato sauce
- ½ cup honey
- 5 Lbs. low fat ricotta cheese
- 1 (6oz package) dried egg mix
- 2 cups low fat parmesan cheese, grated
- 8 cups Low fat mozzarella cheese, shredded

Method of Preparation:

1. Preheat oven to 375 degrees. Place sliced zucchini slices on foiled sheet pans and bake in 375 degree oven for 15 minutes until soft.
2. In a large sauce over medium heat, brown the ground beef. Add onion and garlic cooking until translucent. Add tomato sauce over meat mixture and stir in honey.
3. Rub hotel pans with thin layer of olive oil.
4. In a bowl, mix together ricotta, egg mixture and parmesan.
5. Lay a single layer of zucchini on the bottom of the baking pan. Spread 1/4th the ricotta mixture over the zucchini. Then, ladle a thin layer of meat sauce over the ricotta. Sprinkle half the mozzarella. Repeat.
6. Bake for 25 to 30 minutes until bubbly and golden. Allow to rest for 10 minutes before slicing.



Sesame Orange Beef

Yields: 50 servings

Ingredients:

- 8 (24oz cans) beef stew, rinsed and drained
- 5 (15.5oz cans) green beans, rinsed and drained
- 6 cups sliced orange bell pepper
- 6 cups sliced yellow onions
- 5 cups orange juice
- 2 cups low sodium soy sauce
- ½ cup corn starch
- ½ cup ginger, fresh grated
- 1 garlic clove, minced
- ¼ cup canola oil

Method of Preparation

1. For the sauce, in a large sauce pot, combine orange juice, soy sauce, corn starch, ginger, and garlic. Bring sauce to boil and thicken.
 2. In a large sauté pan, begin to sauté the onions, peppers and green beans. Once they become tender, add the beef into the pan and heat thoroughly.
 3. Ladle the sauce mixture over the beef and cooked vegetables. Use enough to coat. Cook down until sauce becomes glossy.
- *option-serve over steamed brown rice.



Healthy Baked Chicken Nuggets

Yield: 50 servings

Ingredients:

- 100 pieces of chicken, deboned cut into bite size pieces*
- 4 cups whole wheat flour
- 1 (32oz package) nonfat milk
- 6 cups whole wheat bran cereal, ground
- 2 cups bread crumbs
- 2 (15.5 oz. cans) apple sauce
- 4 cups mustard

Method of Preparation

1. Preheat the oven to 425 degrees Fahrenheit.
2. Set up 3 pans for breading the chicken. One with flour, one with milk and the other with a mixture of the whole bran cereal crumbs.
3. Place the chicken in the bowl with the flour to start and mix well enough to coat evenly. Next dip in chicken pieces into milk. Then transfer, a few pieces and at a time, to the pan that has the bran cereal crumbs breading mixture. Do this step until all of the chicken is breaded.
4. Place the breaded chicken on a lightly sprayed full sheet pan and bake for 10-15 minutes. Carefully turn the chicken over and cook for another 4-5 minutes or until an internal temperature of 165 degrees Fahrenheit is reached.
5. For dipping sauce, mix together the apple sauce and mustard until fully incorporated and serve with nuggets.

*Keep in mind that dark and light parts of chicken are done cooking at different times and all parts of chicken should reach 165 Fahrenheit to be safe for consumption.



Louisiana Red Beans and Rice

Yield: 50 servings

Ingredients:

40 cups water

15 cups brown rice

3 tbsp. salt

1 cup olive oil

8 cups diced yellow onion

3 garlic cloves, minced

8 (15.5oz cans) red kidney beans, rinsed and drained

8 cups celery, chopped

8 cups diced green bell pepper

3 tbsp. cayenne pepper

Method of Preparation:

1. Combine water, rice and salt in a large stockpot.
2. Bring to a simmer; reduce heat to low, cover and cook until all the water has been absorbed, about 50 minutes.
3. About 10 minutes before the rice is ready, heat oil in a large skillet over medium-high heat. Add onion and garlic and cook, stirring, until translucent, about 5 minutes.
4. Place beans in a small bowl and mash with a fork. Add the mashed and whole beans, celery, bell pepper and cayenne to taste to the pan.
5. Simmer, stirring occasionally until vegetables are crisp-tender, about 10 minutes.
6. Serve beans in shallow bowls, spooned over the rice.



Creamy Pumpkin Soup

Yield: 50 servings

Ingredients:

- ½ cup olive oil
- 10 cup yellow onion, chopped
- 12 garlic cloves, minced
- 20 (15.5oz cans) pumpkin, rinsed and drained
- 2 (2 lbs. packages) dried northern beans, soaked and cooked
- 2 gallons low sodium chicken broth
- 2 tbsp. ground black pepper
- 2 (32 ounce) nonfat milk
- 10 cups water
- 4 tbsp. honey
- 2 cups pumpkin seeds

Method of Preparation:

1. Heat pan over medium high heat. Add olive oil, onions and garlic and cook until translucent.
2. Stir in pumpkin, stock, beans, and pepper and bring to a boil.
3. Reduce heat, cover and simmer for 15 minutes
4. Remove from heat and cool slightly.
5. Place pumpkin mixture in food processor and blend until smooth.
6. Stir in warmed milk.
7. Stir in honey to taste and serve warm.
8. Garnish with pumpkin seeds



Sweet and Sour Chicken with Brown Rice

Yield: 50 servings

Ingredients:

- 2 (2lb packages) brown rice
- 35 cups water
- 3 cup rice vinegar
- 2 cups low sodium soy sauce
- 2 cups cornstarch
- 2 cups honey
- 2 cups apricots
- 2 cups canola oil
- 16 (12.5oz cans) chicken
- 10 garlic cloves, minced
- 10 cups low sodium chicken broth
- 8 (15.5oz cans) peas, rinsed and drained
- 8 (15.5oz cans) mixed vegetables, rinsed and drained

Method of Preparation:

1. Combine water, and rice a stock pot.
2. Bring to a simmer; reduce heat to low, cover and cook until all the water has been absorbed, about 50 minutes.
3. Meanwhile, whisk vinegar, soy sauce, starch and apricot preserves in a small bowl. Set aside.
4. Heat oil in a large skillet over medium-high heat. Add vegetables and chicken and cook down with the reserved sauce.
5. Simmer, stirring constantly, until the sauce is thickened and the chicken is heated through.
6. Serve sauced chicken with vegetables and brown rice.



Blackened Baked Chicken

Yields: 50 servings

Ingredients:

- 100 pieces of chicken mixed pieces*
- 2 tbsp. paprika
- 2 tbsp. garlic powder
- 2 tbsp. onion powder
- 3 tsp. cayenne pepper
- 2 tbsp. black pepper
- 2 tsp. oregano
- ½ cup olive oil
- 3 tbsp. ground cumin

Method of Preparation:

1. Preheat oven to 375 degree Fahrenheit.
2. For blackening spice, combine paprika, garlic powder, onion powder, cayenne pepper, black pepper and oregano.
3. Line up the chicken on a foiled full baking sheet. Season the chicken with blackening spice rubbing each piece to fully incorporate seasoning.
4. Drizzle the chicken with olive oil and bake in the oven for 30 minutes or until the chicken reaches an internal of 165 degrees Fahrenheit.

*Keep in mind that dark and light parts of chicken are done cooking at different times and all parts of chicken should reach 165 Fahrenheit to be safe for consumption.



Salmon and Garbanzo Bean Panini

Yield: 50 servings

Ingredients:

- 24 (14.75oz cans) salmon, drained
- 3 (2 lbs. packages) dried garbanzo beans, soaked, cooked and lightly mashed
- 2 cups red onion, finely chopped
- 2 cups low fat mayonnaise
- 8 garlic cloves, minced
- 100 1/2 inch slices whole wheat bread
- 25 medium tomatoes, thinly sliced
- 5 cups lightly packed large fresh basil leaves
- 2 lbs. low-fat mozzarella cheese
- Nonstick cooking spray

Method of Preparation:

1. In a medium bowl, stir together salmon, garbanzo beans, red onion, mayonnaise, and garlic. Set aside.
2. Preheat oven to 375 degree Fahrenheit.
3. To assemble sandwiches, spread half of the bread slices with the salmon mixture.
4. Top salmon mixture with tomato slices, basil leaves, and cheese.
5. Top with remaining bread slices.
6. Coat outside of each sandwich with nonstick cooking spray.
7. Place your finished sandwiches on a foiled sheet pan. Using an extra sheet pan, place it on top of the sandwiches and weight it down with a foiled brick or heavy heat resistant item to give the sandwich a Panini like press. Cook until warmed and the cheese have melted.



Potato Salad with Pears and Chives

Yields: 50 servings

Ingredients:

- 15 (15.5oz cans) canned sliced potatoes, rinsed and patted dry
- 5 (15.5oz cans) Pears, rinsed and patted dry
- 1 cup celery, minced
- 2 cups red onion, finely diced
- 1 cup chives, minced
- 8 tbsp. Dijon mustard
- ½ cup olive oil
- ½ cup. red wine vinegar
- 1 cup low fat mayonnaise

Method of Preparation

1. Open cans of potatoes and pears and rinse completely to remove any excess sodium or syrup.
2. In a large bowl, combine mayonnaise, vinegar, oil and mustard until fully combined.
3. Gently add in potatoes, pears, celery, red onions and chives.
4. Mix until fully incorporated.
5. Refrigerate for 30 minutes before serving.





Baked Tortilla Chip Dessert

Yields: 50 servings

Ingredients

50 whole wheat tortillas

½ cup olive oil

½ cup cinnamon

1 cup honey

Method of Preparation:

1. Preheat oven to 400 degrees F.
2. Cut into wedges and arrange in a single layer on a large baking sheet.
3. Lightly brush olive oil onto wedges.
4. Sprinkle wedges with desired amount of cinnamon and drizzle with honey.
5. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges.
6. Allow to cool approximately 15 minutes.
7. Serve with any chilled canned fruit rinsed and drained.



Peach and Pear Parfait

Yield: 50 Servings

Ingredients:

- 3 (15.5oz cans) peaches, rinsed and drained, small diced
- 3 (15.5oz cans) pears, rinsed and drained, small diced
- 10 cups almonds, slivered
- 2 tbsp. cinnamon, ground
- 2 tbsp. nutmeg, ground
- 10 cups low fat yogurt
- 2 tbsp. vanilla extract

Method of Preparation:

1. Mix the yogurt with the vanilla extract, cinnamon and nutmeg in a large bowl.
2. In each serving cup or bowl, start to assemble parfait with a base layer of yogurt, followed by the mix of peach and pear and almonds. Repeat creating layers until all products are used.



Basil Tomato Chicken

Yield: 50 servings

Ingredients:

- 100 pieces chicken mixed pieces*
- 3 yellow onions, sliced
- 4 (15.5oz cans) diced tomatoes
- 2 (15.5oz cans) spinach, rinsed and drained
- 1 cup basil, minced
- 3 tbsp. salt
- 3 tbsp. ground pepper

Method of Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
 2. Line all of the chicken on foiled hotel pans. Season with salt and pepper. Bake for 30 minutes or until chicken reaches an internal temperature of 165 degrees Fahrenheit.
 3. While chicken is cooking, begin sautéing the onions in a large sauce pot. Once onions are translucent add in the diced tomatoes, spinach and half of the basil.
 4. Once chicken is finished cooking, align in full hotel pans and ladle the sauce over the chicken.
 5. Garnish with remaining basil
- Option -serve with whole wheat pasta.

*Keep in mind that dark and light parts of chicken are done cooking at different times and all parts of chicken should reach 165 Fahrenheit to be safe for consumption.



Watermelon Salad

Yield: 50 servings

Ingredients:

- 2 cups white wine vinegar
- 1 cups lime juice
- 3 cup olive oil
- 12 red onions, thinly sliced
- 25 cups seeded watermelon in 1 inch chunks
- 10 cup feta cheese, crumbled
- 4 (15.5oz cans) spinach, rinsed and drained

Method of Preparation:

1. Mix the white wine vinegar and lime juice into a bowl. Whisk in the olive oil.
2. Add the thinly sliced red onion and let marinate for 10 minutes as you prepare the rest of the salad.
3. Add the watermelon, feta, and spinach to a large bowl.
4. Toss with the oil and vinegar mixture and serve immediately after dressing.



