

Recipe Crediting Worksheet

Recipe Name Macaroni and Cheese Resource used for Crediting FBG
 Servings 24 Portion Size _____ Yield _____

(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)
Elbow macaroni	12 oz			24
Small curd cottage cheese (low fat or 1% fat)	18 oz (2.25 cups)	9		
Cheddar cheese, shredded	12 oz (3 cups)	12		
Colby cheese, shredded	12 oz (3 cups)	12		
Parmesan cheese, grated	3 oz (1 cup)	3		
(4)	Recipe Total	36 ounces	cup(s)	24 equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____ $\frac{1}{4}$ c	divide by the number of servings the recipe yields
(6)		24	divide by the number of servings the recipe yields	24
(7)	Each portion contributes	1.5 ounces	$\frac{1}{4}$ cup(s)	1 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.

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Component Contribution

x _____ Meat/Alt _____ Vegetable/Fruit
 x _____ Grain/Bread

<u>24</u> Servings	_ Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Elbow macaroni	Cooked, drained	12 oz	
Lowfat or 1% fat, Small curd cottage cheese		18 oz	2.25 cup
Light sour cream		12 oz	1.5 cup
Egg		2	
Flour			3/8 cup
Salt			3/4 tsp
White pepper			1/4 -1/2 tsp
Dry mustard			3/4 tsp
Cheddar cheese	Shredded	12 oz	3 cups
Colby cheese	shredded	12 oz	3 cups
Parmesan cheese	grated	3 oz	1 cup
paprika			3/4 tsp

Directions:

Preheat oven to 325 degrees. Blend cottage cheese in food processor or blender until smooth.

In a large mixing bowl, combine cottage cheese, sour cream, egg, flour, salt, white pepper and dry mustard.

Stir in cheddar and colby cheese.

Add cooked macaroni and stir gently until well combined.

Spoon into a greased baking dish.

Top with grated parmesan and sprinkle with paprika.

Bake for 40-45 minutes until browned and bubbly.