



# HEALTHY **KIDS** COLLABORATIVE



Culinary Institute  
of America

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## SHARED FLAVOR SOLUTIONS:

30+ SPICE BLENDS,  
SAUCES, AND  
DRESSINGS  
FROM SCHOOL  
NUTRITION TEAMS



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## SHARED FLAVOR SOLUTIONS: 30+ SPICE BLENDS, SAUCES, AND DRESSINGS FROM SCHOOL NUTRITION TEAMS

### About CIA Healthy Kids Collaborative

The Culinary Institute of America's Healthy Kids Collaborative (HKC) is a year-round initiative designed to both accelerate culinary innovation and deepen technical and professional expertise in healthy, sustainable, and delicious K-12 school food. It is a unique and focused multi-year collaboration between school nutrition professionals, school chefs, suppliers, and key school nutrition stakeholders to create and promote resources that advance a culinary-driven, healthier, more sustainable food culture in schools.

The HKC's mission is to collaboratively engage with standout school nutrition leaders, suppliers, and affiliate organizations to identify and explore strategies, insights, and solutions that can assist the broader community of school nutrition operators in serving delicious and healthful meals to all children.

### Project Introduction

The **Flavor Exploration Group** is an HKC working group that dedicated its work in 2025 to tackle one of the most significant challenges facing school nutrition: **developing innovative flavor solutions that enable school nutrition programs to meet critical sugar and sodium reduction targets without compromising taste or student appeal**. The project successfully utilized existing culinary knowledge and crowdsourcing techniques from HKC school nutrition leaders to create practical, high-impact resources for kitchen operations nationwide.

### The Challenge & Our Solution

The 2025 Flavor Exploration Working Group's mission was to provide actionable strategies for navigating complex nutrition standards with a focus on sodium and sugar reduction. Members leveraged the group's massive recipe foundation and conducted recipe crowdsourcing from participants—culminating in a robust library of resources focused on maximizing flavor through strategic ingredient use.

### The Deliverable

The group compiled a collection of **over 30 recipes** for salt free spice blends, low-sodium sauces, and low-sugar dressings that are versatile and flavorful.

These recipes are designed to:

- **Create Layers of Flavor:** By replacing salt and sugar with herbs, spices, and acid, these blends deliver the “flavor bang” that students crave.
- **Ensure Operational Versatility:** The recipes are adaptable for use across various school kitchen operations, from central kitchens to on-site preparation.

### Flavor Building in Practice

To showcase the practical application and impact of these recipes, the resource concludes with a demonstration featuring two distinct cuisines. These demos show how the collected recipes can be used to **enhance a student favorite: the classic chicken and rice bowl**.

These recipes are incredibly versatile, ready for use with limited equipment or in a central kitchen, and allow staff to layer the recipes for maximum flavor impact.

**Explore the collection and bring irresistible flavor to every student's plate!**



## Acknowledgements

This CIA Healthy Kids Collaborative Resource is made possible by the volunteer work of the following members:

**Kristen Tekell**, Food Service Director, Napa Valley Unified School District (Working Group Chair)

**Marlo Spreng**, Director of Nutrition, Hardin School District 17H & 1 (Working Group Co-Chair)

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Design by: **Jason Wright**, J Wright Design



# BALSAMIC VINAIGRETTE

A bright and tangy vinaigrette with pear for natural sweetness. It's perfect for drizzling over salads, roasted veggies, or as a finishing touch for grain bowls.

**Recipe Type:** Prep Recipe | **Yield:** 236 servings | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Vinegar, balsamic	2 lb. 8 oz.
Olive oil	10 lb.
Mustard, Dijon	4 oz.
Garlic powder	1 Tbsp. 1 tsp.
Black pepper, ground	1 1/3 Tbsp.
Italian seasoning	¼ cup
Pears, diced, canned	1 lb. 14 oz.
Salt, iodized	2 Tbsp.

## Method

### One day or 3 hours prior to service:

1. Measure or weigh out all ingredients and place in a deep container.
2. Use the robot coupe immersion blender, submerge the blade bell into the liquid and carefully turn the blender to speed 1, blend for 30 seconds, then increase to speed 5 and continue to blend and move the blender around until smooth and fully blended for about 2 - 4 minutes depending on the size of the batch.
3. Cover with plastic wrap, label, and store in the refrigerator.  
CCP: Cold hold at 41°F or lower until service.

### Day of Service:

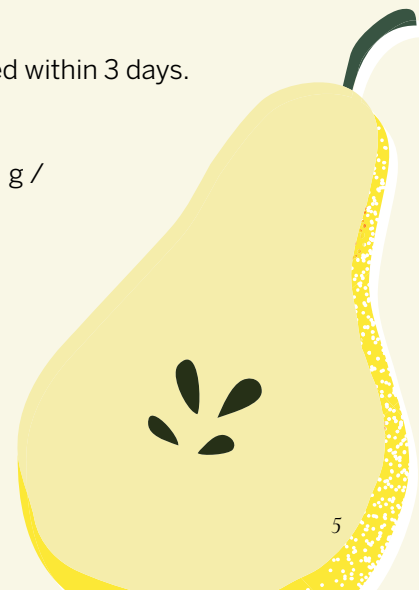
1. Place the lid on the portion cup.
2. Serve immediately, or cover and place under refrigeration.  
CCP: Cold hold at 41°F or lower until service.

**Notes:** Product must be consumed within 3 days. Discard product if not consumed within 3 days.

### Nutrition Information (per serving):

Calories: 180 kcal / Protein: 0 g / Carbohydrate: 2 g / Fiber: 0 g / Saturated fat: 3 g /  
Total fat: 19 g / Sodium: 70 mg / Added sugar: 0 g

Source: Los Angeles Unified School District, in collaboration with the CIA Healthy Kids Collaborative.





## CAESAR DRESSING

A classic, creamy Caesar dressing crafted for K12 menus—rich flavor with reduced sodium that's perfect for salads or wraps.

**Recipe Type:** Prep Recipe | **Yield:** ½ gallon | **Serving Description:** 1 tablespoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

### INGREDIENTS

### AMOUNTS

Yogurt, plain	1 lb. 2 oz.
Mayonnaise	2 lb. 4 oz.
Parmesan Romano cheese	1 cup
Vinegar, red wine, Heinz	4 Tbsp. 1 ½ tsp.
Lemon juice	6 Tbsp. 2 tsp.
Mustard, dijon	1 cup 1 tsp.
Garlic, granulated	26 ½ g.
Black pepper	1 ¼ tsp.
Salt, kosher	1 ¼ tsp.
Garlic, chopped	4 Tbsp. 1 ½ tsp.