Peas, Ham and Fresh Mint Salad

Yields: 50 Servings

Ingredients:

- 10 sprigs fresh mints
- 4 tbsp. crushed red pepper flakes
- 7 (15.5oz cans) peas, rinsed and drained
- 1 cup white wine vinegar
- 2 cups olive oil
- ½ cup Dijon mustard
- 20 cups shredded romaine lettuce
- 3 (24oz cans) ham, drained and rinsed
- 3 cups scallions, chopped

Method of Preparation

1. In a large bowl, whisk together the vinegar, oil and mustard until well incorporated.
2. In another large bowl, mix together the peas, ham; crush red peppers, scallions and mint. Add the dressing and toss well until fully coated.
3. Refrigerate for 30 minutes prior to service.



Pasta Primavera

Yields: 50 servings

Ingredients:

- 6 tbsp. olive oil
- 10 medium yellow onions, diced
- 10 red bell peppers, sliced
- 10 medium zucchini, trimmed, halved and thinly sliced
- 15 garlic cloves, minced
- 5 cups low sodium chicken stock
- 2 (15.5oz cans) peas, rinsed and drained
- 13 (1 lb. packages) whole grain rotini pasta
- 6 cups low fat parmesan cheese, shredded
- 15 (12.5oz cans) chicken, rinsed and drained

Method of Preparation:

1. In a large pot of boiling water, cook the pasta for 10-15 minutes or until al dente.
2. In a large sauté pan, heat the olive oil and begin to cook the onion until translucent. Add the bell pepper and zucchini and cook until vegetables become tender. Stir in garlic and continue to cook. Add the drained chicken and chicken stock and cook for an addition 5 minutes.
3. Toss the pasta to the vegetable mixture along with the vegetables and mix until well incorporated.
4. Garnish with shredded parmesan cheese.



Salmon Burgers with Radish Slaw

Yield: 50 servings

Ingredients:

- 14 (14.75oz cans) of salmon, rinsed and drained
- 2 cups scallions, sliced
- 2 cups red bell peppers, diced
- 2 (6oz packages) dried egg mix
- 50 whole wheat burger buns
- 8 cups radishes, shredded
- 5 cups carrots, shredded
- 2 cups lime juice
- ½ cup black sesame seeds
- 1 cup low fat mayonnaise

Method of Preparation:

1. Mix together salmon, scallions, red peppers, egg mixture in a large bowl until fully incorporated. Portion each burger out to 4 ounces each. Sprinkle with black sesame seeds. Refrigerate until needed.
2. For the slaw, add the shredded radishes, carrots, lime juice, and mayonnaise Refrigerate for at least an hour to better incorporate the flavors.
3. To assemble, cook off the salmon burgers oven on a sheet pan until cooked through and reached 165 degrees. You have the option of warming the buns but not necessary. Top each burger with the radish slaw and serve.



Lemony Asparagus Pasta

Yields: 50 Servings

Ingredients:

- 13 (1 lb. packages) whole grain rotini pasta
- 20 bunches asparagus, trimmed and cut into $\frac{3}{4}$ inch pieces
- 6 (32oz packages) nonfat milk
- 2 cups mustard
- 2 cups wheat flour
- 1 cup olive oil
- 1 cups garlic, minced
- 5 tbsp. lemon juice
- 2 tbsp. dried tarragon
- 10 cups low fat parmesan cheese, grated

Method of Preparation:

1. In a large stock pot, cook the pasta in boiling water for 10-15 minutes or until al dente. Toss asparagus in boiling water with pasta with 5 minutes in to completed time.
2. In a large sauce pan, begin to cook the garlic over medium heat until translucent. Whisk in milk, mustard and flour vigorously so there are no lumps. Bring to a simmer. Let thicken. Stir in tarragon and lemon juice.
3. Stir in $\frac{1}{2}$ of the cheese until sauce has reached desired consistency. Serve by mixing the pasta and sauce until fully coated. Stir in cooked asparagus.
4. Garnish with remaining parmesan cheese.



Baked Veggie Macaroni & Cheese

Yields: 50 servings

Ingredients:

- 10 (1 lb. packages) elbow macaroni
- 5 lbs. low-fat American cheese, shredded
- 5 cups low fat yogurt
- 4 (15.5oz cans) peas, rinsed and drained
- 1 box whole wheat bran cereal, ground
- 5 tbsp. cayenne pepper

Method of Preparation:

1. Cook macaroni pasta for 10-15 minutes in boiling water, until al dente.
2. Once pasta is cooked and drained, add into a large bowl with cheese, yogurt, green peas and cayenne pepper. Mix until fully incorporated. Divide into hotel pans.
3. Grind the bran cereal in a food processor lightly. You do not want this to be a fine powder. Take the topping and spread it evenly over the top of the macaroni.
4. Bake the macaroni and cheese in a 350 degree Fahrenheit oven until bubbly and golden brown.



Sautéed Spinach

Yields: 50 servings

Ingredients:

- 1 cup olive oil
- 25 garlic cloves, minced
- 15 (15.5oz cans) spinach, rinsed and drained
- 1 cup lemon juice
- ¼ cup crushed red pepper
- 5 tbsp. salt
- 5 tbsp. pepper

Method of Preparation

1. In a large sauté pan, heat oil over medium high heat. Add olive oil, garlic and cook until it begins to brown. Add spinach and toss to coat.
2. Remove from heat and add lemon juice and crushed pepper.
3. Adjust seasoning with salt and pepper.



Broiled Lemon Chicken

YEILD: 50 servings

Ingredients

- 100 pieces chicken mixed*
- 4 cups lemon juice
- 2 cups olive
- 2 cup grated low-fat parmesan cheese
- 1 cup mustard
- 5 whole lemons, sliced thinly

Method of Preparation

1. In a large bowl, whisk together lemon juice, olive oil, cheese and mustard.
2. Place the chicken breasts in a deep hotel pans and brush with lemon mixture.
3. Cover tightly, and then place meat in the refrigerator for 2-3 hours.
4. Remove chicken from the marinade.
5. Preheat oven to 375 degrees
6. Place chicken on foiled sheet pans and top with lemon slices.
7. Bake chicken for 30 minutes or until an internal temperature of 165 degrees Fahrenheit is reached.

*Keep in mind that dark and light parts of chicken are done cooking at different times and all parts of chicken should reach 165 Fahrenheit to be safe for consumption.



Brown Rice Stuff Bell Peppers

Yields: 50 servings

Ingredients:

- 50 red bell peppers
- 2 (2 lb. packages) brown rice
- 5 yellow onions, diced
- 3 (1 lb. packages) garbanzo beans, soaked and cooked
- 5 tbsp. olive oil
- 3 (15.5oz cans) spinach, rinsed and drained
- 1 (15.5oz cans) diced tomatoes, rinsed and drained
- 6 tbsp. red wine vinegar

Method of Preparation

1. Start by cutting the peppers in half and taking out the seeds and white membranes. In a large hotel pan, arrange the peppers and roast them in a 350 degree Fahrenheit oven for 15 minutes or until slightly tender.
2. Meanwhile, cook rice in large stock pot in water until fully tender about 50 minutes.
3. Mash the chickpeas until a coarse paste has been achieved.
4. In a large sauté pan, begin to sauté the onions over medium heat until translucent. Add the spinach, tomatoes and vinegar. Let mixture cool.
5. Once mixtures are cooled, add to the brown rice and mix until incorporated.
6. Place rice mixture in the hollowed out peppers and heat in 350 degree Fahrenheit oven for 15 minutes until heated through.



Old Fashioned Fruit Crumble

Yields: 50 servings

Ingredients:

- 10 (15.5oz cans) mix fruit, rinsed and drained
- 5 tsp. honey
- 5 cups whole wheat flour
- 5 tbsp. orange juice
- 12 cups old fashioned oats
- 4 cups almonds chopped
- 2 (15oz packages) raisins
- 2 cups brown sugar
- 2 tbsp. cinnamon
- ½ cup canola oil

Method of Preparation:

1. Preheat oven to 400 degrees Fahrenheit. Combine mixed fruit with honey, ½ of the flour and orange juice. Lay out the fruit mixture in the hotel pan that has been rubbed with oil.
2. Combine oats, almonds, brown sugar, raisins, cinnamon and remaining flour. Sprinkle over the fruit mixture.
3. Bake in the oven for 20 to 25 minutes until golden brown.



Rosemary Beef and Vegetable Stew

Yields: 50 servings

Ingredients:

- 9 (15.5oz cans) beef, rinsed and drained
- ½ cup vegetable oil
- 8 yellow onions, chopped
- 12 (15.5oz cans) diced tomato
- 1 gallon low-sodium beef broth
- 4 (15.5oz cans) carrots, rinsed and drained
- 3 (15.5oz cans) potatoes, rinsed and drained
- 8 sprigs fresh rosemary, minced
- 2 tbsp. dried thyme
- 1 tbsp. crushed red pepper flakes
- 5 cups button mushrooms, quartered
- 5 (15.5oz cans) peas, rinsed and drained

Method of Preparation:

1. In a large pot, heat the oil over medium high heat. Add rinsed and drained canned beef stew. Remove and set aside.
2. Add the onion and diced tomato to the pot and cook for 10 minutes or until tender.
3. Add the carrots, potatoes, rosemary, thyme, and crushed red pepper flakes. Simmer for 35 minutes. You might need to add water.
4. Finally add mushrooms and peas and allow stew to heat through about 5 more minutes.



Rotini with Mushrooms and Spinach

Yield: 50 servings

Ingredients:

- 18 (1 lbs. packages) Rotini whole wheat pasta
- 2 cups olive oil
- 10 yellow onion, chopped
- 10 cups button mushrooms, quartered
- 1 garlic head, minced
- 2 (15.5oz cans) spinach, rinsed and drained
- ½ cup fresh thyme, stripped from stem
- 3 tbsp. pepper

Method of Preparation:

1. Cook pasta for 10-15 minutes in boiling water, until al dente. Drain well.
2. Meanwhile in a large skillet, heat oil over medium heat. Add onion, mushrooms, and garlic cook and 10 minutes or until mushrooms are tender.
2. Stir in spinach, and pepper cook 10 minute or until heated through.
3. Stir in cooked pasta; toss gently to mix vegetables and pasta together.
4. Drizzle pasta with olive oil and thyme.





Pork & Bean Quesadilla

Yield: 50 servings

Ingredients:

- 6 (24oz cans) pork, rinsed and drained
- 6 (15.5oz cans) refried beans
- 5 (15.5oz cans) corn, rinsed and drained
- ½ cup lime juice
- 2 tbsp. cayenne pepper
- 3 tbsp. paprika
- 100 whole wheat tortillas
- 3 lbs. shredded low fat Monterey jack cheese

Method of Preparation:

1. Preheat oven to 400 degrees Fahrenheit.
2. Open the cans of corn and pork and rinse well to remove any extra sodium. Transfer to a large bowl.
3. Add cayenne pepper and paprika to pork and corn. Mix spices until fully incorporated.
4. Start assembling the quesadilla by placing a ¾ cup of refried beans on the bottom tortilla and top a cup of the corn and ham mixture. Top with a sprinkle of low fat cheese.
5. Place top tortilla on quesadilla and cook in oven until golden brown and crisp.
6. You can pre assemble all of the quesadilla beforehand and then cook them off all at once.



Indian Chicken with Tomato-Cucumber Raita

Yield: 50 servings

Ingredients:

- 1 cup smoked paprika
- 1 cup ground coriander
- ½ cup chili powder
- ¼ cup cumin
- 100 pieces chicken mixed*
- 10 cups low fat plain yogurt
- 10 cucumber, finely chopped
- 1 (15.5oz can) diced tomato, rinsed and drained
- 3 cups red onion, diced
- 2 cups mint, chopped

Method of Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine spices in a large bowl and liberally rub down all the chicken.
3. For raita, combine yogurt, cucumber, tomatoes, red onions, mint and cumin in a large mixing bowl.
4. Align all of the chicken on a full sheet pan and bake for 30 minutes or until it has reached an internal temperature of 165 degrees Fahrenheit.
5. Serve baked chicken with raita, Indian yogurt dipping sauce.

