

Balanced Menus Recipe Collection

Health Care Without Harm

September 2009

Recipes

- Bean Soup and Kale
- Carrot Ginger Soup
- Chicken Chili with White Beans
- Dal Tadaka
- Good Shepherd Chili
- Herb Crusted Trout
- Indian Carrot Soup
- Mexican Chicken Soup
- Oven Poached Salmon
- Whole Wheat and Flax Pancake Mix
- Frittata
- Asparagus and Goat Cheese Quesadilla
- Wild Rice and Mushroom Soup
- Quinoa with corn
- Spinach Corn Casserole
- Whole Wheat Fettuccine with Winter Greens, Walnuts and Ricotta Salata
- Organic Chunky Potato and Swiss Chard Soup
- Chicken Primavera
- Soba Salad with Soy-Wasabi Vinaigrette
- Vegetarian Meatloaf
- Tofu Steaks with Red Pepper-Walnut Sauce
- Brussels Sprouts with Pecan Glaze
- Corn Tofu Peas Tomatoes Side Special

Contributing Healthcare Facilities

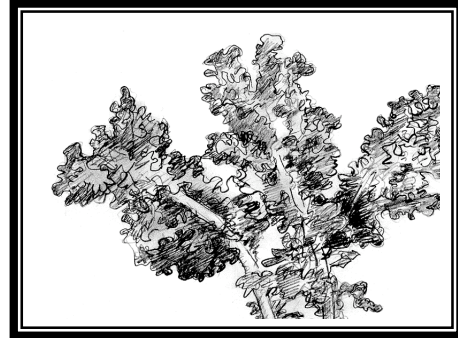
- Fletcher Allen Health Care
- John Muir Health System
- Swedish Covenant Hospital
- Good Shepherd Health Care Center
- Union Hospital
- Cooper University Hospital

Bean Soup and Kale

40 Servings

Ingredients

9 ½ lb. cannellini beans
2 5/8 lb. celery diced
21 ½ oz. onion, chopped
½ t bay leaf crumbled
14.68g salt
2.13 g white pepper
4 oz. olive oil
1 gallon water, tap, municipal
1 ½ oz. vegetable base
11 ½ oz. Kale chopped
4 t garlic chopped
21 ½ oz. tomatoes, diced with juice



Directions

- Place onions, celery, garlic and olive oil in kettle and sweet till tender about ten minutes.
- Add the vegetable base, spices and salt, sauté for 3 minutes.
- Add rest of the ingredients-tomatoes, beans, kale and water and bring to a boil.
- Simmer for 10 minutes.

Featured Ingredient: [beans/legumes](#), [vegetables](#),

[Fletcher Allen Health Care](#)

Carrot Ginger Soup

Yield 2 ½ gallon

Ingredients

¼ lb. butter

2 qt. diced onions

1/4C minced ginger

7 lb. carrots, peeled and chopped

1 ½ gallons water

½ T salt

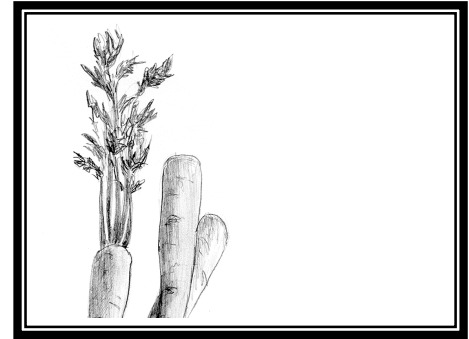
½ t pepper

Directions

- Saute onions in butter until translucent.
- Add sliced ginger, cook for 2 minutes.
- Add carrots and cook for 5 min.
- Add stock and bring to a boil.
- Turn down and simmer for about 1 hour until carrots are soft.

