



POTATOES RAISE THE BAR

Why Potatoes Are a Delicious, Cost-Effective
and Nutritious Addition to Your Cafeteria and
How You Can Make Meals Kids Will Crave





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& Clean Plates

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POTATOES MAKE FOR HAPPY KIDS & CLEAN PLATES

POTATO PARTNERS:

KIDS TEND TO EAT OTHER VEGETABLES
WHEN PAIRED WITH POTATOES!



Research shows when potatoes are present at
mealtime, kids eat more of other vegetables, too.¹



MOST SPUDTACULAR:

POTATOES VOTED LEAST LIKELY TO BE THROWN AWAY!

Research shows when potatoes are paired with popular
entrées they produce the least plate waste by children.²





THE 'EYES' HAVE IT!

KIDS LOVE POTATOES!



Traditional: Baked, mashed, scalloped or roasted

Innovative: Potato bowls, potato pizza or potato nachos

On a salad bar or behind the line

1 Drewnowski A., Rehm C., Beals K., White Potatoes, Non-Fried, Do No Displace Other Vegetables in Meals Consumed by American Children and Adolescents (14-18 years), FASEB 11.

2 Ishdorj A., Capps O Jr, Storey M, Murano PS. Investigating the relationship between food pairings and plate from elementary school lunches. Food Nutr Sci 2015; 6:1029-1044.

POTATOES DELIVER AN UNBEATABLE ROI

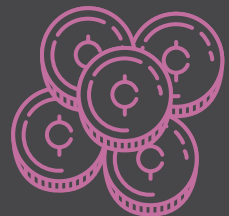
DID YOU KNOW THAT POTATOES...

QUALIFY AS A REIMBURSABLE $\frac{3}{4}$ TO 1 CUP SERVING OF VEGETABLES REQUIRED PER DAY BY THE USDA'S NATIONAL SCHOOL LUNCH PROGRAMS.

PROVIDE KEY NUTRIENTS AT AN AFFORDABLE PRICE.

Potatoes have the highest score per dollar (along with sweet potatoes and carrots) on eight important nutrients – potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium.¹

Lowest cost source of potassium offering 13% of a child's daily potassium needs for less than 5 cents per serving.² Prices depend on supplier.





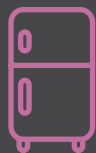
ARE AVAILABLE IN MANY VARIETIES AND FORMS
THROUGH VARIOUS SUPPLIERS TO KEEP YOUR
MENU FRESH AND COSTS LOW.

Available year round and in every market

Multiple types to keep meals interesting ○

Several forms to fit various needs:

Fresh | Refrigerated | Frozen | Dehydrated



RUSSETS



REDS



YELLOWS



WHITES



PURPLES



FINGERLINGS



PETITES

POTATO-POWERED PERFORMANCE

POTATOES PROVIDE THE ENERGY, CARBOHYDRATE & POTASSIUM KIDS NEED TO POWER PERFORMANCE THROUGHOUT THE SCHOOL DAY

MORE ENERGY-PACKED THAN ANY OTHER POPULAR VEGETABLE

Adequate energy intake supports optimal body functions.

It's critical to take in the appropriate number of calories to match the demands of a kid's day.

A medium (5.3 ounce) skin-on potato contains 110 calories.

EVEN MORE POTASSIUM THAN A BANANA

Potassium is an important electrolyte that aids in muscle, cardiovascular and nervous system function.

Most Americans get less than half of the potassium they need for optimal health and performance.¹

A medium (5.3 ounce) skin-on potato contains 620 milligrams of potassium.

The 2015 Dietary Guidelines mention potassium as an under-consumed nutrient of concern and recommends consuming foods with the highest level of potassium such as white potatoes.²

A NUTRIENT-DENSE CARB

Carbohydrate is the primary fuel for your brain and a key source of energy for muscles.

Carbohydrate is important for optimal mental and physical performance.³

Because your body's own stores of carbohydrate are limited and may be depleted – even in a single session of intense and/or prolonged exercise – it's important to replenish them.⁴

A medium (5.3 ounce) skin-on potato contains 26 grams of carbohydrates.