*Keep in mind that dark and light parts of chicken are done cooking at different times and all parts of chicken should reach 165 Fahrenheit to be safe for consumption.



Strawberry and Melon Salad

Yield: 50 servings

Ingredients:

- 2 (1 lb. packages) plums, dried & pitted
- 6 large ripe honeydew melon, seeded and cut into 1 1/2-inch chunks
- 10 pint strawberries, hulled and halved
- 1 cup lime juice
- 25 cups nonfat plain yogurt
- 2 cups honey

Method of preparation:

1. Rehydrate dried plums in bowl of water.
2. Combine melon, strawberries and lime juice into a large bowl
3. In a different bowl, combine yogurt and 1 cup of honey.
4. Serve as yogurt topped with fresh fruit and plum garnish.





Gazpacho with Spicy Bananas

Yields: 50 servings

Ingredients:

- 1 garlic head, minced
- 6 (15.5oz cans) diced tomatoes, rinsed and drained
- 5 cups water
- 5 red onions, peeled and quartered
- 9 red bell peppers, roasted
- 15 cucumbers, diced
- 1 jalapeno peppers, seeded and minced *optional
- 25 bananas, diced
- ¼ cup lemon juice

Method of Preparation:

1. In a large blender, place garlic, tomatoes, salt and pepper and puree until smooth. Add water until it has reached a thick soup consistency. Transfer to a large bowl.
2. Place onion and peppers to the blender next, pulse until they are roughly chopped. Add to the tomato mixture
3. Add the cucumber into the tomato mixture and chill for at least one hour.
4. In a large bowl, combine the bananas, jalapeno, lemon juice and paprika. Mix well.
5. To serve, ladle gazpacho into a bowl and garnish with spicy bananas.



Roasted Garlic Broccoli

Yield: 50 servings

Ingredients:

- 20 heads broccoli, trimmed and cut into bite-size florets
- 1 cup olive oil
- 3 garlic heads, roasted
- 5 tsp. sea salt
- 6 teaspoon freshly grated lemon zest
- 1 cup lemon juice
- 125 pitted black olives, sliced
- 4 tbsp. dried oregano
- 1 (15.5oz can) diced tomato, rinsed and drained

Method of preparation:

1. Preheat oven to 450°F.
2. Roast garlic heads in foil for 30 minutes or until soft. Allow the garlic to cool enough so you can touch it without burning yourself. Using a small knife cut the skin slightly around each clove. Use your fingers to pull or squeeze the roasted garlic cloves out of their skins.
3. Toss broccoli, tomatoes, oil, roasted garlic in a large bowl until evenly coated.
4. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown and is soft, about 20 minutes.
5. Meanwhile, combine lemon zest and juice, olives and oregano in a large bowl.
6. Drizzle lemon and oil mixture over finished broccoli and toss.



Pesto Pasta

Yields: 50 servings

Ingredients:

3 cups olive oil

½ cup balsamic vinegar

10 cups fresh basil leaves

25 cloves garlic, minced

20 (1 lb. packages) whole wheat rotini pasta

Method of Preparation:

1. Cook macaroni pasta for 10-15 minutes in boiling water, until al dente. Drain well.
2. Combine basil (reserving 1 cup for garnish), garlic, olive oil, vinegar, and basil in a blender slowly adding the olive oil, so that it helps to blend the mixture together.
3. Turn the mixture into puree and until it becomes smooth. Transfer the mixture to a bowl.
4. Toss the pasta in the pesto sauce and serve.
5. Garnish with reserved whole basil leaf for each finished dish.



Roasted Apple and Cheddar Salad

Yields: 50 servings

Ingredients:

½ cup red wine vinegar

1 cup apple juice

½ cup honey

½ cup olive oil

½ cup Dijon mustard

16 granny smith apples, peels, cored and cut into wedges

6 tbsp. olive oil

8 sprigs fresh thyme

2 cups sunflower seeds

30 cups baby spinach

30 cups romaine lettuce, chopped

10 cups low fat cheddar cheese

Method of Preparation

1. Preheat oven to 400 degrees Fahrenheit.
2. To prepare dressing, whisk together vinegar, apple juice, honey, and mustard.
3. To roast apples, toss apples in oil and thyme in a large bowl. Spread evenly over a large sheet pan. Roast, turning once or twice until apples are soft and golden.
4. To serve, mix together spinach, romaine, sun flower seeds, cheese, roasted apples and dressing.



Chicken Jambalaya

Yield: 50 servings

Ingredients:

- 16 (12.5oz cans) chicken, rinsed and drained
- 10 cups sliced celery
- 10 red onions, chopped
- 10 (15.5oz cans) diced tomato, rinsed and drained
- 2 (15.5oz cans) mixed vegetables, rinsed and drained
- 10 cups green peppers, chopped
- 15 cups low-sodium chicken broth
- ½ cup Worcestershire sauce
- 4 tbsp. paprika
- 2 (2lb packages) brown rice

Method of Preparation:

1. Combine water, and rice a stock pot. Bring to a simmer; reduce heat to low, cover and cook until all the water has been absorbed, about 50 minutes.
2. In another large pot combine celery, onion, mixed vegetables, green peppers, tomatoes, stock, Worcestershire sauce, paprika and chicken.
3. Cover and cook on low heat for 1 hour.
4. Serve jambalaya over brown rice.





Black Bean Salad with Cilantro Infused Sour Cream

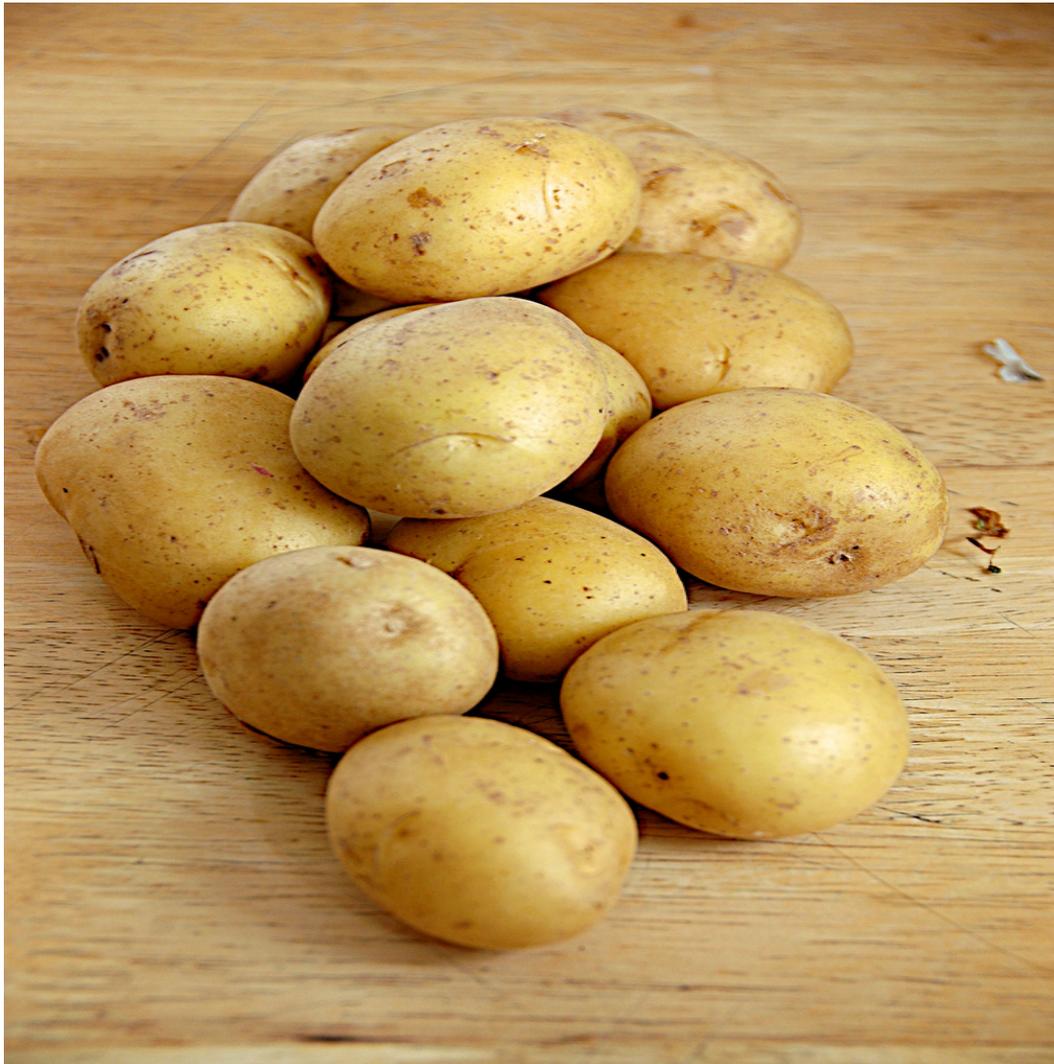
Yield: 50 Servings

Ingredients:

- 6 (15.5oz cans) black beans, rinsed and drained
- 4 (15.5oz cans) kidney beans, rinsed and drained
- 1 (15.5oz can) dice tomato, rinsed and drained
- 10 yellow onions, chopped
- 1 (15.5oz can) corn, rinsed and drained
- 2 cup olive oil
- 1 cup cilantro
- 10 cups low fat sour cream

Method of Preparation:

1. Combine black beans, kidney beans, tomatoes, onions, and corn and add to a large mixing bowl. Drizzle with 1 cup olive oil and toss. Refrigerate for 30 minutes
2. Combine remaining cup olive oil with cilantro leaves and stems in a blender. Blend until cilantro is chopped and infused into the oil.
3. Whisk together the cilantro oil and sour cream in a large chilled bowl with a hand whisk not in the blender or you will over process.
4. Top chilled bean salad with cilantro infused sour cream.



Potato and Kale Hash

Yield: 50 servings

Ingredients:

- 5 bunches kale, stems removed, leaves chopped
- 10 yellow onions, minced
- 2 tbsp. ground pepper
- 3 tbsp. salt
- 12 (15.5oz cans) sliced potatoes, rinsed and drained
- ½ cup olive oil

Method of preparation:

1. Place chopped kale in a large pot, add 2 inches of water, bring to a boil, and steam until wilted.
2. Preheat oven to 350 degrees Fahrenheit.
3. Heat oil in a large skillet over medium heat. Add a single layer of potatoes and caramelize on each side. Use a spatula to flip the potatoes.
4. Place caramelize potatoes and steamed kale to a hotel pan and bake for 15 minutes until warmed.
5. Season with salt and pepper and top with chopped onion.



Apricot Glazed Carrots

Yields: 50 servings

Ingredients:

- 13 (15.5oz cans) carrots, rinsed and drained
- 5 tbsp. olive oil
- 1 (15.5oz can) apricot, pureed
- 1 tsp. ground nutmeg
- 6 tsp. lemon zest
- ¼ cup lemon juice
- ½ cup parsley, chopped

Method of preparation:

1. Remove carrots from the can and rinse thoroughly to remove excess sodium.
2. Preheat oven to 350 degrees Fahrenheit
3. Puree the apricots in a blender with 2 cup water until smooth.
4. Toss apricots puree, carrots, nutmeg, zest and lemon juice in a large bowl.
5. Transfer to hotel pans and cook in oven for 30 minutes uncovered until carrots are warmed begin to caramelize.
6. Garnish with chopped parsley.



Chicken Lettuce Wraps

Yield: 50 servings

Ingredients:

- 16 (15.5oz cans) chicken, rinsed and drained
- 2 (15.5oz cans) carrots, rinsed and drained
- 4 cups celery, chopped
- 5 yellow onions, chopped
- 4 cups low fat mayonnaise
- 1 (15oz package) raisins
- 5 teaspoon garlic powder
- 5 cup almonds, sliced
- 15 heads of Romine or Boston lettuce, leaves separated

Method of Preparation:

1. In a large bowl, combine chicken, carrots, mayonnaise, garlic powder, raisins, celery, and onions. Mix until well incorporated.
2. Spoon the chicken into the lettuce leaves.
3. Garnish with almond slivers.