Featured ingredients: [vegetables](#)

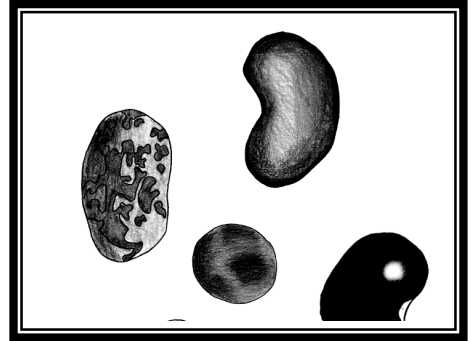
[John Muir Health System](#)



Chicken Chili with White Beans

Ingredients

- ½ C chopped green chiles
- 1 T salad oil
- 1 ½ lb. grilled chicken breast, sliced into strips
- 1 ¾ C diced white onion
- 2 t chopped garlic
- 4 C chicken broth
- 1.5 t cumin
- .75 t red chili powder
- 1 ½ C diced tomato
- 15 oz. white beans
- 3 T AP flour
- 1 t salt



Directions

- Heat medium pot over medium heat and add oil to sauté the onions and garlic until tender.
- Add the chicken and sauté for 5 minutes.
- Mix the flour with the chicken broth and blend well.
- Add the chiles, tomato, cumin and chile powder to the chicken mixture.
- Cook for 3 minutes, add broth and bean-bring to boil then reduce to a simmer for ten minutes.

Featured Ingredient: [beans/legumes](#)

[Swedish Covenant Hospital](#)

Dal Tadaka

12-16 Servings

Serving size: 3-4 oz

Ingredients

3C Dal Moong Yellow [lentils](#)

¼ C Dal Masoor-Red lentils

1 small onion diced

4 small tomatoes diced

2 green chilies

12 C water

1 box Dal Curry mix



Directions

- Soak lentils for 1 ½ hours.
- Drain lentils.
- Saute onions, tomatoes and green chilies.
- Add lentils and sauté for 3 minutes more.
- Then add dal curry mix and 12 C water.
- Bring to a slow boil.
- Cook until lentils are tender.
- Add more water if needed and serve with basmati rice, chapati, roti, or naan.

Featured Ingredient: [Legumes](#)

[Swedish Covenant Hospital](#)

Good Shepherd Chili

96 Servings

Ingredients

5lb. Extra Lean Ground Beef

6 C chopped onion

¼ C chopped garlic

6 Jalapenos

3 oz. Ancho Chili Powder

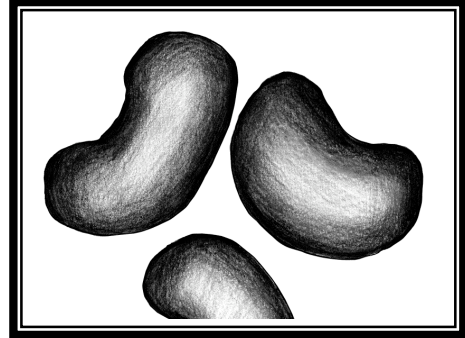
2T Cumin

3 T kosher salt

3-12oz cans beans

2 C crushed tomatoes

1 t black pepper



Directions

- Soak the beans in 2 gallons of water and 1 T kosher salt overnight.
- The next day, chop the jalapenos-they may be seeded.
- Chop the onion.
- Brown the ground meat with the onion, garlic, jalapenos, salt, cumin and ancho powder.
- Drain the beans.
- Place in a steam pan and put enough fresh water on just to cover.
- Cook in a steamer. Do not drain.
- Add the meat mixture and the remaining ingredients to the beans.
- Cook until hot and beans are tender.
- Correct seasoning.
- Hold above 140 degrees.

Featured Ingredient: [beans](#)

[Good Shepherd Health Care Center](#)

Herb Crusted Trout

32 Servings

Ingredients

9 oz. yogurt

6 oz. sour cream

3 3/4oz. oil

4 1/4 oz. breadcrumbs

2.61 g white pepper

8.93g onion powder

2.98g dried parsley

5 1/2 t lemon juice

160 oz. Trout filets

15.63g salt

Directions

- In a bowl, combine the yogurt and sour cream and mix well. Set aside for late use.
- In another bowl, combine the breadcrumbs, pepper, onion, parsley, lemon juice and salt.
- Melt the butter and add to the breadcrumb mixture.
- Thoroughly mix together.
- Place the trout skin side down in baking dish and coat with yogurt mixture.
- Sprinkle crumbs on top to cover dish.
- Place trout in baking dish, place in turbo oven and use preprogram button for seafood.

Featured Ingredient: sustainable seafood

[Fletcher Allen Health Care](#)

Indian Carrot Soup

6 Servings

Serving size: 6 oz.