Nutrition Facts

Serving size 1 potato (148g/5.3oz)

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Total Sugars 1g

Includes 0g Added Sugar **0%**

Protein 3g

Iron 1.08mg **6%**

Calcium 20mg **2%**

Vitamin D 0g **0%**

Vitamin C 27mg **45%**

Vitamin B₆ 0.2mg **10%**

Potassium 620mg **18%**

The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

³ Nutrition and Athletic Performance. Position of the Academy for Nutrition and Dietetics, American College of Sports Medicine and the Dietitians of Canada. *Med Sci Sports Exerc.* 2015; 48:543-568.

⁴ Burke LM, Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for training and competition. *J Sports Sci.* 2011; 29(Suppl 1): S17-27.

TACO TATER
ROCKETS

	100 Servings		
Ingredients	Weight	Measure	Directions
Russet potatoes, 120 count, skin-on	37 pounds 10 ounces	100 each	Preheat oven to 350°F. Scrub potatoes and use a fork to poke holes all around the potato, about 4–6 pokes. Place potatoes in a large container. Drizzle with vegetable oil and rub oil all over the skin of each potato. Place oiled potatoes on a parchment-lined sheet pan. Bake in the preheated oven for about 1 hour, or until the skin is crisp and the flesh is soft. Hold hot at or above 135°F until ready to serve.
Vegetable oil		1/2 cup	
Ground beef, raw, 85/15 Or *Prepared beef taco filling	12 pounds 10 ounces (raw) Or *Prepared taco filling to equal 1.5 oz equivalents per serving		While potatoes are baking, if using raw ground beef, prepare the taco filling. Brown the ground beef in a large sauté pan, tilt skillet or steam-jacketed kettle. Add the diced onions and garlic, and continue to cook until the onions are softened. Stir in the chili powder, cumin, black pepper and salt. Add the tomato sauce and bring the meat to a simmer. Continue to cook 10–20 minutes, partially covered, stirring occasionally. Transfer the taco filling to full-size 2-inch steamtable pans, cover and hold hot at or above 135°F until ready to serve.
Onion, yellow, raw, diced	12 ounces	2 1/2 cups	
Garlic, raw, minced		2/3 cup	*If using prepared beef taco filling, follow the manufacturer's instructions for reheating the quantity needed for 1.5-ounce equivalent meat/meat alternate per serving.
Chili powder		1/4 cup	
Cumin, ground		3 tablespoons	To serve, split each potato in half lengthwise and squeeze each end toward the middle to open. Place in a portion container. Use a number 12 scoop to fill with 1/3 cup taco mixture and top with 2 tablespoons (1/2 ounce) mozzarella cheese. Serve with 1 tablespoon salsa on the side. Direct students to additional toppings on the salad bar.
Black pepper, ground		1 tablespoon 1 teaspoon	
Salt		1 teaspoon 1 tablespoon	Place lettuce, tomato, black olives and cilantro in separate containers on the salad bar. Use a 1/4 cup portion server for the lettuce, a 1/8 cup portion server for the tomatoes and black olives, and small tongs for the cilantro.
Tomato sauce, low sodium	8 pounds 8 ounces	1 gallon	
Mozzarella cheese, low moisture, part skim, shredded	3 pounds 2 ounces		
Salsa, prepared		6 1/4 cups	
Lettuce, shredded	4 pounds 10 ounces	6 quarts 1 cup	
Tomato, raw, diced	5 pounds 12 ounces		
Black olives, sliced		3 quarts 1/2 cup	
Cilantro, fresh, chopped		2 quarts	

Serving Size		1 Serving Provides			
1 baked potato with taco filling		1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate			
Nutrients Per Serving					
Calories	360	Saturated Fat	5.3 g	Iron	4 mg
Protein	19 g	Cholesterol	47 mg	Calcium	202 mg
Carbohydrate	39 g	Vitamin A	978 IU	Sodium	434 mg
Total Fat	14.7 g	Vitamin C	17 mg	Dietary Fiber	4 g