### Method

1. Place all ingredients in a food processor or blender.
2. Blend until smooth and all ingredients are mixed.
3. Place in the cooler, wrapped, labeled, and dated. CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 65 kcal / Protein: 1 g / Carbohydrate: 1 g / Fiber: < 1 g

Saturated fat: 1.5 g / Total fat: 6 g / Sodium: 90 mg / Added sugar: 0 g

*Source: Chef Amanda Ewest, Minneapolis Public Schools, in collaboration with the CIA Healthy Kids Collaborative. Published with permission of the author. All rights reserved.*



# CILANTRO JALAPENO DRESSING

A creamy, zesty blend of fresh cilantro, spicy jalapeño, and lime—perfect for adding a bold kick to salads, tacos, or bowls.

**Recipe Type:** Prep Recipe | **Yield:** 142 servings | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Jalapeno pepper	3 ea.
Ranch dressing mix	1 ea. (3.1 oz pouch)
Buttermilk	½ gal.
Mayonnaise	½ gal.
Cilantro	2 bu.
Cumin, ground	1 tsp.
Oregano, Mexican	1 tsp.

## Method

### Day Prior to Service:

1. Cut off the stems of the jalapenos and chop into approximately ½ inch pieces.
2. Measure the ranch dressing mix, buttermilk, mayonnaise, cilantro, jalapenos, cumin & oregano into a deep container.
3. Use the Robot Coupe to mix the ingredients well and create consistently smooth dressing.
4. Place in the cooler, wrapped, labeled, and dated. CCP: Hold at 41°F or below.
5. Before portioning, mix dressing well.

### Day of Service:

1. Place 2 oz. portion cup on lined sheet pan(s).
2. Portion 1, #30 disher (2 tablespoons) into each portion cup.
3. Place the lid on the portion cup.
4. Serve immediately or cover and place under refrigeration. CCP: Hold at 41°F or below

**Variation:** For Elementary Schools or spice intolerant population, remove the seeds and ribs of the jalapeno peppers and discard.

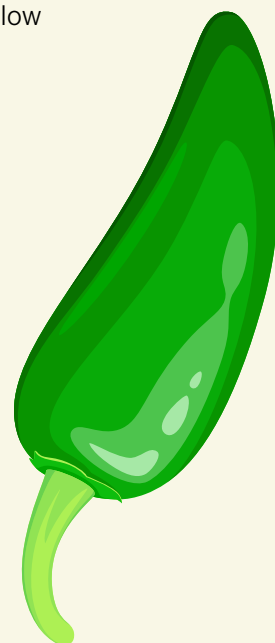
**Notes:** Product must be consumed within 3 days. Discard product if not consumed within 3 days.

## Nutrition Information (per serving):

Calories: 90 kcal / Protein: 1 g / Carbohydrate: 2 g / Fiber: 0 g

Saturated fat: 9 g / Total fat: 1.5 g / Sodium: 260 mg / Added sugar: 0 g

*Source: Los Angeles Unified School District, in collaboration with the CIA Healthy Kids Collaborative. Published with permission of the author. All rights reserved.*



# CHIPOTLE RANCH

This creamy, tangy, smoky chipotle ranch combines cool ranch with spicy chipotle, perfect for burgers, sandwiches, nuggets, or pizza.

**Recipe Type:** Prep Recipe | **Yield:** 1/2 gallon | **Serving Description:** 1 tablespoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Mayo	1 lb. 11 oz. 12 ¼ g.
Buttermilk	11 Tbsp.
Yogurt, plain, bulk tub	¼ ea.
Sour cream	1 lb. 1 oz. 4 1/8 g.
Salt, kosher	16 ¼ g.
Lemon juice	2 Tbsp. 1 tsp.
White Distilled Vinegar	2 Tbsp. 1 tsp.
Garlic, granulated	16 ¼ g.
Mustard, ground	1/8 oz.
Onion, granulated	11 3/8 g.
Tarragon, whole	1/8 g.
Pepper, white	1/3 g.
Parsley, flakes	1/8 g.
Dill weed, dried	1 g.
Sugar, granulated	1 oz. 20 ¼ g.
Chipotle chili, ground	6 ½ g.
Chipotle pepper, concentrate base	1/8 ea.

## Method

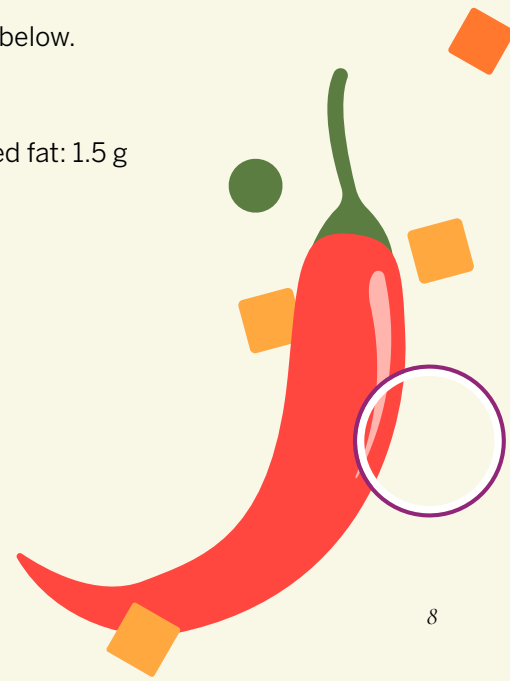
### Prior to service:

1. Place all ingredients in a food processor or blender.
2. Blend until smooth and all ingredients are mixed.
3. Place in the cooler, wrapped, labeled, and dated. CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 60 kcal / Protein: 1 g / Carbohydrate: 1 g / Fiber: < 1 g / Saturated fat: 1.5 g  
Total fat: 6 g / Sodium: 130 mg / Added sugar: < 1 g

*Source: Minneapolis Public Schools, in collaboration with the CIA Healthy Kids Collaborative.  
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# MAPLE DIJON VINAIGRETTE

This bright and flavorful vinaigrette is perfect for salads and marinades, blending pure maple syrup and tangy Dijon mustard with red wine vinegar and a touch of lemon for a smooth, sweet-savory dressing.

**Recipe Type:** Prep Recipe | **Yield:** 1 quart | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Mustard, Dijon	½ cup
Maple syrup	1 cup
Salt, kosher, coarse	2 tsp.
Black pepper, ground	4 tsp.
Vinegar, apple cider	1 cup
Olive, canola oil blend	2 cup

## Method:

1. In a large bowl combine mustard, maple syrup, salt, pepper, and vinegar.
2. Slowly drizzle in the oil to emulsify the vinaigrette. If making by hand be sure to whisk constantly as you slowly drizzle the oil into the other ingredients.
3. Place in the cooler, wrapped, labeled, and dated.
4. CCP: Hold at 41°F or below.