Roasted Corn Salad

Yields: 50 servings

Ingredients:

- 3(15.5oz cans) corn, rinsed and drained
- 3(2 lbs. packages) dried black beans, soaked and cooked
- 2 (15.5oz cans) diced tomatoes, rinsed and drained
- 2 cups cilantro, chopped
- 8 shallots, finely sliced
- 4 red onions, finely chopped
- 4 red bell pepper, seeded and chopped
- ½ cup lime juice
- 1 cup olive oil.

Method of preparation:

1. Lay corn on sheet pan. Drizzle with ½ cup olive oil and broil at 500 degree for 15 minutes until lightly charred. Remove from oven and let cool.
2. Stir the cooled corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper and in a large bowl.
3. Drizzle with remaining olive oil and lime juice.



Open Faced Salmon Salad Sandwiches

Yields: 50 servings

Ingredients

- 16 (14.75oz cans) Salmon, rinsed and drained
- 2 (15.5oz cans) mixed vegetable, rinsed and drained
- 2 yellow onions, chopped
- 1 cups Parsley minced
- 20 celery stalks, finely chopped
- 1 tbsp. red pepper flakes
- 1 tbsp. garlic powder
- 3 cups low fat mayonnaise
- 1 cup lemon juice
- 50 pieces whole wheat bread toasted

Method of Preparation

1. Start by draining the salmon and adding into a large bowl.
2. Add the mixed vegetables, onion, celery, red pepper flakes, lemon juice, garlic powder and mayonnaise.
3. Mix until fully incorporated.
4. Serve on top of toasted whole wheat bread.
5. Garnish with parsley.



Carrot Hummus

Yields: 50 servings

Ingredients:

- 1 (15.5oz can) carrots rinsed and drained
- 4 (2 lbs. packages) garbanzo beans, soaked, cooked, cooled
- ½ cup lemon juice
- 1 honey
- 6 garlic, cloves minced
- 1 cup olive oil
- 25 whole wheat pitas
- 50 cucumbers, sliced 1/8 inch thick

Method of Preparation:

1. Place carrots, garbanzo beans, lemon juice, honey, garlic, and olive oil in a food processor and blend until smooth. Slowly adding olive oil through the feed tube while processing.
2. Taste and adjust with salt and pepper to taste.
3. Serve hummus as dip with sliced cucumbers, and pitas.



Scallion Rice

Yield: 50 servings

Ingredients:

- 1 cup olive oil
- 30 scallions, thinly sliced
- 4 (2 lbs. packages) brown rice
- 2 (15.5oz cans) mixed vegetable, rinsed and drained
- 20 cups low-sodium chicken stock
- 15 cups water
- ½ cup garlic powder

Method of Preparation:

1. In large saucepan, heat olive oil over medium heat. Add scallions; cook, stirring occasionally until fragrant, 3-5 minutes.
2. Stir in rice, chicken stock, vegetables and water.
3. Bring to boil; reduce to simmer. Cover; cook until rice is tender and has absorbed liquid, about 45 minutes. Remove from heat, let stand covered for 10 minutes.
4. Fluff with fork.



Green Pea Guacamole

Yields: 50 servings

Ingredients:

- ½ bunch cilantro
- 15 (15.5oz) cans peas, rinsed and drained
- 4 avocados, peeled, pitted and roughly chopped
- 1 garlic head, minced
- 2 cups lime juice
- 50 whole wheat tortillas

Method of preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. Place cilantro, peas, avocados, garlic and lime juice into a food processor.
3. Purée until smooth.
4. Cut each tortilla into 8 chip sized wedges and arrange the wedges in a single layer on a sheet pan.
5. Bake for about 8 minutes. Rotate the pan and bake for another 8 minutes or until the chips are crisp. Serve with pea guacamole.



Egg Drop Soup

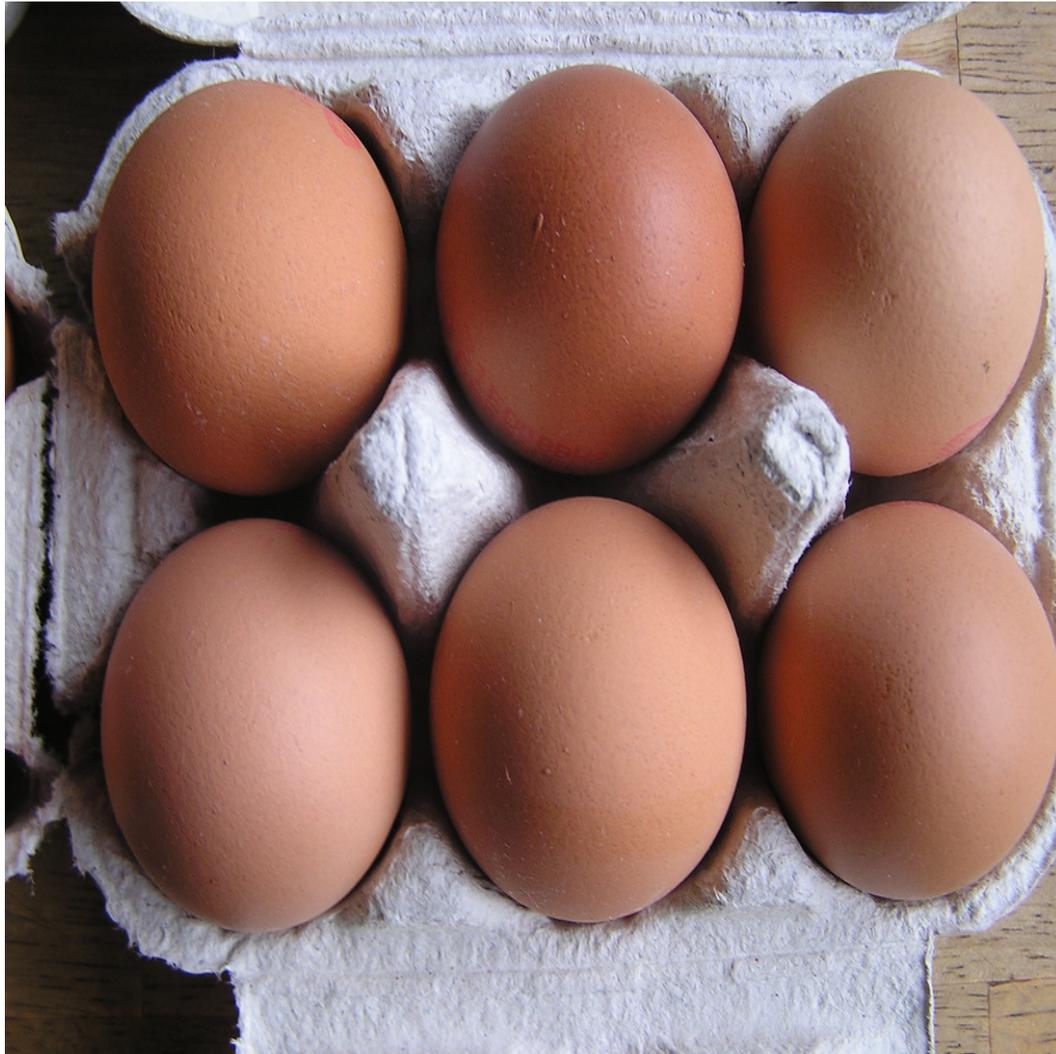
Yield: 50 servings

Ingredients:

- 3 gallons low-sodium chicken stock
- 5 cups scallions, chopped
- 5 teaspoons ginger, ground
- 1 cup cornstarch
- 8 (6oz packages) dried egg mixture

Method of Preparation:

1. Reserve 10 cups of chicken stock (it will be mixed with cornstarch separately). Pour the rest of stock into a stockpot.
2. Stir in ginger and scallions into the heating stockpot. Bring to a boil.
3. While you are bringing stock, ginger and scallions to a boil, in a separate bowl combine reserved stock and cornstarch and mix well. Set aside.
4. In a bowl, whisk eggs mixture and 3 cups cooled water together with fork to make your liquid egg mixture.
5. Slowly drizzle the egg mixture a little at a time into the boiling stock. You should see lines of cooked egg appear in soup from the drizzle.
6. Pour the cornstarch mixture into the soup to thicken and stir until its mixed well and thickened.





Mediterranean Pasta with Radish and Orange

Yield: 50 servings

Ingredients:

- 8 (1 lb. packages) whole grain rotini pasta
- 1 (15.5oz can) spinach, rinsed and drained
- 15 radishes, thinly sliced
- 10 oranges, chopped
- 3 (15.5oz cans) peas, rinsed and drained
- 2 cups olive oil
- 1 cup red wine vinegar
- 1 cup low fat mayonnaise
- 4 tbsp. oregano leaves
- 4 tbsp. garlic minced
- 4 tbsp. salt

Method of preparation:

1. Cook pasta for 10-15 minutes in boiling water, until al dente. Drain well and let cool.
2. Place pasta in large bowl along with spinach, radishes, orange and peas.
3. In small bowl, combine olive oil, vinegar, mayonnaise, oregano, garlic and salt to produce a dressing mixture.
4. Pour dressing mixture over pasta mixture and cover and refrigerate up to 3 hours.
5. 5. Serve pasta chilled.



Grits and Greens

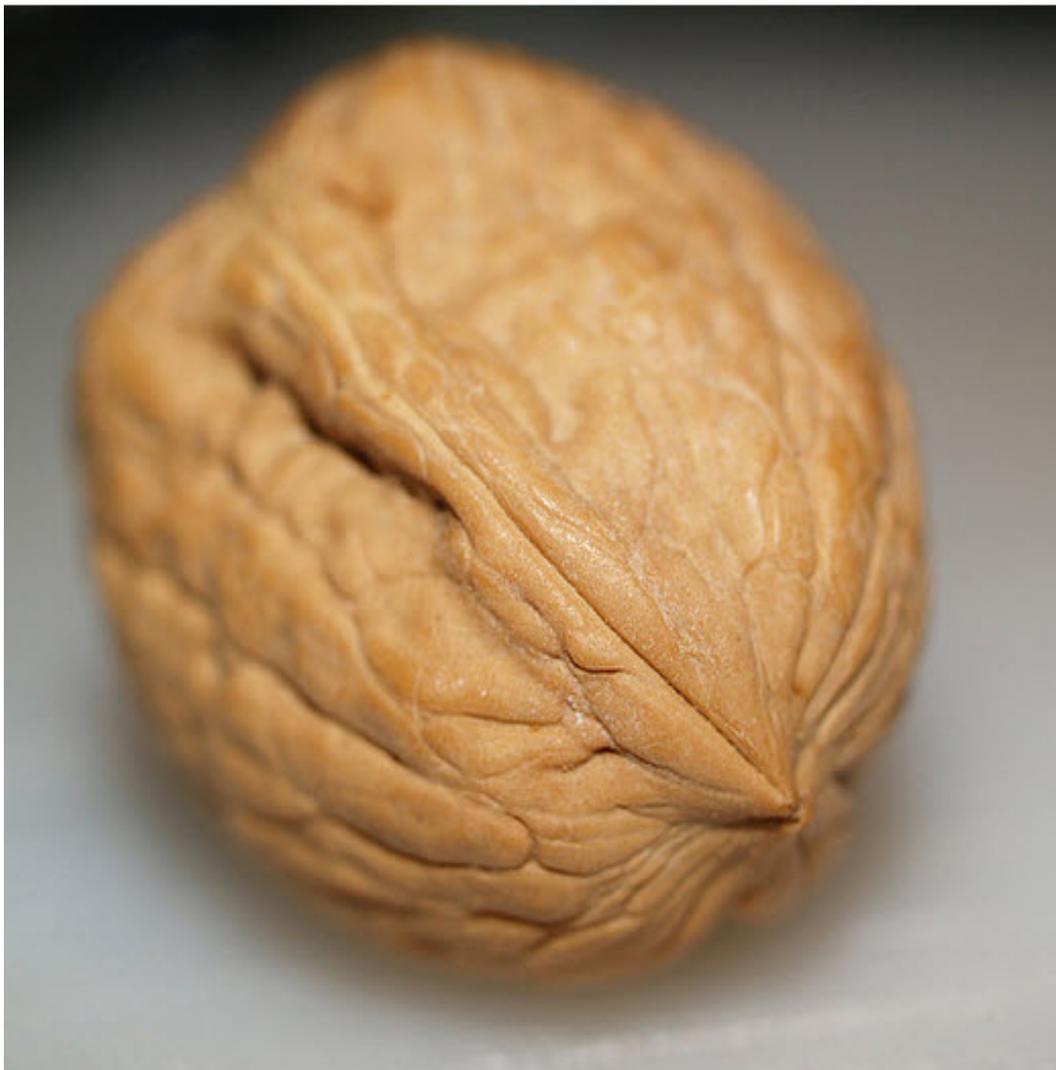
Yields: 50 servings

Ingredients:

- ½ cup extra virgin olive oil
- 5 yellow onions, diced
- 2 garlic heads, minced
- 1 gallon low sodium vegetable broth
- 10 large bunches of kale, stems removed and chopped
- 20 cups water or more as needed
- 2 (5 lbs. packages) yellow corn grits
- 5 cups shredded low fat extra sharp cheddar
- 2 (6oz packages) dried egg

Method of Preparation:

1. In a large pot, heat the oil over medium high heat and add onions and garlic and cook until translucent.
2. Add 5 cups of water and the kale. Reduce heat to medium, cover and cook greens until tender.
3. To cook grits, use remaining liquids. Bring to a boil. Stir in grits and cook until tender. Whisk in the cheese and egg.
4. Combine grits and kale mixture and serve.



Walnut Crusted Chicken

Yields: 50 servings

Ingredients

- 3 cups bread crumbs
- 4 cups walnuts
- 2 cups parmesan cheese, grated
- 1 (6oz package) egg mixture
- 100 pieces chicken mixed*
- ¼ cup olive oil
- 3 cups whole wheat flour

Method of Preparation:

1. Preheat oven to 350 degrees.
2. In a food processor, combine bread crumbs, walnuts, and parmesan.
3. Set up 3 pans for breading the chicken. One with flour, one with egg mixture and the other with the bread crumbs, cheese and walnut mixture.
4. Place the chicken in the bowl with the flour to start and mix well enough to coat evenly. Next dip in chicken pieces into egg mixture.
5. Next transfer, a few pieces and at time, to the pan that has the breading walnut mixture. Do this step until all of the chicken is breaded.
6. Place the breaded chicken on a lightly sprayed full sheet pan and bake for 25-35 minutes. Carefully turn the chicken over and cook for another 10-15 minutes or until an internal temperature of 165 degrees Fahrenheit is reached.

*Keep in mind that dark and light parts of chicken are done cooking at different times and all parts of chicken should reach 165 Fahrenheit to be safe for consumption.



Oven Baked Fries

Yield: 50 Servings

Ingredients:

- 15 (15.5oz cans) sliced potatoes, rinsed and drained, then patted dry
- 2 cups vegetable oil
- ½ cup garlic, minced
- ½ cup fresh thyme,
- 4 tbsp. salt
- 4 tbsp. black pepper

Method of Preparation:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Drain and rinse all of the sliced potatoes and make sure they are dry before beginning.
3. In a large bowl, mix together the potatoes, oil, garlic, thyme, salt and pepper and mix until fully incorporated.
4. Arrange potatoes on a large sheet pan making sure that they are not overlapping. Sprinkle with herb mixture.
5. Roast in an oven until tops of potatoes begin to brown. Remove from oven, carefully and flip potatoes. Place back into oven and finish cooking until golden brown and crispy.



White Bean Turkey Chili

Yields: 50 servings

Ingredients:

- 10 lbs. ground turkey
- 5 yellow onions, chopped
- 4 (15.5oz cans) corn, rinsed and drained
- 1 garlic head, minced
- 3 tbsp. chili powder
- 5 tbsp. cumin
- 5 tbsp. oregano
- 3 tbsp. red pepper flakes
- 8 (2 lbs. packages) dried black eyed beans, soaked and fully cooked
- 2 gallons low sodium chicken stock
- 3 tbsp. olive oil

Method of Preparation

1. In a large pot, begin to cook the turkey until cooked or has reached and internal temperature of 165 degrees Fahrenheit. Once cooked, remove from pot and strain off any excess fat.
2. Next sauté the onions, corn and garlic until translucent. Add the chili powder, cumin, oregano, red pepper flakes and cooked beans.
3. Add the turkey back into pot and mix until fully incorporated.
4. Add in the chicken stock and bring to boil. Once boiling, reduce to a simmer and cook down for 30 minutes to blend flavors.



Mediterranean Rice with Figs

Yields: 50 servings

Ingredients:

- 3 (2lb packages) brown rice
- 2 (15.5oz cans) sweet potato, rinsed and drained
- 8 cups cucumbers, diced
- 6 cups black olives
- 6 cups fresh figs, diced
- 4 cups raisins
- 1 cups parsley, minced
- ½ lemon juice
- 2 cups olive oil

Method of Preparation

1. Combine water, and rice a stock pot.
2. Bring to a simmer; reduce heat to low, cover and cook until all the water has been absorbed, about 40 minutes.
2. While rice is cooking, combine rinsed sweet potatoes, cucumbers, olives, figs, raisins, parsley, lemon juice and oil in a large bowl.
3. Once rice is cooked, add the sweet potato mixture and mix fully until incorporated.



Whole Wheat Spaghetti with Roasted Cauliflower Alfredo Sauce

Yields: 50 servings

Ingredients:

- 8 (2lbs packages) whole wheat spaghetti pasta
- 10 heads cauliflower
- 4 (32oz packages) nonfat milk
- 2 onions, chopped
- 2 lbs. low fat parmesan cheese
- 2 tsp. nutmeg

Method of Preparation

1. Preheat the oven to 350 degrees Fahrenheit.
2. Cook pasta for 10-15 minutes in boiling water, until al dente.
3. While pasta is cooking, break down the cauliflower into small florets, coat with a small amount of olive oil and roast in an oven until golden brown.
4. In a large sauce pan, bring milk to a simmer with the chopped onions and nutmeg. Once cauliflower is finished cooking, add into sauce pot and puree until smooth. Add parmesan cheese and continue to blend until sauce starts to thicken.
4. To serve, toss cooked pasta hot cauliflower Alfred sauce.



Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 300g (300 g)
Servings per container 50

Amount Per Serving

Calories 492 Calories from Fat 262

% Daily Value*

Total Fat 29g 45%

Saturated Fat 7g 36%

Trans Fat 0g

Cholesterol 143mg 48%

Sodium 425mg 18%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Sugars 4g

Protein 48g

Vitamin A 19% • Vitamin C 58%

Calcium 4% • Iron 13%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Avocado Pineapple Salsa over Chicken

Avocado: Avocados contain many heart healthy fats, known as monounsaturated fats. These types of fat help to lower "bad cholesterol" and help fight heart disease.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 123g (123 g)
Servings per container 50

Amount Per Serving

Calories 254 Calories from Fat 67

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 4mg 1%

Sodium 449mg 19%

Total Carbohydrate 39g 13%

Dietary Fiber 6g 24%

Sugars 3g

Protein 10g

Vitamin A 41% • Vitamin C 34%

Calcium 3% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ginger Chicken Salad Wrap

Ginger: Ginger is a great root because it is rich in antioxidants. Antioxidants are vitamins and other nutrients that help protect your body from toxins.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 129g (128 g)
Servings per container 50

Amount Per Serving

Calories 77 Calories from Fat 28

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 3%

Trans Fat

Cholesterol 2mg 1%

Sodium 122mg 5%

Total Carbohydrate 10g 3%

Dietary Fiber 1g 4%

Sugars 3g

Protein 3g

Vitamin A 54% • Vitamin C 6%

Calcium 1% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Sweet Potato and Carrot Soup

Sweet Potato: Sweet potatoes are an excellent source of vitamin A.

This vitamin is responsible for healthy eyes, bones, and teeth!





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 373g (373 g)
Servings per container 50

Amount Per Serving

Calories 480 Calories from Fat 273

% Daily Value*

Total Fat 31g 47%

Saturated Fat 14g 71%

Trans Fat 0g

Cholesterol 166mg 55%

Sodium 927mg 39%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 10%

Sugars 9g

Protein 36g

Vitamin A 20% • Vitamin C 34%

Calcium 56% • Iron 18%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Grilled Zucchini Lasagna

Tomato: A super food for diabetes, tomatoes are packed with vitamin C, vitamin A, potassium, and fiber. The nutrient lycopene is a powerful antioxidant and may protect against heart disease and prostate cancer.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 146g (145 g)
Servings per container 50

Amount Per Serving

Calories 154 Calories from Fat 92

% Daily Value*

Total Fat 10g 16%

Saturated Fat 2g 8%

Trans Fat 0g

Cholesterol 7mg 2%

Sodium 437mg 18%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 10%

Sugars 3g

Protein 4g

Vitamin A 106% • Vitamin C 45%

Calcium 7% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Sesame Orange Beef

Orange: Oranges are full of vitamin C. Vitamin C is vital for the function of the immune system; it can help protect against illness and infection.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 352g (352 g)
Servings per container 50

Amount Per Serving

Calories 459 **Calories from Fat** 101

% Daily Value*

Total Fat 11g 17%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 195mg 65%

Sodium 262mg 11%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 7%

Sugars 1g

Protein 79g

Vitamin A 3% • Vitamin C 8%

Calcium 6% • Iron 19%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Healthy Baked Chicken Nuggets

Cereal bran: Bran cereals are full of fiber which aids in digestion. Also, bran cereals generally have added B-vitamins.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 225g (224 g)
Servings per container 50

Amount Per Serving

Calories 228 **Calories from Fat** 48

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 435mg 18%

Total Carbohydrate 39g 13%

Dietary Fiber 5g 20%

Sugars 2g

Protein 6g

Vitamin A 4% • Vitamin C 37%

Calcium 4% • Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Louisiana Red Beans and Rice

Kidney beans: High in protein and fiber, kidney beans provide a cholesterol free source of protein. They are also full of B vitamins, which help maintain the nervous system.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 122g (122 g)

Amount Per Serving

Calories 49 Calories from Fat 22

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 1mg 0%

Sodium 90mg 4%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Sugars 1g

Protein 2g

Vitamin A 58% • Vitamin C 5%

Calcium 5% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Creamy Pumpkin Soup

Pumpkin: The bright orange color is a simple indicator that pumpkins are loaded with beta carotene. This nutrient is converted to vitamin A in the body and used for many different functions including new cell growth and vision.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 159g (158 g)
Servings per container 50

Amount Per Serving

Calories 330 **Calories from Fat** 46

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 3mg 1%

Sodium 297mg 12%

Total Carbohydrate 61g 20%

Dietary Fiber 3g 13%

Sugars 2g

Protein 9g

Vitamin A 22% • Vitamin C 2%

Calcium 3% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Sweet and Sour Chicken with Brown Rice

Brown rice: An excellent and more nutritious alternative to white rice, brown rice is also a great source of fiber and manganese. Manganese is a trace mineral primarily used in metabolic processes.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 118g (126 g)

Amount Per Serving

Calories 237 Calories from Fat 122

% Daily Value*

Total Fat 14g 21%

Saturated Fat 4g 18%

Trans Fat 0g

Cholesterol 78mg 26%

Sodium 78mg 3%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 3%

Sugars 0g

Protein 26g

Vitamin A 14% • Vitamin C 2%

Calcium 2% • Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Blackened Baked Chicken

Black Pepper: Black Pepper stimulates the taste buds in such a way that an alert is sent to the stomach to increase hydrochloric acid secretion, thereby improving digestion.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 138g (138 g)
Servings per container 50

Amount Per Serving

Calories 202 Calories from Fat 38

% Daily Value*

Total Fat 4g 7%

Saturated Fat 2g 9%

Trans Fat

Cholesterol 12mg 4%

Sodium 336mg 14%

Total Carbohydrate 31g 10%

Dietary Fiber 5g 20%

Sugars 2g

Protein 11g

Vitamin A 6% • Vitamin C 20%

Calcium 15% • Iron 12%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Salmon and Garbanzo Bean Panini

Garbanzo beans: Also known as chickpeas, these beans are a good source of protein and fiber. One cup of chickpeas packs in about 15 grams of protein!