POTATO PEPPER PIZZA



	48 Servings		
Ingredients	Weight	Measure	Directions
Yellow potatoes, raw	4 pounds		Preheat oven to 375°F. Scrub potatoes and cut them widthwise into 1/8-inch slices. Place sliced potatoes in a bowl and drizzle with vegetable oil. Add the oregano, basil, thyme, red pepper flakes and salt, and toss to coat evenly.
Vegetable oil		1/4 cup	
Oregano, dried		1 teaspoon	
Basil, dried		1 teaspoon	Place sliced potatoes on a parchment-lined sheet pan in a single layer. Roast in the preheated oven for about 15 minutes, or until they are lightly browned and tender. Set aside.
Thyme, dried		1 teaspoon	
Red pepper flakes		1/2 teaspoon	
Salt		1/2 teaspoon	Slice the bell pepper into 1/8-inch slices widthwise to make rings. Remove membrane and seeds that are still attached.
Red bell pepper, raw		4 each	
Cheese pizza, frozen, 16-inch with whole grain rich crust (2 oz equivalent meat/meat alternate, 3 ounce equivalent grains per 1/8 pizza)		6 each	Divide the roasted potato slices evenly between each pizza, distributing the slices across the cheese. Arrange red bell pepper rings on top of the potato slices, about 8–10 slices per pizza. Bake the pizzas according to the manufacturer's instructions. Cut into 8 equal slices, according to the manufacturer's instructions, and hold at or above 135°F until service.

Serving Size		1 Serving Provides			
1 slice (1/8 of pizza)		Depending on the purchased pizza: 2 ounces meat/meat alternate, 3 ounces grains, 1/8 cup starchy vegetable			
Nutrients Per Serving					
Calories	440	Saturated Fat	7 g	Iron	3 mg
Protein	20 g	Cholesterol	35 mg	Calcium	355 mg
Carbohydrate	50 g	Vitamin A	715 IU	Sodium	471 mg
Total Fat	17 g	Vitamin C	20 mg	Dietary Fiber	5 g

POTATO STORAGE TIPS

- Avoid areas that reach high temperatures or receive too much sunlight.
- Don't wash potatoes before storing. Dampness promotes early spoilage.
- Store potatoes in a cool, well-ventilated place.
- Perforated plastic bags and paper bags offer the best environment for extending shelf-life.
- Colder temperatures lower than 50 degrees, such as in the refrigerator, cause a potato's starch to convert to sugar, resulting in a sweet taste and discoloration when cooked.

POTATO WEDGE NACHOS



100 Servings		Directions
Ingredients	Weight	
Russet potatoes, 120 count, skin on	37 pounds 10 ounces	<p>Preheat oven to 375°F. Scrub potatoes and cut each potato lengthwise in half, then cut each half lengthwise in half again, giving you 4 equal quarter wedges.</p> <p>Toss the potatoes with oil, salt, chili powder, black pepper and garlic powder. Place 8 pounds of potatoes on each parchment-lined sheet pan. Roast in the preheated oven for about 40 minutes, or until they are browned and tender. Internal temperature should reach at least 135°F.</p> <p>Place 4 roasted potato wedges side-by-side into each portion container.</p> <p>Combine the mozzarella and cheddar cheeses. Top each portion of potato wedges with 1/4 cup (1 ounce) cheese. Place the portion containers on sheet pans and hold in the warmer at or above 135°F until ready to serve. Cheese will melt over the potatoes in the warmer.</p> <p>Serve each portion with 1 tablespoon each of salsa and sour cream. Direct students to the additional toppings on the salad bar.</p> <p>Place drained black beans, diced tomatoes, black olives, and green onions in separate containers on the salad bar. Use a 1/4 cup portion server for the black beans, a 1/8 cup portion server for the tomatoes and black olives, and small tongs for the green onions.</p>
Vegetable oil		
Salt		
Chili powder		
Black pepper		
Garlic powder		
Mozzarella cheese, low moisture, part skim, shredded	3 pounds 2 ounces	
Cheddar cheese, reduced fat, shredded	3 pounds 2 ounces	
Salsa, prepared		
Sour cream, reduced fat		
Black beans, canned, drained		
Tomatoes, fresh, diced	5 pounds 12 ounces	
Black olives, sliced, drained		
Green onions, fresh, sliced		

Serving Size		1 Serving Provides			
4 wedges with cheese		1/2 cup starchy vegetable, 1 ounce equivalent meat, meat alternate			
Nutrients Per Serving					
Calories	356	Saturated Fat	5 g	Iron	4 mg
Protein	17 g	Cholesterol	23 mg	Calcium	302 mg
Carbohydrate	48 g	Vitamin A	714 IU	Sodium	442 mg
Total Fat	12 g	Vitamin C	16 mg	Dietary Fiber	7 g

