

Recipe: 000382 Italian Ht Ham & Cuc Sld Hoagi

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Alternate Recipe Name: Team Bruin Central Hardn

Number of Portions: 48
 Size of Portion: Hoagies

Recipe HACCP Process: #2 Same Day Service

002020 GARLIC POWDER..... 011294 Onions, chopped..... 001204 CHEESE,PARMESAN,DRY GRATED,RED FAT..... 075003 MAYONNAISE,LoFat,No Cholesterol..... 001178 SOUR CREAM,REDUCED FAT..... 902959 Extra Virgin Olive Oil..... 001204 CHEESE,PARMESAN,DRY GRATED,RED FAT..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D... 903235 Oregano, fresh minced..... 903229 Parsley..... 799939 GARLIC,RAW..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK.....	1/2 CUP 2 CUP 1 CUP 2 CUP 2 CUP 2 CUP 1 1/2 CUP 1 CUP 4 TBSP 4 TBSP 8 Clove, minced 1 TSP 1 TSP, ground	Dressing: Whisk together mayo, cour cream, olive oil, vinegar, parmesan cheee, milk, oregano, parsley and garlic. Add salt and pepper to taste.
011206 CUCUMBER,PEELED,RAW..... 799943 Tomatoes, locally grown..... 903234 Olives, black..... 901071 OREGANO LEAVES,DRIED..... 002030 PEPPER,BLACK.....	24 medium 8 medium whole (2-3/5" dia) 2 CUP 8 TBSP, ground 2 TSP, ground	Salad: Mix cucmbers, tomatoes, onion, olives, parmesan cheese, oregano and pepper together, add dressing and let stand in refrigerator for 1/2 hour.
903233 Sub Bun..... 051516 Ham, 97% Fat Free, Water-Added, Cooked, Slice.... 001208 CHEESE,PROVOLONE,RED FAT..... 004636 SALAD DRSNG,ITALIAN DRSNG,FAT-FREE..... 902942 Margarine.....	48 Each 6 LB 2 1/2 LB 8 CUP 2 CUP	Place sliced ham in 2 inch pan and cover with Italian Dressing, marinate for 20 minutes. Melt butter - stir in garlic powder. Open each bun; spread butter mixture on cut surfaces and place onparchment paper lined sheet pans. Bake for 2 minutes at 350 degrees, then remove fromoven and turn bread over. On bottom half of bun, place 2 oz ham and coer with top half of bun. Return to oven and bake until bun is toasted, approx 5 minutes. Take Hoagies out of oven place 1 oz provolone cheese on top of ham Place back in oven at 350 degrees until cheese is melted. Top with 1/3 cup Italian Cucumber Salad before serving. Serve with heesy Kale Crisps. CCP: Hold at 135 degrees.

*Nutrients are based upon 1 Portion Size (Hoagies)

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Calories	554 kcal	Cholesterol	*51.39* mg	Sugars	*7.44* g	Calcium	*300.80* mg	53.64%	Calories from Total Fat
Total Fat	33.02 g	Sodium	1529.81 mg	Protein	23.58 g	Iron	*1.44* mg	*16.92%*	Calories from Saturated Fat
Saturated Fat	*10.42* g	Carbohydrates	46.19 g	Vitamin A	*529.42* IU	Water ¹	*185.40* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.86* g	Vitamin C	*7.47* mg	Ash ¹	*3.44* g	33.34%	Calories from Carbohydrates
								17.02%	Calories from Protein

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

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

¹ - denotes optional nutrient values

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

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2.500 oz				? - Allergen 1
Grain.....	2.250 oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.250 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903233	Sub Bun			
I	051516	Ham, 97% Fat Free, Water-Added, Cooked, Slice			
I	001208	CHEESE, PROVOLONE, RED FAT			
I	004636	SALAD DRSNG, ITALIAN DRSNG, FAT-FREE			
I	902942	Margarine			
I	002020	GARLIC POWDER			
I	011206	CUCUMBER, PEELED, RAW			
I	799943	Tomatoes, locally grown			
I	011294	Onions, chopped			
I	903234	Olives, black			
I	001204	CHEESE, PARMESAN, DRY GRATED, RED FAT			
I	901071	OREGANO LEAVES, DRIED			
I	002030	PEPPER, BLACK			
I	075003	MAYONNAISE, LoFat, No Cholesterol			
I	001178	SOUR CREAM, REDUCED FAT			
I	902959	Extra Virgin Olive Oil			
I	001204	CHEESE, PARMESAN, DRY GRATED, RED FAT			
I	001175	MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT D			
I	903235	Oregano, fresh minced			
I	903229	Parsley			
I	799939	GARLIC, RAW			

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I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			

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Kentucky Department of Education

Recipe: 000383 Cheesy Kale Crisps

Recipe Source: Jr Chef
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 48
 Size of Portion: Serving

001146 CHEESE,PARMESAN,SHREDED... 011233 KALE,RAW..... 799939 GARLIC,RAW..... 903200 Pepper, Red.....	16 CUP 8 CUP, chopped 8 TSP, MINCED 1 TSP	Preheat oven to 400 degrees. Line large sheet pans with parchment paper. Finely grate parm cheese and place in mixing bowl. Remove large stems from Kale leaves and place in food processor. Chop a few seconds until just finely chopped. Do not pulse too long. Add kale to cheese. Mince garlic and add to Kale and cheese. Mix well and place 1 tablespoon amounts evenly on sheet pan. Bake 6-8 minutes until edges are lightly brown. CCP: Hold at 135 degrees
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*Nutrients are based upon 1 Portion Size (Serving)

Calories	117	kcal	Cholesterol	*19.20*	mg	Sugars	*0.49*	g	Calcium	*351.74*	mg	56.98%	Calories from Total Fat
Total Fat	7.40	g	Sodium	456.59	mg	Protein	10.60	g	Iron	*0.40*	mg	35.76%	Calories from Saturated Fat
Saturated Fat	4.64	g	Carbohydrates	2.04	g	Vitamin A	*1346.26*	IU	Water ¹	*16.33*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	*0.41*	g	Vitamin C	*13.55*	mg	Ash ¹	*1.94*	g	6.99%	Calories from Carbohydrates
												36.30%	Calories from Protein

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 0.250 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.125 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

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Kentucky Department of Education

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001146	CHEESE,PARMESAN,SHREDDED			
I	011233	KALE,RAW			
I	799939	GARLIC,RAW			
I	903200	Pepper, Red			

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