

Recipe Crediting Worksheet

Recipe Name Pasta Salad Resource used for Crediting FBG
 Servings 44 Portion Size 1 cup Yield 11 qts

(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)
Pasta spirals, uncooked	28 oz			28
Kidney beans, drained	6 #300	35		
Mozzarella cheese, cubed	31 oz	31		
Broccoli & carrots, cooked	11 cups		11	
Vegetable or olive oil	1.2 cup			
Vinegar	7.2 TBSP			
Soy sauce	3.2 TBSP			
Parmesan cheese, grated	1 cup			
	(4) Recipe Total	66 ounces	11 cup(s)	28 equiv
	(5) Calculations	divide by the number of servings the recipe yields 44	Multiply by 4 = 44 $\frac{1}{4}$ c divide by the number of servings the recipe yields	divide by the number of servings the recipe yields
	(6) Each portion contributes	1.5 ounce	1 $\frac{1}{4}$ cup(s)	(.6 oz B/G) .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 $\frac{1}{4}$ 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>44</u>	_____	<u>3-5 yr old</u>
Servings	Portion Size	Age Group

Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Pasta spirals	Uncooked	28 ounces	
Kidney beans	Canned, drained		6 #300
Mozzarella cheese	Cubed	31 oz	
Broccoli & carrots	Cooked		11 cups
Vegetable or olive oil			1.2 cup
Vinegar			7.2 TBSP
Soy sauce			3.2 TBSP
Parmesan cheese, grated	2/3 cup		1 cup

Directions:

- Cook pasta according to package directions.
- Cook vegetables until al dente, not mushy.
- Combine oil, vinegar and soy sauce in a large serving bowl.
- Add cooled, cooked pasta, beans, vegetables and mozzarella cheese and mix well.
- Cool in refrigerator.
- Add grated parmesan cheese just before serving.

NOTE:

Alternate Bean/Cheese quantities:
 3 #2 1/2 Kidney Beans
 29 oz cubed Mozzarella cheese