HOME STYLE MASHED POTATO BOWL



	100 Servings		
Ingredients	Weight	Measure	Directions
Russet potatoes, fresh Or Dehydrated, instant mashed potatoes	24 pounds raw Or Dehydrated		<p>Scrub and peel the potatoes, cut into quarters, and place in a perforated steamer pan, a large stockpot, or a steam jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot or a kettle, cover with cold water, bring to a boil, and then reduce to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes.</p> <p>Or if using dehydrated instant mashed potatoes, follow the manufacturer's instructions for preparing the desired number of 1/2 cup servings. Hold hot at or above 135 °F until service.</p> <p>Combine the milk, butter, garlic powder and salt, and heat until the butter melts. Place the potatoes in the bowl of a floor mixer, and mash using the paddle attachment for the mixer. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash using a potato masher. Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.</p> <p>Place meatballs on parchment-lined sheet pans in a single layer and reheat according to the manufacturer's instructions. Transfer meatballs to a 2-inch steamtable pan and hold hot at or above 135°F until service.</p> <p>Place frozen green beans into perforated steamer pans and steam just until the internal temperature reaches 135°F. Do this just before service and hold at or above 135°F until service.</p> <p>To serve, use a number 8 scoop to portion 1/2 cup mashed potatoes into each portion container. Top with 3 meatballs, 1/4 cup green beans, and 1 tablespoon each of cheddar cheese and brown gravy.</p>
Milk, lowfat 1%		2 quarts	
Butter, unsalted	8 ounces		
Garlic powder		1 tablespoon	
Salt		1 tablespoon	
Meatballs, beef, frozen (2 ounce meat/ meat alternate per 3 pieces)		300 each	
Green beans, frozen	9 pounds 8 ounces	6 quarts 1 cup	
Cheddar cheese, reduced fat, shredded		6 1/4 cup	
Brown gravy, prepared		6 1/4 cup	

Serving Size		1 Serving Provides			
1 bowl		1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate, 1/4 cup other vegetable			
Nutrients Per Serving					
Calories	309	Saturated Fat	5.7 g	Iron	-
Protein	20 g	Cholesterol	-	Calcium	115 mg
Carbohydrate	31 g	Vitamin A	373 IU	Sodium	426 mg
Total Fat	12.7 g	Vitamin C	8 mg	Dietary Fiber	3 g

TUBER HACK: Make 50/50 Mashed Potatoes – Half dehydrated mashed potatoes/half freshly mashed. Big on taste and easy on your budget!

DENVER OMELET BRUNCH BOWL



	112 Servings		
Ingredients	Weight	Measure	Directions
Russet potato wedges, frozen	20 pounds		Preheat oven to 375°F. Place frozen potato wedges on parchment-lined sheet pans in a single layer making sure not to crowd the pieces. Bake in the preheated oven 10–15 minutes, or until the potatoes are browned and tender. Internal temperature should reach at least 135°F. Remove from oven and hold at or above 135°F until service.
Red bell peppers, raw, 3/4-inch dice	5 pounds 8 ounces		
Green bell peppers, raw, 3/4 inch dice	5 pounds 8 ounces		
Onion, yellow, raw, 3/4 inch dice	5 pounds 8 ounces		Combine the bell peppers, onions, vegetable oil, black pepper and salt. Mix until the vegetables are evenly coated with oil. Place vegetables in a single layer on parchment-lined sheet pans. Bake in the preheated oven for 5 minutes, or until the vegetables begin to soften. Remove from oven and hold at or above 135°F until service.
Vegetable oil		1/4 cup	
Black pepper, ground		2 teaspoons	
Salt		1 teaspoon	Combine the eggs and milk and mix thoroughly. Coat 4 2-inch full-size steamtable pans with pan-release spray. Divide the egg mixture evenly between the pans. Add the diced ham to the pans, dividing evenly between each pan.
Eggs, liquid, scrambled	6 pounds 4 ounces		
Ham, diced		1 quart	
Milk, lowfat 1%	4 pounds 6 ounces		Bake in a preheated 350°F oven for about 15 minutes, stirring eggs once after about 10 minutes. Eggs should reach an internal temperature of 145°F for 3 minutes. Remove from oven and sprinkle the shredded cheese over the top, dividing evenly between each pan. Hold at or above 135°F until service.
Cheddar cheese, reduced fat, shredded	4 pounds 6 ounces		
Salsa, prepared		7 cups	