## Day of Service:

1. Place 2 oz. portion cup on lined sheet pan(s).
2. Portion 1, #30 disher (2 tablespoons) into each portion cup.
3. Place the lid on the portion cup.
4. Serve immediately or cover and place under refrigeration. CCP: Hold at 41°F or below

**Variation:** A blender or immersion blender can be used to combine ingredients.

**Notes:** Can be prepped several days in advance.

## Nutrition Information (per serving):

Calories: 150 kcal / Protein: 0 g / Carbohydrate: 7 g / Fiber: 0 g

Saturated fat: 2 g / Total fat: 14 g / Sodium: 170 mg / Added sugar: 7 g

*Source: Napa Unified School District, in collaboration with the CIA Healthy Kids Collaborative.  
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# SPICY PEANUT DRESSING

A bold blend of roasted peanuts, maple syrup, rice vinegar, and sambal, this dressing is zesty, sweet, and spicy. Easy to prepare and incredibly versatile, making it perfect for adding flavor to a variety of dishes.

**Recipe Type:** Prep Recipe | **Yield:** 2 quarts | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Peanut Butter, creamy	4 cup
Vinegar, rice	1 ½ cup
Syrup, maple	1 cup
Soy Sauce, low sodium	¾ cup
Water, tap, hot	¾ cup
Sambal	¼ cup

## Method

### Day Prior to Service:

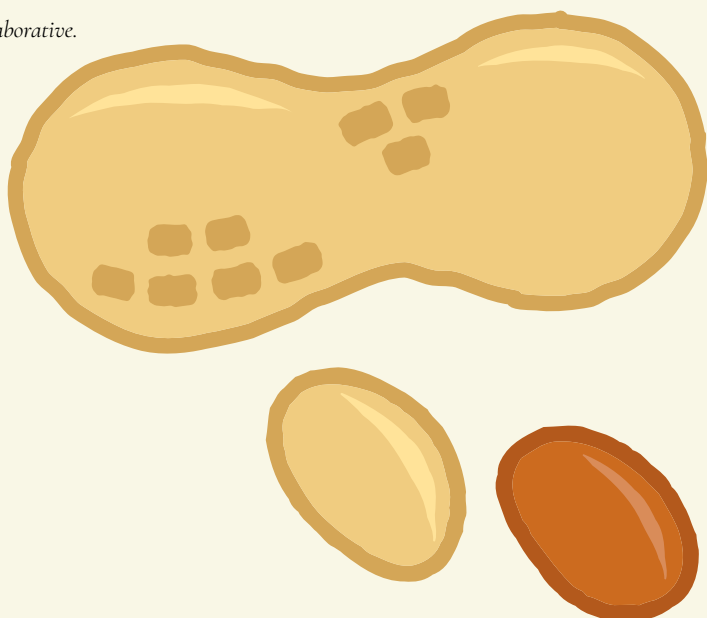
1. Place all ingredients in a large mixing bowl and whisk to combine.
2. Place it in the cooler, wrapped, labeled, and dated. CCP: Hold at 41°F or below.

**Notes:** You can also make this dressing in a food processor or blender. Blend until smooth and all ingredients are mixed.

### Nutrition Information (per serving):

Calories: kcal / Protein: g / Carbohydrate: g / Fiber: g / Saturated fat: g / Total fat: g / Sodium: mg / Added sugar: g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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# SPICY RANCH

A creamy, zesty twist on the classic ranch dressing, kicked up with bold spices and a touch of heat. Perfect for dipping, drizzling over salads, or adding a flavorful punch to wraps and sandwiches.

**Recipe Type:** Prep Recipe | **Yield:** 1 quart | **Serving Description:** 2 fl oz / 4 Tbsp.

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

### *Ranch Dressing*

Mayonnaise	1 lb. 13 oz. 19 ½ g.
Garlic, powder	1 tsp.
Dill	1 tsp.
Salt, kosher	2 Tbsp. 1 ½ tsp.
Parsley	2 ½ tsp.
Black pepper, ground	5/8 tsp.
Sour cream	4 oz. 26 7/8 g.
Chives	1 ¼ tsp.
Lemon juice	¼ oz. 2 tsp.
Yogurt, plain	1 ¼ lb.
Milk	2 cups 7 Tbsp. 1 ¾ tsp.

Chili seasoning	1 tsp.
Cayenne pepper	¼ oz.
Lime, juiced, zested	1 ea.

## Method:

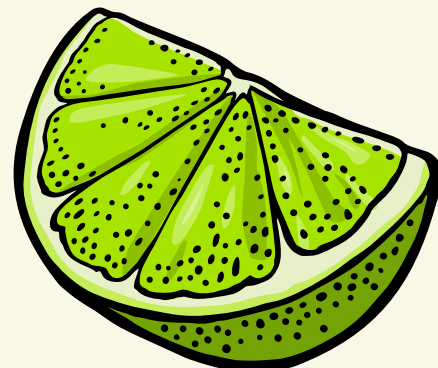
1. *For the Ranch Dressing:* Blend all ingredients in a large lexan container using a burr mixer, label, date and rotate. Place it in the cooler.
2. CCP: Hold at 41°F or below.
3. *For the Spicy Ranch Dressing:* In a large bowl mix together ranch dressing, spices and juice and zest of one lime.
4. CCP: Hold at 41°F or below.

**Notes:** Keep for one week

## Nutrition Information (per serving):

Calories: 170 kcal / Protein: 2 g / Carbohydrate: 2 g / Fiber: <1 g  
Saturated fat: 3.5 g / Total fat: 17 g / Sodium: 650 mg / Added sugar: 0 g

*Source: Napa Unified School District, in collaboration with the CIA Healthy Kids Collaborative.  
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# VEGAN RANCH DRESSING

Creamy vegan ranch-style dressing made with roasted garlic, tangy apple cider vinegar, and plenty of herbs. This is a great plant-based dip for veggies, salads, and grain bowls.

**Recipe Type:** Prep Recipe | **Yield:** 128 servings | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Day

## INGREDIENTS

## AMOUNTS

Garlic	4 oz.
Soymilk, plain	1 pint
Vinegar, apple cider	8 Tbsp.
Garbanzo bean liquid	1 q
Salt, kosher	1 Tbsp.
Black pepper	1 ½ tsp.
Olive, canola oil blend	8 cup
Parsley, flake	8 Tbsp.
Chives, dried	8 Tbsp.

