

# Recipe Crediting Worksheet

Recipe Name Dinner in a Pumpkin  
 Servings 22

Resource used for Crediting FBG  
 Yield 11 cups

Portion Size 1/2 cup

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Pumpkins, 3 small				
Ground Beef, 20 % fat	2 lb	23.6		
Onion, raw, diced	1 cup		1 cup	
Water chestnuts, sliced, drained	2 8 oz cans			
Mushrooms, sliced, drained	2 6.5 oz cans			
Rice, cooked	4 cups			16
(4)	<b>Recipe Total</b>	23.6 ounces	cup(s)	16 equiv
(5)	<b>Calculations</b>	divide by the number of servings the recipe yields	<b>Multiply by 4 =</b> _____ $\frac{1}{4}$ c	divide by the number of servings the recipe yields
(6)		22	divide by the number of servings the recipe yields	
(7)	<b>Each portion contributes</b>	1 ounces	$\frac{1}{4}$ cup(s)	.7 equiv

**Instructions:**

- List all ingredients and the form they are in (whole, diced, chopped, etc).
- List the measured amount of the food item in either the weight or measure (volume).
- Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
- Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of  $\frac{1}{4}$  cups.
- Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
- Round down the ounces of Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5  $\frac{1}{4}$  cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

# Recipe Name: Dinner in a Pumpkin

**Resources used for Crediting**  
FBG

**Component Contribution**  
 X \_\_\_ Meat/Alt      \_\_\_ Vegetable/Fruit  
 X \_\_\_ Grain/Bread

\*\*\*the quantities listed do not provide a full serving of meat/alt or grain/bread. Additional meat/alt. and grain/bread must be served.

<u>22</u> Servings	<u>.5 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>11 cups</u> Recipe Yield	
		Weight	Measure
Pumpkin	3 small		
Ground Beef	20% fat	2 lb	
Onion	Chopped		1 cup
Soy sauce			8 Tbsp
Brown Sugar			6 Tbsp
Mushrooms	Canned, sliced, drained	2 6.5 oz cans	
Water chestnuts	Canned, sliced, drained	2 8 oz cans	
Cream of chicken or Mushroom soup	Canned	26 oz can	
Rice	Cooked		4 cups

**Directions:**

Cut the top of the pumpkins and thoroughly clean out the seeds and pulp. Paint a face on pumpkins if you desire. In large skillet, sauté onions in oil, add meat and brown. Drain drippings from skillet. Add soy sauce, brown sugar, mushrooms, and soup. Simmer 10 minutes, stirring occasionally. Add cooked rice and water chestnuts. Spoon mixture into the cleaned pumpkin shells. Replace pumpkin tops and put pumpkins on baking sheet. Bake 1 hour or until the inside of the pumpkins are tender. Put cooked pumpkins on serving plate and serve. For your vegetable, scoop out cooked pumpkin and serve.