

Recipe Crediting Worksheet

Recipe Name Hot Tuna Rolls

Portion Size ½ hot dog bun

Resource used for Crediting SBG

Yield 24-28 halves

| (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) |
|--------------------------------|---|--|--|--|
| Tuna, drained | 6 6 oz cans | 31.56 | | |
| Cheese, shredded | 8 oz | 8 | | |
| Eggs, hard boiled | 4 | 4 | | |
| Green Pepper, diced | ½ lb | | 1.2 | |
| Green Olives | 2 oz | | ----- | |
| Pimiento | 2 oz | | ----- | |
| Onion (dehydrated?) | ¼ lb | | 1.16 | |
| Long Hot Dog Buns (12-14 Buns) | 2 lb | | | 64 |
| | | | | |
| | | | | |
| | | | | |
| (4) | Recipe Total | 43.5 ounces | 2.36 cup(s) | 64 equiv |
| (5) | (6) Calculations | divide by the number of servings the recipe yields | Multiply by 4 = <u>9.4</u> ¼ c | divide by the number of servings the recipe yields |
| (6) | | | divide by the number of servings the recipe yields | |
| (7) | Each portion contributes | 1.8 = 24 servings 1.5 = 28 servings ounces | .39 ¼ cup(s) | 2.5 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 ¼ 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 fo 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 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt ___ Vegetable/Fruit
 X ___ Grain/Bread

| | |
|--|--------------------------------|
| <u>1/2 Hot Dog Bun</u> Portion Size | <u>3-5 yr old</u> Age Group |
|--|--------------------------------|

| Ingredient | Form (whole, chopped) | <u>24-28 halves</u> Recipe Yield | |
|------------------------|--------------------------|-------------------------------------|---------|
| | | Weight | Measure |
| Tuna | Drained | 6 6 oz cans | |
| Cheese | Shredded | 8 oz | |
| Eggs | Hard Boiled, diced | | 4 eggs |
| Green Pepper | Diced | .5 lb | |
| Green Olives | Diced | 2 oz | |
| Pimiento | Diced | 2 oz | |
| Onion | Dehydrated?? | .25 lb | |
| Salad Dressing or Mayo | | | 1 cup |
| Salt | | | 1 tsp |
| Hot Dog Buns | | 12-14 buns/ 2 lb | |
| | | | |
| | | | |
| | | | |
| | | | |

Directions:

Mix all ingredients except Hot Dog Buns.

Open buns and spread tuna mixture evenly on all.

Bake in 450 degree oven for about 15 min. or until heated through and cheese is melted.