## Method

### Day Prior to Service:

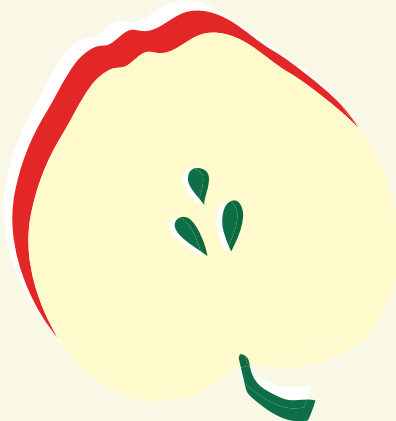
1. To roast the garlic: Preheat the oven to 350°F. Wash and cut garlic in half across the equator. Wrap in foil and roast at 350 °F for an hour until soft. Properly cool before use.
2. CCP: Cool food from 135°F to 70°F within 2 hours and then from 70°F to 41°F within 4 hours.
3. In a blender, add soy milk and half of the apple cider vinegar and blend together to combine. Allow to sit at room temperature for 5 - 10 minutes. This will become the “buttermilk” for the dressing.
4. In a separate bowl, add the garbanzo bean liquid, the other half of the apple cider vinegar, salt, and pepper.
5. Slowly drizzle in the oil and whip with an immersion blender until it thickens.
6. Remove garlic cloves from peel and mince.
7. In a clean bowl, combine all ingredients and mix well.
8. Refrigerate, covered, labeled, and dated until ready to use.
9. CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 120 kcal / Protein: 0 g / Carbohydrate: 0 g / Fiber: 0 g

Saturated fat: 2 g / Total fat: 14 g / Sodium: 50 mg / Added sugar: 0 g

*Source: Chef Ann Foundation, in collaboration with the CIA Healthy Kids Collaborative.  
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# ALABAMA WHITE BBQ SAUCE

Alabama White BBQ sauce is creamy, tangy, slightly spicy sauce that is great for dipping or drizzling. Quick to make and the irresistible flavor will have students coming back!

**Recipe Type:** Prep Recipe | **Yield:** 128 portions | **Serving Description:** 1 ½ tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Garlic, cloves, fresh	2 ½ quart
Vinegar, apple cider	1 ½ cup
Sauce, Worcestershire	¼ cup
Sauce, buffalo wing	¼ cup
BBQ Spice Blend, prepared	¼ cup
Garlic, granulated	3 tablespoons
Pepper, black, ground	3 tablespoons
Onion, powder	2 tablespoons

## Method

### Day Prior to Service:

1. Whisk all ingredients until well combined.
2. Cold hold, covered, for use. This sauce should be made one day in advance for best flavor.
3. CCP: Hold at 41°F or below.

## Nutrition Information (per serving):

Calories: 30 kcal / Protein: 1 g / Carbohydrate: 1.7 g / Fiber: < 1 g  
Saturated fat: 1.3 g / Total fat: 2.1 g / Sodium: 30 mg / Added sugar: 0 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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# BANG BANG/BOOM BOOM SAUCE

This creamy, sweet-heat sauce is perfect for drizzling on crispy chicken, sandwiches, tacos, grain bowls, or using as a dip for potatoes and veggie dippers.

**Recipe Type:** Prep Recipe | **Yield:** 44 servings | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Mayonnaise	4 cup
Sweet chili sauce	1 cup
Sriracha hot chili	½ cup
Vinegar, white	2 fl. oz. 1 ¼ Tbsp.

## Method:

1. Measure or weigh out all ingredients and place in a deep container.
2. Use the robot coupe immersion blender, submerge the blade bell into the liquid and carefully turn the blender to speed 1, blend for 30 seconds, then increase to speed 5 and continue to blend and move the blender around until smooth and fully blended for about 2 minutes depending on the size of the batch.
3. Cover with plastic wrap, label, and store in the refrigerator.
4. CCP: Hold at 41°F or below.

**Notes:** Can be prepared one day or 3 hours prior to service. Store sauce in a tightly sealed container. Place in the refrigerator at 41°F or lower. Product must be consumed within 3 days. Discard product if not consumed within 3 days.

## Nutrition Information (per serving):

Calories: 145 kcal / Protein: 0 g / Carbohydrate: 4 g / Fiber: < 1 g  
Saturated fat: 2 g / Total fat: 15 g / Sodium: 250 mg / Added sugar: 4 g

*Source: Los Angeles Unified School District, in collaboration with the CIA Healthy Kids Collaborative.  
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## BASBAAS SAUCE

Bright, fresh green sauce made with cilantro, onion, jalapeno, garlic, and lime. This Somali-inspired "Basbass" adds a zesty, mild-to-medium heat that's perfect for drizzling over chicken, rice bowls, roasted veggies, or using as a dip.

**Recipe Type:** Prep Recipe | **Yield:** ½ Gallon Bag | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Day

### INGREDIENTS

### AMOUNTS

Cilantro, case	1/8 ea.
Onions, yellow, diced	1 lb. 14 oz.
Jalapeno pepper, diced	10 oz.
Vinegar, white, distilled	½ cup
Canola oil	1 cup
Water, tap	1 cup
Lime juice	½ cup
Garlic, chopped	2 oz.
Cumin, ground	3 Tbsp. 1 ½ tsp.
Coriander, ground	2 Tbsp. 1 tsp.
Salt, kosher	1 Tbsp.
Black pepper	1 ½ tsp.

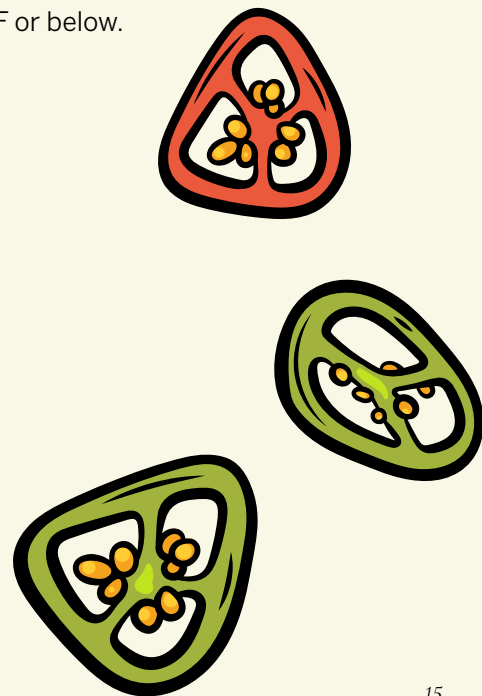
### Method:

1. Rinse the cilantro in cool, running water and drain. Cut 2-3 inches off stems.
2. Using a blender or food processor, add all the ingredients and emulsify until smooth.
3. Cold hold, covered, labeled, and dated, until needed. CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 40 kcal / Protein: 0 g / Carbohydrate: 2 g / Fiber: 1 g  
Saturated fat: < 1 g / Total fat: 3.5 g / Sodium: 85 mg / Added sugar: 0 g

*Source: Minneapolis Public Schools, in collaboration with the CIA Healthy Kids Collaborative.  
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# BOMBAY TOMATO SAUCE

Roasting tomatoes intensifies their flavor in this spiced, Indian-inspired sauce. Toss with roasted potatoes or cauliflower.