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 149g (149 g)
Servings per container 50

Amount Per Serving

Calories 103 **Calories from Fat** 20

% Daily Value*

Total Fat 2g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 206mg 9%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 12%

Sugars 5g

Protein 2g

Vitamin A 4% • Vitamin C 13%

Calcium 1% • Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Potato Salad with Pears and Chives

Pear: Pears are an excellent source of fiber and vitamin C.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 49g (49 g)
Servings per container 50

Amount Per Serving

Calories 179 **Calories from Fat** 53

% Daily Value*

Total Fat 6g	9%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 182mg	8%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	

Vitamin A	2%	Vitamin C	0%
Calcium	6%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Baked Tortilla Chip Dessert

Cinnamon: Cinnamon has unique healing abilities that come from components of essential oils found in its bark. It has anti-clotting and blood sugar control abilities.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 121g (121 g)
Servings per container 50

Amount Per Serving

Calories 175 Calories from Fat 86

% Daily Value*

Total Fat 10g 16%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 3mg 1%

Sodium 38mg 2%

Total Carbohydrate 16g 5%

Dietary Fiber 3g 13%

Sugars 10g

Protein 7g

Vitamin A 3% • Vitamin C 2%

Calcium 15% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Peach and Pear Parfait

Peach: Fresh peaches are a very good source of vitamin C, which has anti-oxidant effects and is required for the synthesis of connective tissue in the body.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 371g (259 g)
Servings per container 50

Amount Per Serving

Calories 254 Calories from Fat 26

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 130mg 43%

Sodium 152mg 6%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 3%

Sugars 1g

Protein 52g

Vitamin A 35% • Vitamin C 11%

Calcium 5% • Iron 12%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Basil Tomato Chicken

Basil: The leaves of a basil plant pack in many powerful antioxidants. Basil is a great herb to throw into any dish to add some major health benefits!





Soup Kitchen Culinary & Nutritional Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 289g (289 g)

Amount Per Serving

Calories 281 Calories from Fat 191

% Daily Value*

Total Fat 22g 33%

Saturated Fat 7g 37%

Trans Fat 0g

Cholesterol 32mg 11%

Sodium 491mg 20%

Total Carbohydrate 16g 5%

Dietary Fiber 4g 16%

Sugars 8g

Protein 9g

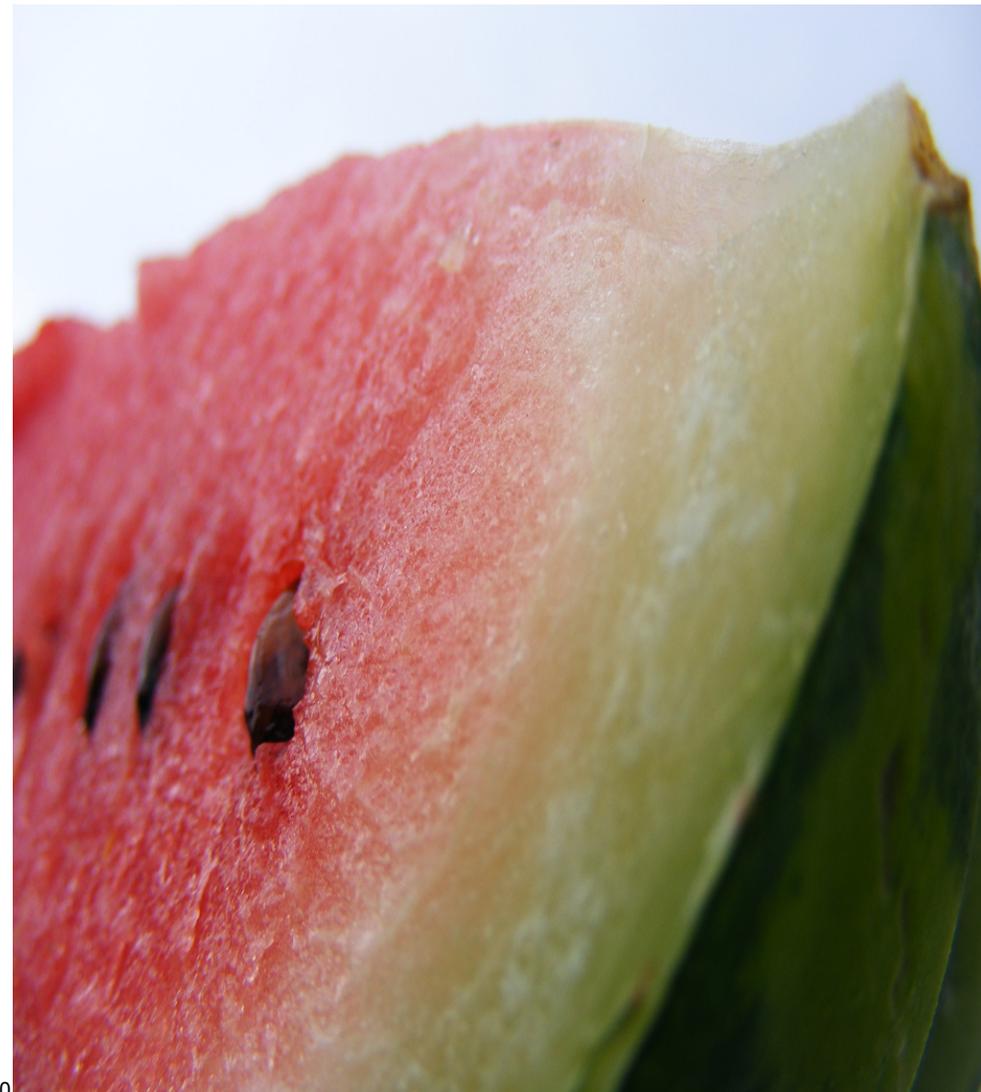
Vitamin A 218% • Vitamin C 73%

Calcium 31% • Iron 23%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Watermelon Salad

Watermelon: Watermelon is a health booster through its excellent levels of vitamins A, B, and C. These vitamins work together to boost immunity against diseases, infections, and viruses.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 127g (126 g)
Servings per container 50

Amount Per Serving

Calories 167 **Calories from Fat** 101

% Daily Value*

Total Fat 11g 17%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 585mg 24%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 12%

Sugars 2g

Protein 9g

Vitamin A 48% • Vitamin C 20%

Calcium 4% • Iron 11%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Peas, Ham and Fresh Mint Salad

Mint: Dried mint leaves
boiled in water forms a
concoction that soothes
the digestive tract and
eases the severity of
stomach aches.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 190g (189 g)
Servings per container 50

Amount Per Serving

Calories 274 **Calories from Fat** 47

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 10%

Trans Fat

Cholesterol 11mg 4%

Sodium 228mg 10%

Total Carbohydrate 48g 16%

Dietary Fiber 6g 25%

Sugars 4g

Protein 12g

Vitamin A 19% • Vitamin C 67%

Calcium 17% • Iron 14%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Pasta Primavera

Squash: The many varieties of squash provide carotene, which aids in enhancing our immune systems, eye health, and skin.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 202g (201 g)
Servings per container 50

Amount Per Serving

Calories 266 Calories from Fat 67

% Daily Value*

Total Fat 8g	12%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 375mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	15%
Sugars 2g	

Protein 30g

Vitamin A 39% • Vitamin C 21%
Calcium 33% • Iron 13%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Salmon Burgers with Radish Slaw

Salmon: Salmon is a very good source of the "good" fats known as omega-3 fatty acids. Also, salmon is a great lean protein choice.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 223g (222 g)
Servings per container 50

Amount Per Serving

Calories 222 **Calories from Fat** 57

% Daily Value*

Total Fat 6g	10%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 4mg	1%
Sodium 459mg	19%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 1g	

Protein 11g

Vitamin A	14%	•	Vitamin C	11%
Calcium	19%	•	Iron	16%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Asparagus Pasta

Milk: Milk is one of the best sources of calcium, essential for bone growth and maintenance.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 156g (156 g)
Servings per container 50

Amount Per Serving

Calories 353 Calories from Fat 69

% Daily Value*

Total Fat 8g 12%

 Saturated Fat 4g 22%

 Trans Fat

Cholesterol 25mg 8%

Sodium 790mg 33%

Total Carbohydrate 56g 19%

 Dietary Fiber 7g 28%

 Sugars 8g

Protein 19g

Vitamin A 16% • Vitamin C 4%

Calcium 31% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Baked Macaroni & Cheese

Whole wheat pasta: Whole wheat pasta is a great alternative to white pasta because it is a great source of fiber. Fiber helps fill you up so you feel full longer!





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 143g (143 g)
Servings per container 50

Amount Per Serving

Calories 55 Calories from Fat 26

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 2%

Trans Fat

Cholesterol 0mg 0%

Sodium 38mg 2%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 14%

Sugars 1g

Protein 4g

Vitamin A 272% • Vitamin C 35%

Calcium 18% • Iron 18%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Sautéed Spinach

Spinach: Spinach is an excellent source of fiber and vitamin K. Vitamin K is linked to bone health and can help to reduce bone loss and to decrease your risk of bone fractures.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 163g (162 g)

Amount Per Serving

Calories 297 Calories from Fat 173

% Daily Value*

Total Fat 20g 30%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 316mg 13%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 1g

Protein 28g

Vitamin A 1% • Vitamin C 11%

Calcium 4% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Lemon Chicken

Lemon: Lemons, like other citrus fruits, are very high in vitamin C.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 179g (178 g)
Servings per container 50

Amount Per Serving

Calories 216 **Calories from Fat** 33

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbohydrate 38g 13%

Dietary Fiber 8g 32%

Sugars 8g

Protein 8g

Vitamin A 93% • **Vitamin C** 211%

Calcium 7% • **Iron** 16%

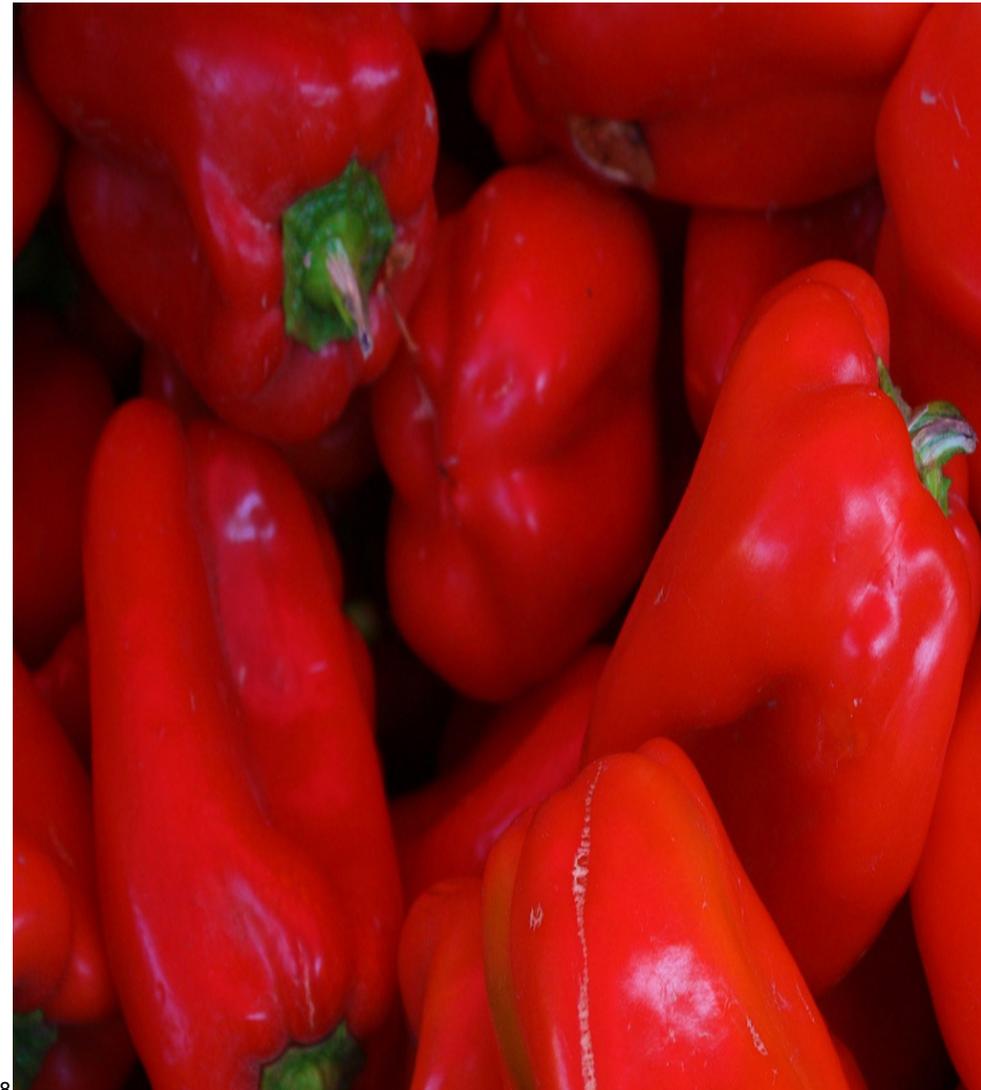
*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Brown Rice Stuff Bell Peppers