Ingredients

Nonstick cooking spray

1 small onion, chopped

1 T fresh minced ginger

1 t olive oil

1 ½ t curry powder

½ t ground cumin

3 ½ C low sodium vegetable broth

1 lb. peeled carrots

1 T sugar

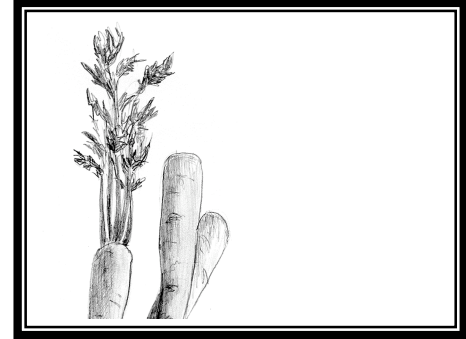
¼ t ground cinnamon

pinch ground red pepper

2 T fresh lime juice

3T fresh cilantro

1/4C plain non-fat yogurt



Directions

- Spray large saucepan with cooking spray; heat over medium heat.
- Add onion and ginger; reduce heat to low.
- Cover; cook 3-4 minute or until onion is transparent and crisp-tender, stirring occasionally.
- Add olive oil; cook and stir, uncovered 3-4 minutes or until onion just turns golden.
- Add curry powder and cumin; cook and stir 30 seconds or until fragrant.
- Add half of the vegetable broth and carrots.
- Bring to a boil over high heat. Reduce heat to low; simmer, covered, 15 minutes or until carrots are tender.
- Ladle carrot mixture into food processor; process until smooth.
- Return to saucepan; stir in remaining vegetable broth, sugar, cinnamon and red pepper; bring to a boil over medium heat.
- Remove from heat; stir in lime juice.
- Ladle into bowls, sprinkle with cilantro and top each serving with 1 T of yogurt.

Featured Ingredient:[vegetables](#)

[Swedish Covenant Hospital](#)

Mexican Chicken Soup

12 Servings

Ingredients

4 medium carrots cut lengthwise into 3" lengths
1 large onion, diced
1 lb. diced fresh tomatoes
1 zucchini cut into 1/4" slices
2 lb. chicken, skinless, raw
2 T low sodium chicken base
2 t Adobo
1 medium chayote, fresh, medium, seeded and peeled
3 qt. water
4 cloves, garlic minced
1 t. oregano
1 t. cumin
1/2 C rice cooked- 1C per gallon of soup
1 T cilantro
1 T chopped red onion



Directions

- Brown garlic in pot (dry-no oil).
- Add the chicken, water chicken base, oregano, cumin and adobo-simmer approximately 15 minutes.
- Add the carrots, chayote and simmer 10 minutes.
- Adjust the seasoning.
- Add zucchini and diced tomatoes, and simmer an additional 5 minutes.
- Cook until all ingredients are done and vegetables are tender.
- Serve with rice and garnish with wedge of lime, cilantro and chopped red onion.

Featured ingredient:

[Swedish Covenant Hospital](#)

Oven Poached Salmon

24 Servings

Ingredients

6 lb. wild, sustainably-caught salmon fillets

¼ C carrots, chopped

1T dried parsley

¼ C celery, diced

1 ½ C white wine

¼ C white onion, chopped

1t dried thyme

Directions

- Cut salmon filets into 4 oz. portions.
- Place in a 2 ½"x18 ¾" pan, coated with cooking spray.
- Weigh rest of ingredients.
- Mix the chopped vegetables, wine and herbs.
- Ladle 2 ¾ C of mixture on top of fish and cover the pan with foil.
- Bake fish for 15-20 minutes or until temperature reaches 165 degrees, remove and hold for service.

Featured Ingredient: sustainable seafood

[Fletcher Allen Health Care](#)

Whole Wheat and Flax Pancake Mix

2 lb. Ground flax seed
7 lb. Shepherd's Grain [whole wheat flour](#)
1 lb. Shepherd's Grain Low gluten flour
4 lb. Dry Buttermilk
1 ¼ lb. Sugar
5 1/3 oz. Baking powder
2-2/3oz. Baking soda
1 1/3oz. salt

Makes 16 lb. basic mix = 140 servings

For Pancakes 4 Servings

1 egg
2 T Canola oil
1 C water
1 ½ C pancake mix

Featured ingredient: [whole grains](#)

[Good Shepherd Health Care Center](#)

Frittata

96 servings

8 dozen eggs
3T salt
2 qt. low fat milk
1 qt. cream
5lb. diced, blanched asparagus tips
8C diced tomatoes
3 lb. chopped artichokes
5 lb. sautéed onion
1C diced carrots
2T olive oil
4 qt. grated jack cheese
1 qt. parmesan
4T dried tarragon
1 t pepper

Saute onion and carrot. Combine remaining ingredients. Pour into buttered hotel pans and bake until well set. 350 degrees for about one hour. Cut into 6x4 squares. Top with parmesan.