**Recipe Type:** Prep Recipe | **Yield:** 2 quarts | **Serving Description:** 3 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #3 Complex

## INGREDIENTS

## AMOUNTS

Tomatoes, canned, diced	48 ounce
Tomatoes, fresh	48 ounce
Onion, red, raw, sliced thin	20 ounce
Garlic, raw, cloves	16 each
Oil, vegetable	½ cup
Salt, Kosher	4 teaspoon
Pepper, black, ground	4 teaspoon
Chili, powder	4 teaspoon
Cumin, ground	4 teaspoon
Coriander, ground	3 teaspoon
Pepper, cayenne	1 teaspoon

## Method

### Day Prior to Service:

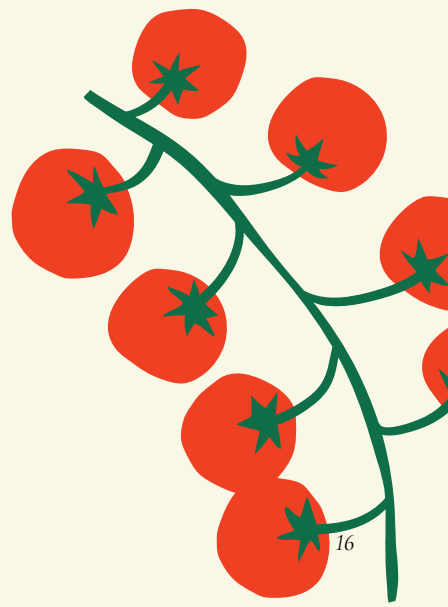
1. Using a large mixing bowl, combine both canned and fresh tomatoes, red onion, garlic, and oil.
2. Add all the spices and stir to coat the tomatoes and onions.
3. Spread the tomato mixture in an even layer on sprayed parchment lined sheet pans.
4. Roast, uncovered, at 400°F for 20 minutes.
5. Remove from the oven and stir. This ensures a nice, sweet caramelization without burning, which can taste bitter.
6. Return to the oven and continue to roast for an additional 15 minutes. CCP: Cook to 135°F or higher.
7. Mash the tomatoes with a potato masher or blend using an immersion blender, food processor or VCM.
8. CCP: Cool food from 135°F to 70°F within 2 hours and then from 70°F to 41°F within 4 hours.
9. Stir in chopped cilantro and mint. CCP: Hold at 41°F or below.

**Notes:** Prepare this sauce in large quantities and store it in the freezer. Place in the cooler to thaw, one to two days prior to production.

### Nutrition Information (per serving):

Calories: 46 kcal / Protein: 1 g / Carbohydrate: 5 g / Fiber: 1 g  
Saturated fat: < 1 g / Total fat: 3 g / Sodium: 193 mg / Added sugar: 0 g

Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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## BUFFALO SAUCE

This bright and flavorful vinaigrette is perfect for salads and marinades, blending pure maple syrup and tangy Dijon mustard with red wine vinegar and a touch of lemon for a smooth, sweet-savory dressing.

**Recipe Type:** Prep Recipe | **Yield:** ½ Gallon | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Day

### INGREDIENTS

### AMOUNTS

Butter	2 lb.
Frank's Red Hot Sauce	1 q. 2 cups
Vinegar, white, distilled	1 cup 8 Tbsp.
Red pepper flakes, crushed	1 Tbsp.

### Method:

1. Gently heat butter to melting point.
2. Add hot sauce, vinegar and pepper flakes. Mix until incorporated.
3. Hot hold for service. CCP: Hold at 135°F or above.

### Nutrition Information (per serving):

Calories: 105 kcal / Protein: 0 g / Carbohydrate: 1 g / Fiber: 0 g  
Saturated fat: 7 g / Total fat: 12 g / Sodium: 850 mg / Added sugar: 0 g

*Source: Napa Unified School District, in collaboration with the CIA Healthy Kids Collaborative.  
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# CHIMICHURRI

Chimichurri is a delicious Latin sauce made with herbs, garlic, olive oil, vinegar, and spices. It is a student favorite because of the fresh, tangy flavor, vibrant color, and versatility with foods they enjoy.

**Recipe Type:** Prep Recipe | **Yield:** 50 portions | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Days

## INGREDIENTS

## AMOUNTS

Garlic, cloves, fresh	2 ½ ounce
Tomatoes, Roma, fresh	4 pounds
Parsley, Italian, fresh	7 ½ ounce
Oil, olive blend	4 cup
Vinegar, red wine	2 cup
Paprika, ground	½ cup
Oregano, dried	2 ½ tablespoon
Pepper, black, ground	2 ½ tablespoon
Salt, Kosher	2 tablespoon
Pepper, cayenne	2 teaspoon

## Method

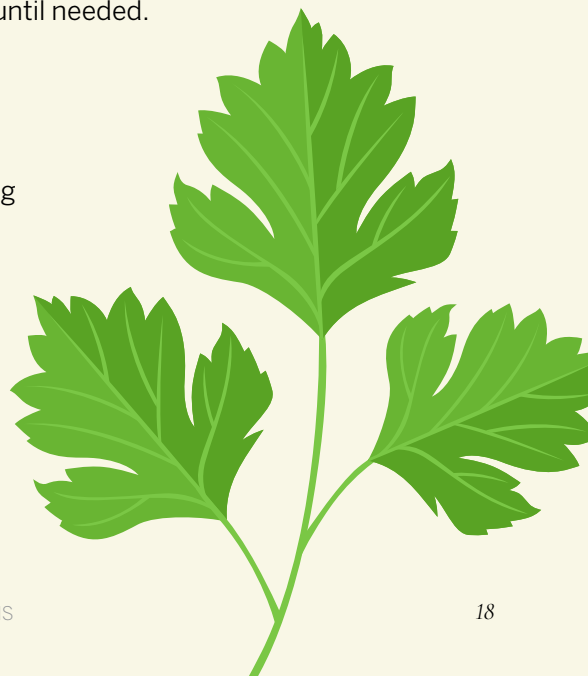
### Day Prior to Service::

1. CCP: No bare hand contact with ready-to-eat food.
2. Using a food processor, pulse the garlic cloves until finely minced.
3. Remove stickers from tomatoes, if needed. Wash parsley and tomatoes under cool running water.
4. Using vegetable dicer, small dice tomatoes.
5. Remove leaves from parsley and discard stems. Chop the parsley leaves.
6. Using a mixing bowl, whisk together the oil, vinegar, paprika, oregano, black pepper, salt, and cayenne pepper. Stir in the tomatoes, parsley, and garlic.
7. Store the Chimichurri, wrapped, labeled, and dated in the cooler until needed.  
CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 175 kcal / Protein: < 1 g / Carbohydrate: 3 g / Fiber: 1.2 g  
Saturated fat: 3 g / Total fat: 18 g / Sodium: 193 mg / Added sugar: 0 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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## COCOA SUNBUTTER DIP

A smooth, chocolatey dip made with non-fat vanilla yogurt, sunflower seed butter, and cocoa powder. Nut-free and protein-rich, perfect for pairing with fruit or whole-grain snacks.