Bell pepper: Available
in many different
colors, these vegetables
are a good source of
vitamin C and vitamin A.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 173g (172 g)
Servings per container 50

Amount Per Serving

Calories 381 **Calories from Fat** 68

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 71g 24%

Dietary Fiber 7g 29%

Sugars 29g

Protein 10g

Vitamin A 5% • Vitamin C 5%

Calcium 6% • Iron 18%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fruit Crumble

Oat: Oats are a great source of fiber, which is essential for a healthy digestive tract.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 403g (402 g)
Servings per container 50

Amount Per Serving

Calories 293 **Calories from Fat** 149

% Daily Value*

Total Fat 17g 25%

 Saturated Fat 7g 35%

 Trans Fat 0g

Cholesterol 60mg 20%

Sodium 423mg 18%

Total Carbohydrate 16g 5%

 Dietary Fiber 4g 16%

 Sugars 6g

Protein 21g

Vitamin A 58% • **Vitamin C** 28%

Calcium 7% • **Iron** 22%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Rosemary Beef and Vegetable Stew

Rosemary: Rosemary contains substances that are useful for stimulating the immune system, increasing circulation, and improving digestion. Additionally, rosemary contains anti-inflammatory compounds.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 155g (155 g)

Amount Per Serving

Calories 219 Calories from Fat 69

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 1mg 0%

Sodium 149mg 6%

Total Carbohydrate 31g 10%

Dietary Fiber 4g 15%

Sugars 2g

Protein 7g

Vitamin A 47% • Vitamin C 17%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Pasta with Mushrooms and Spinach

Mushroom: With 3,000 edible varieties to choose from, mushrooms provide many nutrients, including potassium, selenium, riboflavin, and niacin. Selenium is an antioxidant that works with vitamin E to prevent the damage of free radicals.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 230g (229 g)
Servings per container 50

Amount Per Serving

Calories 572 **Calories from Fat** 286

% Daily Value*

Total Fat 32g	49%
Saturated Fat 11g	57%
Trans Fat 0g	
Cholesterol 56mg	19%
Sodium 1740mg	72%
Total Carbohydrate 50g	17%
Dietary Fiber 5g	21%
Sugars 1g	

Protein 22g

Vitamin A 6% • Vitamin C 8%
Calcium 11% • Iron 21%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Mexican Pork & Bean Quesadilla

Lime: Limes are very similar to lemons and are also very high in vitamin C.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 225g (224 g)
Servings per container 50

Amount Per Serving

Calories 211 Calories from Fat 30

% Daily Value*

Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 714mg	30%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 36g	
Vitamin A 34% • Vitamin C 11%	
Calcium 14% • Iron 16%	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Roasted Chicken with Tomato-Cucumber Raita

Cucumber: Cucumbers are one of the lowest calorie vegetables and are a good source of potassium.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 273g (273 g)
Servings per container 50

Amount Per Serving

Calories 149 Calories from Fat 11

% Daily Value*

Total Fat 1g	2%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 4mg	1%
Sodium 72mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 30g	
Protein 4g	

Vitamin A 2% • Vitamin C 89%
Calcium 13% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Strawberry and Melon Salad

Strawberry: A very sweet
and yet nutritious
fruit, strawberries are
an excellent source of
vitamin C, potassium,
fiber, and antioxidants.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 168g (168 g)
Servings per container 50

Amount Per Serving

Calories 53 Calories from Fat 3

% Daily Value*

Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 176mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	9%
Sugars 7g	

Protein 1g

Vitamin A 14% • Vitamin C 47%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Gazpacho with Spicy Bananas

Banana: Bananas are an excellent source of potassium; they also contain vitamin B6, vitamin C, manganese, and folate.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 276g (275 g)
Servings per container 50

Amount Per Serving

Calories 121 **Calories from Fat** 44

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 278mg 12%

Total Carbohydrate 17g 6%

Dietary Fiber 6g 24%

Sugars 5g

Protein 6g

Vitamin A 34% • Vitamin C 321%

Calcium 12% • Iron 13%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Mediterranean Roasted Broccoli & Tomatoes

Broccoli: Broccoli is an
excellent source of
vitamin a and c.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 354g (354 g)
Servings per container 50

Amount Per Serving

Calories 477 **Calories from Fat** 133

% Daily Value*

Total Fat 15g 23%

 Saturated Fat 2g 11%

 Trans Fat 0g

Cholesterol 0mg 0%

Sodium 295mg 12%

Total Carbohydrate 71g 24%

 Dietary Fiber 5g 21%

 Sugars 4g

Protein 14g

Vitamin A 6% • Vitamin C 20%

Calcium 6% • Iron 23%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pesto Pasta

Garlic: Garlic is a phytochemical stuffed cancer-fighter, packing in several chemicals attributed to protecting your body from harm.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 184g (184 g)
Servings per container 50

Amount Per Serving

Calories 221 Calories from Fat 92

% Daily Value*

Total Fat 11g 16%

Saturated Fat 4g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 434mg 18%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 9%

Sugars 10g

Protein 18g

Vitamin A 86% • Vitamin C 27%

Calcium 31% • Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Roasted Apple and Cheddar Salad

Apple: The benefits of an apple go beyond the skin, so make sure you munch on everything but the core. Underneath the peel, lies vitamin C, insoluble fiber, soluble fiber, and many disease fighting phytochemicals





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 174g (174 g)
Servings per container 50

Amount Per Serving

Calories 257 Calories from Fat 48

% Daily Value*

Total Fat 5g	8%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 26mg	9%
Sodium 138mg	6%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	11%
Sugars 3g	

Protein 17g

Vitamin A 25% • Vitamin C 42%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chicken Jambalaya

Red Onion: Onions are packed with powerful antioxidants. Quercetin has been linked to reducing the risks and effects of various cancers, particularly lung cancer.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 181g (181 g)
Servings per container 50

Amount Per Serving

Calories 179 Calories from Fat 75

% Daily Value*

Total Fat 8g 13%

Saturated Fat 4g 18%

Trans Fat

Cholesterol 13mg 4%

Sodium 308mg 13%

Total Carbohydrate 20g 7%

Dietary Fiber 4g 18%

Sugars 2g

Protein 8g

Vitamin A 5% • Vitamin C 40%

Calcium 9% • Iron 11%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Black Bean Salad with Cilantro Infused Sour Cream

Black beans: Black beans
are full of fiber and
are a great source of
protein.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 133g (133 g)
Servings per container 50

Amount Per Serving

Calories 96 Calories from Fat 24

% Daily Value*

Total Fat	3g	4%
Saturated Fat	0g	2%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	17g	6%
Dietary Fiber	3g	12%
Sugars	1g	

Protein 2g

Vitamin A	83%	Vitamin C	65%
Calcium	5%	Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Potato and Kale Hash

Potato: Potatoes are one of the greatest values you can get in the produce department. Their skin contains mostly fiber, and the majority of its nutrients are found in the flesh. Potatoes contain higher levels of potassium than bananas do.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 116g (115 g)
Servings per container 50

Amount Per Serving

Calories 41 Calories from Fat 12

% Daily Value*

Total Fat 1g 2%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 3mg 1%

Sodium 52mg 2%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

Vitamin A 237% • Vitamin C 7%

Calcium 3% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

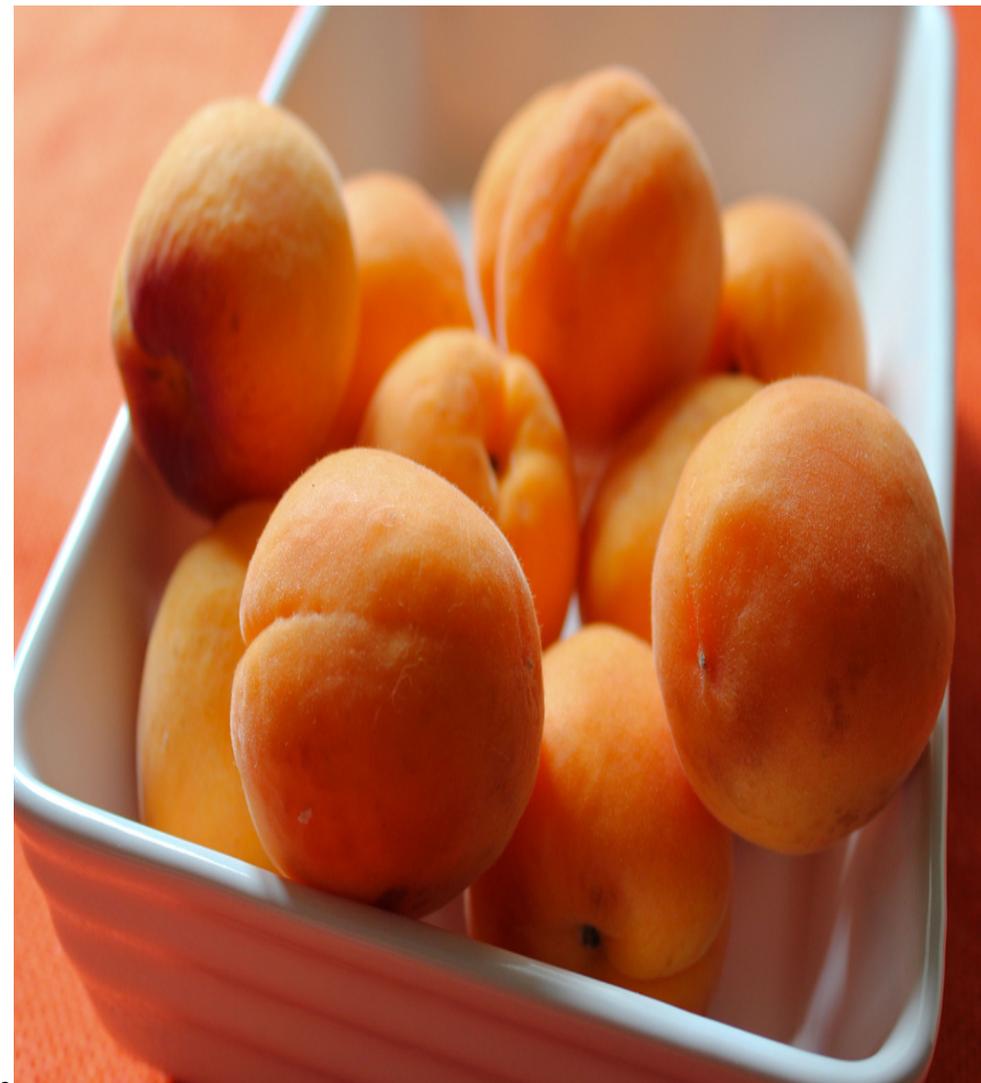
		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apricot Glazed Carrots