Serving Size		1 Serving Provides			
1 bowl		1/2 cup starchy vegetable, 1/4 cup other vegetable, 2 ounce equivalent meat, meat alternate			
Nutrients Per Serving					
Calories	224	Saturated Fat	3 g	Iron	1.5 g
Protein	12 g	Cholesterol	90 mg	Calcium	153 mg
Carbohydrate	28 g	Vitamin A	1057 IU	Sodium	321 mg
Total Fat	8 g	Vitamin C	58 mg	Dietary Fiber	3 g

TEX-MEX SHEPHERD'S PIE



	100 Servings		
Ingredients	Weight	Measure	Directions
Russet potatoes, fresh Or Dehydrated, instant mashed potatoes	24 pounds raw Or dehydrated		Scrub and peel the potatoes, cut into quarters and place in a perforated steamer pan, large stockpot, tilt skillet or steam-jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot, tilt skillet or kettle, cover with cold water, bring to a boil, and then reduce to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes.
Milk, lowfat 1%		2 quarts	
Garlic powder		1 tablespoon	
Salt		1 tablespoon	
Ground beef, raw, 85/15	12 pounds 10 ounces		Or if using dehydrated instant mashed potatoes, follow the manufacturer's instructions for preparing the desired number of 1/2 cup servings. Hold hot at or above 135°F until service.
Onion, yellow, raw, diced	12 ounces	2 1/2 cups	Combine the milk, garlic powder and salt, and heat to 135°F.
Chili powder		1/4 cup 2 tablespoons	Place the potatoes in the bowl of a floor mixer, and mash using the paddle attachment for the mixer. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash using a potato masher.
Cumin, ground		1/4 cup	Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.
Oregano, dry		2 tablespoons	
Garlic powder		1 tablespoon	
Salt		2 teaspoons	
Corn kernels, yellow, frozen		6 cups	Brown the ground beef in a large sauté pan, tilt skillet or steam-jacketed kettle. Add the diced onions and continue to cook until the onions are softened. Stir in the chili powder, cumin, oregano, garlic powder and salt. Add the corn, crushed tomatoes and green chiles, and bring the meat to a simmer. Continue to cook 10–20 minutes, partially covered, stirring occasionally. Divide evenly between 4 full-size 2-inch steamtable pans. Top the beef mixture with mashed potatoes, dividing evenly between each pan, and spread to the edges.
Tomatoes, crushed, canned		4 quarts 4 cups	
Green chiles, diced, canned	3 pounds		
Cheddar cheese, reduced fat, shredded	3 pounds 2 ounces		
			Divide the cheese evenly between each pan, sprinkling over the potatoes. Bake in a preheated 400°F oven for about 15 minutes, or until the potatoes are lightly browned and the filling bubbles. Hold at or above 140°F until service. Cut each 2-inch pan 5 x 5 for 25 even portions per pan.

Serving Size		1 Serving Provides			
1 portion		1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate			
Nutrients Per Serving					
Calories	291	Saturated Fat	5.3 g	Iron	3 mg
Protein	19 g	Cholesterol	51 mg	Calcium	182 mg
Carbohydrate	28 g	Vitamin A	402 IU	Sodium	420 mg
Total Fat	12.1 g	Vitamin C	16 mg	Dietary Fiber	3 g

THAI POTATO & VEGETABLE CURRY



100 Servings			
Ingredients	Weight	Measure	Directions
Yellow potatoes, raw	25 pounds		Scrub the potatoes and cut into 1/2-inch dice. Cover with water to prevent discoloration and set aside. Add the coconut milk to a large stockpot, steam-jacketed kettle or tilt skillet. Bring to a simmer over medium heat and stir in the red curry paste. Cook for about 1 minute. Stir in the water. Drain the diced potatoes and add to curry sauce. Bring to a simmer and cook until the potatoes are almost tender, about 10–15 minutes. Internal temperature should reach at least 135°F.
Coconut milk, canned		2 gallons	
Thai red curry paste		1/4 cup 2 tablespoons	
Water		2 gallons	
Onion, yellow, raw, 1/4 inch	4 pounds 6 ounces		When the potatoes are almost tender, stir in the onion, bell peppers, salt and brown sugar. Continue to simmer until the potatoes become tender, about 5 minutes. Transfer to full-size 2-inch steamtable pans for service. Hold hot at or above 135°F.
Red bell peppers, raw, 1/2 inch by 1 inch pieces	2 pounds 12 ounces		
Green bell peppers, raw, 1/2 inch by 1 inch pieces	2 pounds 12 ounces		
Salt		1/4 cup 2 tablespoons	
Brown sugar		1/4 cup 2 tablespoons	Serve 1 cup portions topped with 1/2 tablespoon fresh cilantro.
Cilantro, fresh, chopped		2 quarts	To make this a complete meal, consider serving with cooked brown rice and chicken or tofu.