**Recipe Type:** Prep Recipe | **Yield:** 24 servings | **Serving Description:** 2 fl. oz.

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

### INGREDIENTS

### AMOUNTS

Yogurt, non-fat, vanilla	1 qt. 2 cup
Sunflower seed butter, creamy	12 oz.
Ghirardelli cocoa powder	1 oz.
Water	¾ cup

### Method:

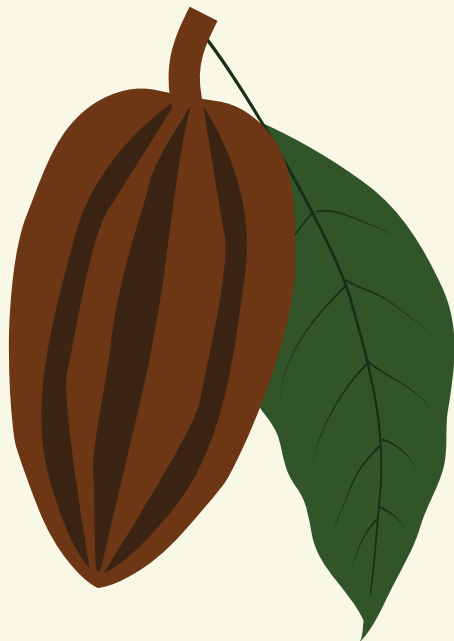
1. Add yogurt and sunflower seed butter to the food processor, process until smooth.
2. Stop processor and scrape down sides with rubber spatula.
3. Add cocoa and water, process until thoroughly mixed.
4. CCP: Hold at 41°F until service.

**Notes:** If a food processor is not available, whisk all ingredients thoroughly in a large mixing bowl until evenly incorporated.

### Nutrition Information (per serving):

Calories: 134 kcal / Protein: 4 g / Carbohydrate: 14 g / Fiber: 1.5 g  
Saturated fat: 1g / Total fat: 7.5 g / Sodium: 86 mg / Added sugar: 8.4g

*Source: Aramark, in collaboration with the CIA Healthy Kids Collaborative.  
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## CREAMY TEX MEX SAUCE

A creamy, zesty blend of fresh cilantro, spicy jalapeño, and lime—perfect for adding a bold kick to salads, tacos, or bowls.

**Recipe Type:** Prep Recipe | **Yield:** ½ Gallon | **Serving Description:** 1 ½ tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

### INGREDIENTS

### AMOUNTS

Jalapenos, pickled	¾ cup
Mayonnaise	3 cup
Salt, kosher	1 ½ tsp.
Sour cream	3 ¼ cup
Paprika, Spanish	1 Tbsp. 1 tsp.
Cumin, ground	1 Tbsp. 1 tsp.
Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp. 1 ½ tsp.
Chipotle chili pepper, ground	1 ½ tsp.

### Method:

1. Using a blender or food processor, puree the jalapenos until smooth.
2. Combine all ingredients in a large mixing bowl. Mix until fully incorporated.
3. Cover, label, and date. Store in the cooler until use. CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 70 kcal / Protein: < 1 g / Carbohydrate: < 1 g / Fiber: 0 g  
Saturated fat: < 1 g / Total fat: 7 g / Sodium: 120 mg / Added sugar: 0

*Source: Minneapolis Public Schools, in collaboration with the CIA Healthy Kids Collaborative.  
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# SAUCES

## MOJO VERDE SAUCE

Mojo Verde is a bright green garlic-citrus sauce that adds great flavor to everything from chicken, burgers, tacos, and grain bowls to pork, fish, and veggies.

**Recipe Type:** Prep Recipe | **Yield:** ½ Gallon | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Day

### INGREDIENTS

### AMOUNTS

Jalapeno pepper, diced	6 2/3 oz.
Garlic, chopped	½ lb.
Cilantro, case	¼ ea.
Orange juice, concentrate	¼ cup
Water, tap	1 cup
Cumin, ground	19 g.
Salt, Kosher	8 1/3 g.
Oregano	1/8 oz.
Black pepper	3 g.
Canola oil	1 cup 5 Tbsp. 1 tsp.

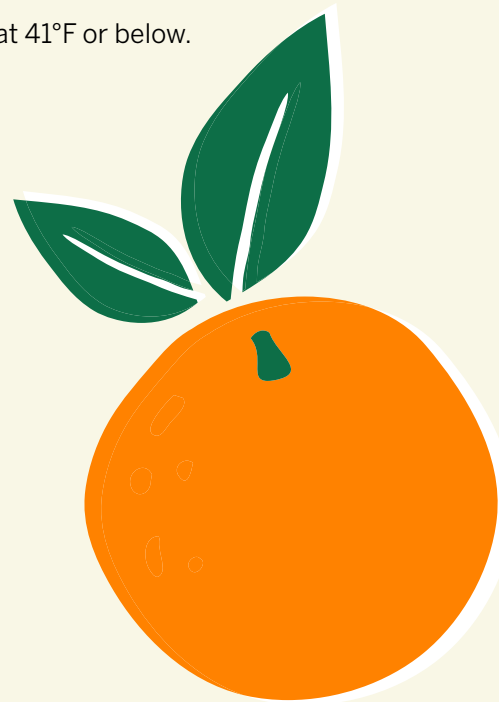
### Method:

1. Pulse jalapenos and garlic in a food processor for 1 minute.
2. Add cilantro, lime juice, orange juice concentrate, water and seasoning to the food processor and pulse for 2 minutes.
3. While running the food processor on low, gradually incorporate the oil until all is mixed well.
4. Store wrapped, labeled, and dated in the cooler until needed. CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 50 kcal / Protein: 0 g / Carbohydrate: 2 g / Fiber: 0 g  
Saturated fat: < 1 g / Total fat: 5 g / Sodium: 50 mg / Added sugar: 0 g

*Source: Amanda Ewest, in collaboration with the CIA Healthy Kids Collaborative.  
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## NASHVILLE HOT SAUCE

Nashville Hot Sauce is a regional hot sauce that combines cayenne pepper, other spices, and brown sugar for a robust flavor. The sauce is the perfect blend of sweet and heat.