Apricot: Apricots are an ideal fruit, particularly in their dried fruit form, where they are one of the best natural sources of vitamin a and beta carotene.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 412g (344 g)
Servings per container 50

Amount Per Serving

Calories 405 Calories from Fat 166

% Daily Value*

Total Fat 19g 29%

Saturated Fat 4g 19%

Trans Fat 0g

Cholesterol 69mg 23%

Sodium 591mg 25%

Total Carbohydrate 22g 7%

Dietary Fiber 4g 15%

Sugars 15g

Protein 38g

Vitamin A 306% • Vitamin C 63%

Calcium 8% • Iron 22%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Chicken Lettuce Wraps

Lettuce: Lettuce can be made into delicious healthy salads and has tons of important nutrients. These nutrients include thiamin, vitamin B6, iron, and potassium.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 173g (172 g)
Servings per container 50

Amount Per Serving

Calories 128 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 3%

Trans Fat

Cholesterol 0mg 0%

Sodium 17mg 1%

Total Carbohydrate 20g 7%

Dietary Fiber 6g 24%

Sugars 2g

Protein 5g

Vitamin A 4% • Vitamin C 21%

Calcium 3% • Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Corn Salsa

Corn: Corn is a great source of fiber, vitamin b1, and folate. Folate, a vitamin known to reduce homocysteine, is an inflammatory marker attributed to heart disease.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

green

Nutrition Facts

Serving Size 1/50 of recipe 174g (174 g)

Amount Per Serving

Calories 261 Calories from Fat 106

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat

Cholesterol 64mg 21%

Sodium 197mg 8%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 1g

Protein 32g

Vitamin A 51% • Vitamin C 9%

Calcium 3% • Iron 11%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Lighter Chicken Salad

Parsley: Parsley is a
great source of thiamin
and zinc!





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 231g (231 g)
Servings per container 50

Amount Per Serving

Calories 329 **Calories from Fat** 51

% Daily Value*

Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 358mg	15%
Total Carbohydrate 59g	20%
Dietary Fiber 11g	45%
Sugars 6g	
Protein 14g	

Vitamin A 10% • Vitamin C 13%

Calcium 8% • Iron 28%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carrot Hummus Pita Pocket

Carrot: Yes, the age old saying that you should eat carrots for your eyes is true! Carrots contain vitamin A which is utilized in your eyes.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 165g (165 g)
Servings per container 50

Amount Per Serving

Calories 190 **Calories from Fat** 31

% Daily Value*

Total Fat 4g 6%

 Saturated Fat 1g 3%

 Trans Fat 0g

Cholesterol 0mg 0%

Sodium 565mg 24%

Total Carbohydrate 35g 12%

 Dietary Fiber 2g 8%

 Sugars 1g

Protein 4g

Vitamin A 20% • **Vitamin C** 2%

Calcium 2% • **Iron** 5%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Scallion Rice

Scallion: Scallions, or spring onions, are a great source of iron and folic acid. Folic acid is essential for the development of a fetus during pregnancy, so this is a great vegetable for pregnant women.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 111g (111 g)

Amount Per Serving

Calories 115 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 2%

Trans Fat

Cholesterol 0mg 0%

Sodium 89mg 4%

Total Carbohydrate 19g 6%

Dietary Fiber 5g 20%

Sugars 3g

Protein 5g

Vitamin A 17% • Vitamin C 18%

Calcium 2% • Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Green Pea Guacamole

Pea: Green peas are loaded with vitamins and could be called a powerhouse vegetable! The vitamins include vitamin a, b1, b6, c, and vitamin k. Vitamin k helps blood to clot to prevent bleeding.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 278g (277 g)
Servings per container 50

Amount Per Serving

Calories 104 **Calories from Fat** 58

% Daily Value*

Total Fat 6g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 262mg 87%

Sodium 1104mg 46%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 8g

Vitamin A 7% • Vitamin C 1%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Egg Drop Soup

Eggs: Eggs are an almost perfect source of protein; one tiny egg packs about 7 grams! Along with protein, eggs are a great source of many vitamins and nutrients linked to reducing the risk of many diseases.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 131g (131 g)
Servings per container 50

Amount Per Serving

Calories 217 Calories from Fat 88

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 1mg 0%

Sodium 375mg 16%

Total Carbohydrate 29g 10%

Dietary Fiber 7g 28%

Sugars 2g

Protein 5g

Vitamin A 22% • Vitamin C 95%

Calcium 9% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mediterranean Pasta with Radish and Orange

Radishes: This root vegetable is very low in calories and is rich in vitamin c. Radishes are also a very good source of anti-oxidants, minerals, and dietary fiber.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 311g (310 g)
Servings per container 50

Amount Per Serving

Calories 292 **Calories from Fat** 69

% Daily Value*

Total Fat 8g 12%

Saturated Fat 2g 12%

Trans Fat 0g

Cholesterol 121mg 40%

Sodium 838mg 35%

Total Carbohydrate 43g 14%

Dietary Fiber 4g 15%

Sugars 2g

Protein 16g

Vitamin A 253% • **Vitamin C** 163%

Calcium 25% • **Iron** 79%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Grits and Greens

Kale: Kale is a nutrient packed vegetable, making it one of the healthiest foods that you can add to your diet. This leafy green has been linked to lowering the risk of cancer.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 275g (274 g)
Servings per container 50

Amount Per Serving

Calories 457 Calories from Fat 125

% Daily Value*

Total Fat 14g 22%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 133mg 44%

Sodium 402mg 17%

Total Carbohydrate 21g 7%

Dietary Fiber 2g 7%

Sugars 2g

Protein 58g

Vitamin A 1% • Vitamin C 5%

Calcium 12% • Iron 18%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Walnut Crusted Chicken

Walnut: These omega-3 packed nuts have the highest level of healthy fat compared to any other nut. Consuming walnuts has been linked to increasing healthy cholesterol!





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 145g (144 g)
Servings per container 50

Amount Per Serving

Calories 183 **Calories from Fat** 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 3g 14%

Trans Fat 4g

Cholesterol 0mg 0%

Sodium 287mg 12%

Total Carbohydrate 20g 7%

Dietary Fiber 4g 15%

Sugars 0g

Protein 2g

Vitamin A 2% • **Vitamin C** 14%

Calcium 5% • **Iron** 25%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Herb Oven Baked Fries

Thyme: This herb contains phyto-nutrients that have antiseptic properties.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 325g (325 g)
Servings per container 50

Amount Per Serving

Calories 660 **Calories from Fat** 94

% Daily Value*

Total Fat 11g 16%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 72mg 24%

Sodium 402mg 17%

Total Carbohydrate 96g 32%

Dietary Fiber 30g 120%

Sugars 5g

Protein 48g

Vitamin A 6% • Vitamin C 15%

Calcium 28% • Iron 54%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

White Bean Turkey Chili

Black Eyed Beans: Like many of the other types of beans, these are a great source of protein and fiber.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 162g (162 g)
Servings per container 50

Amount Per Serving

Calories 349 Calories from Fat 132

% Daily Value*

Total Fat 15g	23%
Saturated Fat 4g	20%
Trans Fat	
Cholesterol 13mg	4%
Sodium 415mg	17%
Total Carbohydrate 49g	16%
Dietary Fiber 4g	16%
Sugars 12g	

Protein 6g

Vitamin A 41% • Vitamin C 11%

Calcium 13% • Iron 14%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mediterranean Rice with Figs

Fig: Figs are higher in fiber than any other fruit per serving, about 6 grams for 3 figs plus they are delicious! These fruits just may be one of the healthiest dried fruits packed with antioxidants.





Soup Kitchen
Culinary &
Nutritional
Guide

Why is this Meal Healthy for Me?

Nutrition Facts

Serving Size 1/50 of recipe 304g (304 g)

Amount Per Serving

Calories 207 Calories from Fat 44

% Daily Value*

Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 18mg	6%
Sodium 431mg	18%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	21%
Sugars 5g	
Protein 12g	
Vitamin A 5% • Vitamin C 132%	
Calcium 32% • Iron 9%	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Whole Wheat Spaghetti with Roasted Cauliflower Alfredo Sauce

Cauliflower: The perfect medley of fiber and vitamin c is in cauliflower. 1 cup of this veggie provides almost 90% of the vitamin C you need in a day!





Soup Kitchen Culinary & Nutritional Guide

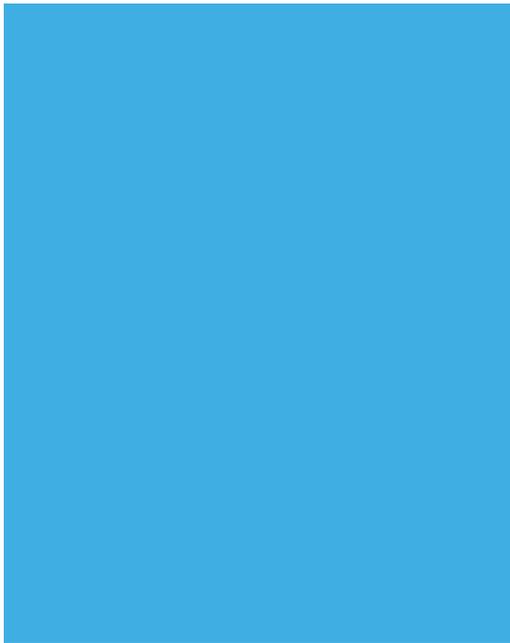


HEALTHY OPTIONS COOKING TECHNIQUES

- **Stir-fry:** Use a wok or large skillet to cook small pieces of vegetables or proteins in a stock or small amount of plant oil while rapidly stirring.
 - Avoid high-sodium seasonings, like full sodium soy sauce or teriyaki
- **Steam:** Use a basket over simmering water to cook vegetables or protein. This technique retains more flavor and nutrients.
 - Season water or use broth to flavor food.
- **Poach:** Gently simmer food in water or liquid until tender to retain shape.
 - Use a pan that fits the size of food with small amount of liquid.
 - Can also poach in foil packets in the oven or on grill.
- **Braise:** Brown food in pan, then slowly cook it with small amount of liquid.
 - Use cooking liquid to form a flavorful, nutrient-rich sauce.
- **Bake:** Cook same-sized pieces of vegetables, fruits or protein in a dish pan covered or uncovered with little or no extra liquid and no added fat.
- **Grill/Broil:** Grill food on rack, or if inside, use broiler in oven to get same effect.
 - Use a broiler rack below heat to allow fat to drip away from food.
- **Roast:** Similar to baking, use higher temperature to cook foods on roasting pan or baking sheet.
 - For proteins: use rack in pan so fat drips away from food.
 - To baste for more flavor: use low free liquids or lemon juice instead of pan drippings.



Soup Kitchen Culinary & Nutritional Guide



MAXIMIZE FLAVOR (WITHOUT FAT)

- Spices and herbs are great way to add color, taste and aroma.
 - Use fresh herbs (like parsley, cilantro) when possible. Add towards end of cooking to retain freshness.
 - Grind spices and herbs in mortar and pestle to release full flavor.
 - Dried herbs (like thyme and rosemary) should be added in earlier stages of cooking because more powerful and pungent flavor.
 - When substituting dry herbs for fresh ones, be sure to use 1/3 amount
- Vinegar and citrus (lemon, lime, orange) juice enhance flavor before serving.
 - Vinegars are great on vegetables and citrus on salads and fruits.
- Fresh hot peppers add a “kick” to the meal. Remember to remove ribs and seeds and finely chop. A little goes a long way!

•

CHOOSE THE RIGHT OIL, BUT MINIMIZE FAT

- Whenever possible use plant based fats like olive oil.
- Limit oils from coconut, palm and palm kernel oil—these vegetables are high in saturated fats.
- Use oils lowest in saturated fat such as: canola, corn, olive, safflower, sesame, soybean and sunflower oils.
 - Keep in mind: 1 tablespoon = 120 calories!