Serving Size		1 Serving Provides			
1 cup		1/2 cup starchy vegetable, 1/4 cup other vegetable			
Nutrients Per Serving					
Calories	238	Saturated Fat	13.7 g	Iron	3 mg
Protein	4 g	Cholesterol	0 mg	Calcium	71 mg
Carbohydrate	24 g	Vitamin A	446 IU	Sodium	474 mg
Total Fat	15.6 g	Vitamin C	50 mg	Dietary Fiber	3.5 g

LOMO SALTADO



	100 Servings		
Ingredients	Weight	Measure	Directions
Russet potatoes, raw	20 pounds 10 ounces		Preheat the oven to 375°F. Scrub the potatoes, cut them in half lengthwise and cut each half widthwise into 1/4 inch slices. Combine the sliced potatoes with the vegetable oil, garlic powder, salt and pepper. Mix until the potatoes are well coated. Place potato slices in a single layer on parchment-lined sheet pans. Bake in the preheated oven for about 15 minutes, or until the potatoes are golden and tender. Internal temperature should reach at least 135°F. Transfer potatoes to full-size 2-inch steamtable pans and hold hot at or above 135°F until service.
Vegetable oil		1/4 cup 2 tablespoons	
Garlic powder		1 tablespoon 1 teaspoon	
Salt		2 teaspoons	
Black pepper, ground		2 teaspoons	
Beef steak, thin sliced, cut into 1/2-inch strips	18 pounds		Place the beef in a container. Combine the cumin, black pepper and salt, and mix into the beef until evenly distributed.
Cumin, ground		1 tablespoon 1 teaspoon	
Black pepper, ground		1 tablespoon 1 teaspoon	
Salt		2 teaspoons	Heat a large sauté pan, tilt skillet or steam-jacketed kettle to medium-high heat. Add the vegetable oil and immediately add the seasoned beef. Cook, stirring, until the beef is browned. Add the red onions, green bell peppers, jalapeños and minced garlic. Continue to cook, stirring, until the vegetables are tender-crisp, about 5–10 minutes. Stir in the less-sodium soy sauce and apple cider vinegar. Internal temperature should reach at least 145°F. Transfer the mixture to full-size 2-inch steamtable pans and hold hot at or above 135°F until service.
Vegetable oil		1/4 cup 2 tablespoons	
Red onion, raw, 1/4 inch strips	8 pounds		
Green bell pepper, raw, 1/4 inch strips	8 pounds 8 ounces		
Jalapeño pepper, raw, seeds removed, diced	10 ounces	About 10 each	
Garlic, raw, minced		1/2 cup	To serve, place 1/2 cup of the roasted potatoes into each portion container. Add 3/4 cup of the beef and vegetable stir-fry mixture. Top with 1/2 tablespoon fresh cilantro.
Soy sauce, less sodium		1 cup	
Apple cider vinegar		1 cup	
Cilantro, fresh		2 quarts	

Serving Size		1 Serving Provides			
1 each		1/2 cup starchy vegetable, 1/2 cup other vegetable, 2 ounce equivalent meat/meat alternate			
Nutrients Per Serving					
Calories	230 g	Saturated Fat	2.6 g	Iron	2 mg
Protein	20 g	Cholesterol	53 mg	Calcium	41 mg
Carbohydrate	20 g	Vitamin A	150 IU	Sodium	247 mg
Total Fat	7.7 g	Vitamin C	52 mg	Dietary Fiber	3 g

TUBER HACK: Take leftover Lomo Saltado, mix in scrambled eggs and wrap in a tortilla and you have Steak Breakfast Burritos the next day!

Your One-Stop Site for
Recipes, Purchasing
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RECIPES

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