**Recipe Type:** Prep Recipe | **Yield:** 1 quart | **Serving Description:** 2 tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

### INGREDIENTS

### AMOUNTS

Pepper, cayenne	½ cup
Butter, buds	½ cup
Sugar, brown	¼ cup
Chili, powder	2 tablespoon
Garlic, granulated	2 tablespoon
Pepper, black, ground	1 tablespoon
Water, tap	1 quart

### Method

#### Day Prior to Service:

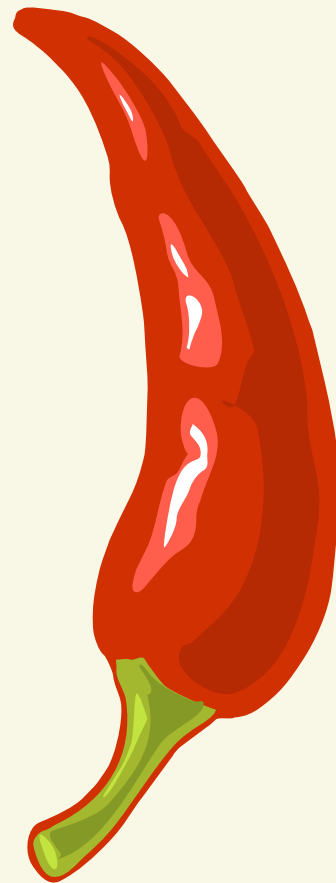
1. Using a mixing bowl, combine cayenne pepper, butter buds, brown sugar, chili powder, granulated garlic, paprika, and black pepper.
2. Add water and whisk to combine all ingredients.
3. Cold hold until needed. CCP: Hold at 41°F or below.

### Nutrition Information (per serving):

Calories: 25 kcal / Protein: < 1 g / Carbohydrate: 5 g / Fiber: < 1g

Saturated fat: < 1g / Total fat: < 1 g / Sodium: 157 mg / Added sugar: 1.7 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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# TART CHERRY BBQ SAUCE

Smoky, sweet-tart BBQ sauce made with dried tart cherries. Delicious and special, great for chicken, flatbreads, burgers, or as a dipping sauce for tenders and potato wedges.

**Recipe Type:** Prep Recipe | **Yield:** 2 quarts | **Serving Description:** 1 ½ tablespoons

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Day

## INGREDIENTS

## AMOUNTS

US Tart Cherries, dried	1 pound
Vinegar, white, distilled	½ cup
Water	3 cup
BBQ Sauce	2 ½ lb.

## Method

### Prior to Service:

1. Combine dried cherries, vinegar, and water in a container. Wrap, label, and date. Allow to soak overnight in the cooler. This step will shorten the cooking and blending process.
2. CCP: Hold at 41°F or below.

### Day of Service:

1. Place soaked cherries, with liquid, in a large pot. Bring to a simmer over medium heat for about 10 minutes, stirring occasionally. Remove from heat and cool for 15 minutes.
2. Transfer warm cherries (with a small amount of liquid if needed) to a countertop blender. Secure the lid tightly and hold it with a towel to prevent spills. Start on low speed, then gradually increase to high until smooth, 30–60 seconds.
3. Check texture. If too thick, add 1–2 tbsp water or cherry liquid and blend again. Scrape purée into a clean container using a rubber spatula.
4. In the same pot combine the BBQ sauce and puree, stir to mix, bring back to heat for 10-15 minutes or until internal temperature reaches 165°F for 15 seconds.
5. Transfer to a 2" hotel pan and hot hold, covered, for use. CCP: Hold at 135°F or above.

### Variation (Immersion Blender):

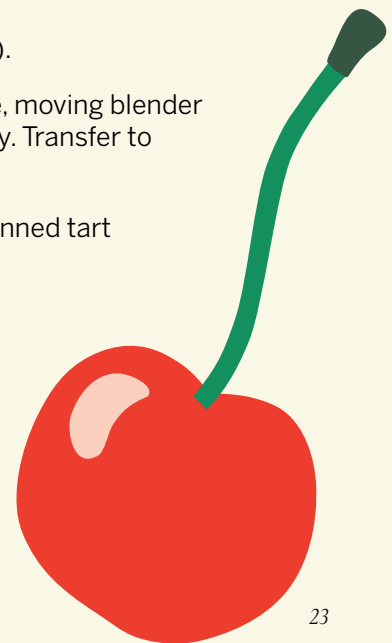
- Place cherries in a tall container (deep bowl or measuring cup to avoid splatter).
- Submerge immersion blender fully and blend in short bursts for about 1 minute, moving blender around for even pureeing. Add small amounts of water if needed for consistency. Transfer to a clean container and scrape sides as needed.

**Notes:** Cooking the dried cherries helps in the blending process. Using frozen or canned tart cherries can speed the pureeing process.

### Nutrition Information (per serving):

Calories: 40 kcal / Protein: 0 g / Carbohydrate: 9.6 g / Fiber: <1 g  
Saturated fat: <1 g / Total fat: <1 g / Sodium: 120 mg / Added sugar: 0 g

Source: Tart Cherry Council & San Diego Unified School District, in collaboration with the CIA Healthy Kids  
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# TART CHERRY COMPOTE

This sweet-tart cherry compote is delicious served over yogurt, oatmeal, waffles, and even biscuits.

**Recipe Type:** Prep Recipe | **Yield:** approximately 1 gallon | **Serving Description:** ¼ cup

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Day

## INGREDIENTS

## AMOUNTS

Sugar, light brown	4 cup
Cornstarch	½ cup
Tart cherries, unsweetened, frozen	8 lb.
Lemon juice	¼ cup
Water	1 cup