Featured Ingredients: [vegetables](#)

[John Muir Health System](#)

Asparagus and Goat Cheese Quesadilla

Servings:2

1 t extra virgin olive oil, divided
4 oz. fresh asparagus, cut into pieces
½ t chopped garlic
salt and pepper to taste
2 corn tortillas
1 oz. low fat ricotta
1 T chopped green onion
fresh cilantro sprigs for garnish

Heat 2 t. olive oil in a skillet over med. low heat, and cook the asparagus for about 2 minutes, then add chopped garlic, stirring occasionally, until asparagus is tender and lightly browned. Season with salt and pepper, and remove heat. Spread one side of each tortilla with ½ goat cheese. Place ½ asparagus and ½ green onions on each tortilla, and fold tortillas in half over contents to form quesadillas. Brush the outside of quesadillas with remaining oil. Place in skillet over medium-low heat, and cook 3 minutes on each side or until lightly browned. Cut in half and garnish with cilantro to serve.

Featured ingredient: [vegetables](#)

[John Muir Health System](#)

Wild Rice and Mushroom Soup

5 t parsley, dried
½ oz garlic raw
1 ½ t dried thyme
1 ¼ lb. shitake mushroom
3 ¼ qt. water, tap, municipal
5 ¾ oz wild rice
1 ¼ lb. mushrooms
3.54g pepper
12 ½ oz carrots, diced
¾ t salt
11 oz. celery, diced
30 oz. tomatoes, diced with juice
1/8 t bay leaf crumbled
11 oz. onion, chopped
9 ½ oz. low sodium chicken base

Cook wild rice until tender. Saute onion, celery and pepper in butter until tender. Add garlic and herb, sauté for 5 minutes. Next add mushroom and base, sauté for 5 minutes. Add water and bring to a boil and add salt and tomatoes-simmer 15 minutes.

Featured Ingredient: [whole grains](#)

[Fletcher Allen Health Care](#)

Quinoa with Corn

Serves 80 (4 oz. serving size)

5 lb. corn kernels
1 bag diced onions
½ C garlic
1C olive oil
4 bags red [quinoa](#)
8 qt. water
2 T salt
1 qt. scallions
2 ½ c fresh lime juice
pepper to taste
2 ½ c crumbled feta
2 C coarsely chopped cilantro

In a deep sauce pan heat olive oil and sweat onions. Add garlic and sauté 1 minute longer; add quinoa, salt and water. Bring to a boil, then simmer and cover for 15 minutes. Turn off the heat and let stand minutes.

In a separate pan heat the remaining olive oil and sauté for 5 minutes. Add scallions and cook 5 minutes longer. Mix the quinoa, vegetables, lime juice, season with fresh pepper; garnish with feta and cilantro.

Featured Ingredients: [vegetables](#), [whole grains](#)

[John Muir Health System](#)

Spinach Corn Casserole

Spinach, fresh
Onion chopped
Whole kernel corn cut from cob
Olive oil
Vinegar
Salt
Pepper
Breadcrumbs
Grated parmesan cheese
Olive oil

Preheat oven to 450 degrees. Saute spinach in saucepan over medium heat with 2 t olive oil. Use 1 T olive oil to sauté onion add corn and water as needed to cook until soft. Combine spinach, onion and corn in casserole dish. Add vinegar, salt and pepper. Mix. Combine breadcrumbs and parmesan cheese spread over top of casserole. Drizzle with remaining olive oil over topping. Bake for 20-30 minutes.

Featured ingredient: [vegetables](#)

[Swedish Covenant Hospital](#)

Whole Wheat Fettuccine with Winter Greens, Walnuts and Ricotta Salata

For 8 Servings

1 lb. [whole wheat fettuccine](#)

Salt

2 T olive oil, plus extra virgin olive oil to finish

3 cloves garlic, slivered

A few pinches of red pepper flakes

6 or more cups dino kale or mature arugula,

large stems removed and coarsely chopped

3T chopped parsley

½ C toasted chopped walnuts

A few shavings of ricotta salata

Cook pasta in boiling, salted water until al dente

Meanwhile, heat the oil in a large pan, add garlic and chile and cook until garlic turns

light golden. Add the arugula or kale and a little salt and sauté until greens are wilted.

The kale will take about five minutes but arugula will take only a couple of minutes. Stir

in the parsley if using and turn off the heat.

Drain the pasta, reserving ¼ C of cooking water. Add the water and pasta to the pan

with the greens and cook for 1 minute, while stirring. Add the chopped walnuts and

serve with shavings of cheese and a drizzle of extra virgin olive oil.

Featured Ingredient: [vegetables](#), [whole grains](#)

[John Muir Health System](#)

Organic Chunky Potato and Swiss Chard Soup

Ingredients:

8 bunches organic Swiss chard
20 lbs organic Yukon gold potatoes
½ C minced garlic
6 lbs organic carrots, diced
4 large organic shallots, diced
6 gal chicken consommé
Organic tomatoes for garnish

Steam potatoes for 15 minutes. Saute carrots, shallots, garlic and Swiss chard until tender. Add potatoes and Swiss chard mixture to 6 gallons of chicken consomme and simmer slowly for one hour, season with cracked pepper to taste. Garnish with diced organic tomatoes for service.

Featured Ingredient: [vegetables](#),

[Union Hospital, Cecil County, MD](#)

Chicken Primavera

25 servings

10 tbsp., + 1 tsp. olive oil
6 ¼ oz. fresh zucchini
6 ¼ oz. fresh yellow squash
12 ½ oz. red onions, chopped
3 tbsp. + 1/2 tsp. garlic, minced
4 lbs. diced tomatoes (canned)
1 qt. + 2/3 c. chicken stock*
1 tbsp. + 1 ¾ tsp. dried oregano
1 ¾ tsp. ground black pepper
1 tbsp. + ¼ tsp crushed red pepper
25 (4 oz.) skinless chicken breasts*
13 oz. peas, fresh or frozen

**To make this a vegetarian dish, substitute vegetable stock for chicken stock and serve over pasta or tofu cutlets.*

1. Preheat oven to 375 degrees F.
2. Bake seasoned chicken until internal temperature reaches 165 degrees F. (about 30 minutes).
3. While chicken is baking, heat a large skillet.
4. Add olive oil, zucchini, yellow squash, and red onions. Sauté.
5. Stir in tomatoes and chicken stock, and simmer.
6. When chicken is done, spoon sauce over top of chicken and garnish with peas.

[Cooper University Hospital](#)

Soba Salad with Soy-Wasabi Vinaigrette

4 servings

1 garlic clove, minced
6 oz. Japanese curly noodles*
(chucka soba), uncooked
1 c. frozen shelled edamame
(green soybeans)
4 oz. snow peas, trimmed and
halved crosswise (about 1 " c.)
4 oz. whole baby carrots,
quartered lengthwise
3 tbsp. rice vinegar
3 tbsp. low-sodium soy sauce
1 tbsp. sesame oil
1 tbsp. prepared wasabi paste
" c. thinly sliced radishes

1. Prepare garlic; let stand 10 minutes.
2. Cook noodles according to package directions, omitting salt and fat. Drain and rinse under cold water, drain well.
3. Steam edamame, peas, and carrots 4 minutes or until crisp-tender. Drain and plunge vegetables into ice water; drain.
4. Combine garlic, vinegar, soy sauce, oil and wasabi in a large bowl; stir with a whisk. Add noodles, vegetable mixture, and radishes; toss gently to coat. Serve immediately.

*Can substitute with pasta, like capellini or angel hair.

[Novick Brothers Corporation](#)

Vegetarian Meatloaf

6 servings

1 c. dried lentils
1 tsp. dried thyme leaves
1/4 c. wheat germ
1 tbsp. soy sauce
1 c. whole wheat bread crumbs
1/4 c. ketchup
1/2 c. cooked brown rice
1 tbsp. olive oil
1 onion, minced
1/2 tsp. Tabasco sauce
3 cloves garlic, minced
1/2 tsp. salt
3 eggs OR 3/4 c. egg substitute
1/8 tsp. white pepper
1 tsp. dried oregano leaves

Preheat oven to 350 degrees. Place lentils in a small saucepan and cover with water. Cook over low heat for 60-90 minutes, or until tender. Drain lentils, if necessary, and coarsely mash lentils. Combine with remaining ingredients. Pour mixture into a 9" x 5" loaf pan sprayed with nonstick cooking spray.

Cover with foil and bake for 30-40 minutes. Remove foil and bake for another 10-15 minutes or until loaf is firm to the touch.

This hearty and healthy vegetarian meatloaf freezes well after it's baked. Just wrap well and freeze. Let meatloaf thaw in the fridge overnight, then reheat at 350 degrees for 20-30 minutes until hot.

[Novick Brothers Corporation](#)

Tofu Steaks with Red Pepper-Walnut Sauce

4 servings

1 (14 oz) package water-packed reduced-fat extra-firm tofu
1/4 c. finely chopped fresh basil
1/4 c. water
2 tbsp. chopped fresh parsley
1 tbsp. chopped fresh thyme
2 tbsp. white wine vinegar
1 tbsp. Dijon mustard
1/2 tsp. salt
1/2 tsp. crushed red pepper
8 cloves garlic, minced
1/2 c. all-purpose flour
1/2 c. egg substitute
2 c. panko (Japanese breadcrumbs)
2 tbsp. olive oil
3 tbsp. chopped walnuts, toasted
1 (12 oz) bottle roasted red peppers, drained

1. Cut tofu crosswise into 4 slices. Place tofu slices on several layers of heavy-duty, chlorine-free paper towels; cover with additional paper towels. Let stand 30 min., pressing down occasionally.
2. Combine basil and next 8 ingredients (through garlic) in a large zip-top plastic bag. Add tofu to bag; seal. Marinate in refrigerator 1 hour, turning bag occasionally.
3. Place flour in a shallow dish. Place egg substitute in another shallow dish. Place panko in another shallow dish.
4. Remove tofu from marinade, reserving marinade. Working with one tofu piece at a time, dredge tofu in flour, shaking off excess. Dip tofu in egg substitute, allowing excess to drip off. Coat tofu completely with panko, pressing lightly to adhere. Set aside. Repeat procedure with remaining tofu, flour, egg substitute and panko.
5. Heat large nonstick skillet over medium-high heat. Add olive oil to pan, swirling to coat. Add tofu to pan; reduce heat to medium, and cook for 4 minutes on each side or until browned. Remove tofu from pan and keep warm.
6. Combine reserved marinade, walnuts, and bell peppers; process until smooth (about 2 minutes.) Pour bell pepper mixture into pan; cook over medium-high heat 2 minutes or until thoroughly heated. Serve over tofu.

Brussels Sprouts with Pecan Glaze

25 servings

7 lbs. Brussels sprouts
10 tbsp. honey
5 tbsp. water
5 oz. pecans, large pieces
2 tbsp. + 1 " tsp. granulated sugar
1/8 tsp. cayenne pepper

1. Make an X cut in top of Brussels sprout (this encourages even cooking).
2. Place Brussels sprouts in slotted pans.
3. Steam Brussels sprouts approximately 9 minutes. Do not overcook. Brussels sprouts should be bright green.
4. Over medium-high heat, add pecans and dry roast for a minute or two. Add sugar, honey and water.
5. Reduce liquid to a syrup.
6. Toss Brussels sprouts in glaze. Season with cayenne pepper and serve.

[Cooper University Hospital](#)

Corn Tofu Peas Tomatoes Side Special

25 servings

1 ½ oz. light soy sauce
1 oz. balsamic vinegar
6 tbsp. + 1 tsp. vegetarian stock
1 oz. olive oil
1 ½ oz. chopped garlic
1 lb. + 5 oz. fresh corn*, cut
1 lb. + 9 oz. fresh tofu
2 lb. fresh peas*
8 ¼ oz. tomatoes, chopped
¾ oz. scallions, chopped

1. Mix soy, vinegar and stock together.
2. Add tofu and corn, and let marinate.
3. Heat the oil and add onions and garlic.
4. Add tofu and soy mixture.
5. Turn down the heat and add tomatoes.
6. Turn off heat and add peas and chopped scallions (green tops only).
7. Serve immediately.

* Can substitute frozen.

[Cooper University Hospital](#)