## Method:

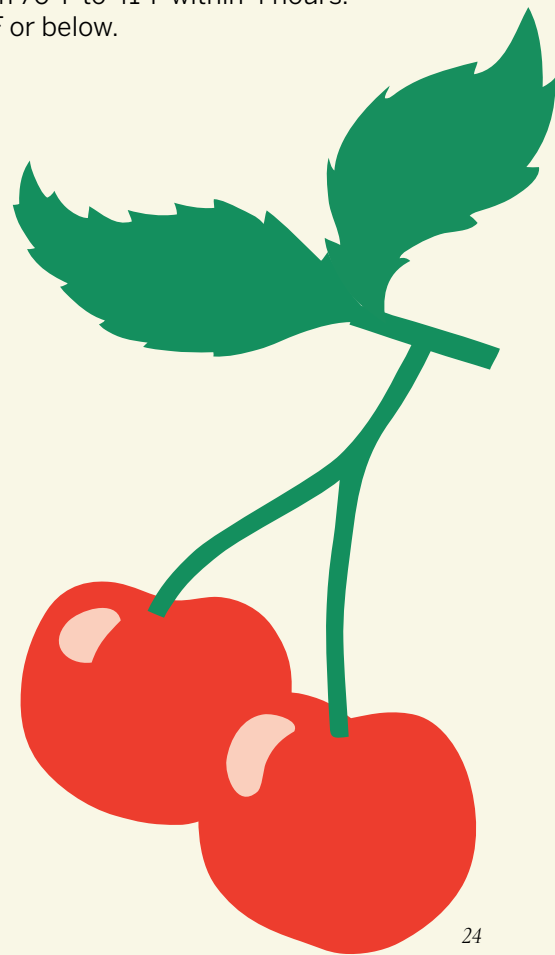
1. In a small saucepan, mix the sugar, cornstarch and frozen cherries.
2. Add lemon juice and water, stir to combine. Bring to a medium heat and stir gently until sauce thickens. CCP: Cook to 135°F or higher for 15 seconds.
3. To serve warm: Hot hold, covered, for use. CCP: Hold at 135°F or above.
4. To serve cold: Cool from 135°F to 70°F within 2 hours and then from 70°F to 41°F within 4 hours. Cold hold, wrapped, labeled, and dated until use. CCP: Hold at 41°F or below.

**Notes:** The consistency of the sauce can be adjusted by adding water to thin or allow sauce to simmer and thicken.

## Nutrition Information (per serving):

Calories: 75 kcal / Protein: .7g / Carbohydrate: 19g / Fiber: .7g  
Saturated fat: 0g / Total fat: 0g / Sodium: .8 mg / Added sugar: g

*Source: Tart Cherry Council & San Diego Unified School District, in collaboration with the CIA Healthy Kids Collaborative  
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# TZATZIKI SAUCE

Tzatziki is a creamy and delicious Greek sauce. It is great on wraps, sandwiches, fish, chicken, salads, and fresh veggies.

**Recipe Type:** Prep Recipe | **Yield:** 80 servings | **Serving Description:** #20 scoop

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #2 Same Day

## INGREDIENTS

## AMOUNTS

Cucumber, English	3 pound
Garlic, minced	¼ cup
Salt, kosher	1 tablespoon
Vinegar, white, distilled	½ cup
Olive, canola oil blend	¼ cup
Yogurt, Greek, plain	2 quart

## Method:

1. Wash cucumbers under cold running water.
2. Using the RoboCoupe, fitted with a grating blade, shred cucumbers.
3. CCP: No bare hand contact with ready to eat food.
4. Once cucumbers are shredded, squeeze and strain water from cucumbers (there will be a lot of water). This step is crucial to ensure the sauce is creamy and full of flavor.
5. Using a mixing bowl, whisk the yogurt, lemon juice, olive oil, garlic, and salt to combine.
6. Stir in the shredded cucumber.
7. Store in the cooler, wrapped, labeled, and dated.
8. CCP: Hold at 41°F or below.
9. Serving is 3 tablespoons. Use #20 scoop for portioning.

**Notes:** This sauce is prepared the day before service to allow the flavors time to fully develop.

## Nutrition Information (per serving):

Calories: 31 kcal / Protein: 3 g / Carbohydrate: 3.82 g / Fiber: < 1g  
Saturated fat: < 1 g / Total fat: 1.5 g / Sodium: 70 mg / Added sugar: 0 g

*Source: Los Angeles Unified School District,  
in collaboration with the CIA Healthy Kids Collaborative.  
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# BBQ SPICE BLEND

A blend of spices that works well in sauces, on meats or as a seasoning. This savory seasoning has just the right touch of heat that blends well with the other spices.

**Recipe Type:** Prep Recipe | **Yield:** 9 cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

INGREDIENTS	AMOUNTS
Paprika, ground	2 ½ cup
Pepper, black, ground	1 cup
Granulated, garlic	1 cup
Onion, powder	1 cup
Cumin, ground	1 cup
Oregano, dried, ground	1 cup
Chili, powder	1 cup
Mustard, powder	¼ cup
Coriander, ground	¼ cup
Chipotle, powder	¼ cup

## Method

### Day Prior to Service:

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

## Notes:

- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

## Nutrition Information (per serving):

Calories: 7 kcal / Protein: < 1 g / Carbohydrate: 1.4 g / Fiber: < 1 g

Saturated fat: < 1 g / Total fat: < 1 g / Sodium: 10 mg / Added sugar: 0 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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# BLACKENING SPICE BLEND

A blend of spices that works well in sauces, on meats or as a seasoning.

**Recipe Type:** Prep Recipe | **Yield:** 9 cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## INGREDIENTS

## AMOUNTS

Paprika, smoked	3 cup
Garlic, granulated	1 ½ cup
Onion, powder	1 ½ cup
Pepper, cayenne	1 cup
Chipotle powder	1 cup
Pepper, black, ground	½ cup
Oregano, dried	¼ cup
Basil, dried	¼ cup
Thyme, dried	¼ cup

## Method

### Day Prior to Service:

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

### Notes:

- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

### Nutrition Information (per serving):

Calories: 7 kcal / Protein: < 1 g / Carbohydrate: < 1 g / Fiber: < 1 g

Saturated fat: < 1 g / Total fat: < 1 g / Sodium: 1.4 mg / Added sugar: 0 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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# CAJUN SPICE BLEND

Cajun Spice Blend is a bit smoky, earthy, and spicy. The amount of cayenne pepper can be adjusted to control the level of heat. Do keep in mind that Cajun dishes should have a bit of a kick. That is important. This Cajun Spice Blend is great on meats, veggies, and in rice and pastas.

**Recipe Type:** Prep Recipe | **Yield:** 3 quarts | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

INGREDIENTS	AMOUNTS
-------------	---------

Paprika, smoked	4 cup
Italian Herb Blend	2 cup
Garlic, granulated	2 cup
Pepper, black, ground	1 cup
Onion, powder	1 cup
Ginger, ground	1 cup
Pepper, cayenne	1 cup
Thyme, dried, ground	1 cup

**Method**

**Day Prior to Service:**

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

**Notes:**

- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

**Nutrition Information (per serving):**

Calories: 10 kcal / Protein: < 1 g / Carbohydrate: 2 g / Fiber: < 1 g  
Saturated fat: < 1 g / Total fat: < 1 g / Sodium: 1.4 mg / Added sugar: 0 g

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## CARNE ASADA SPICE BLEND

Carne asada spice blend is a mix of savory, spicy, and slightly sweet Latin flavors. It can be used on beef, chicken, vegetables, and even in tacos, nachos, and rice bowls.

**Recipe Type:** Prep Recipe | **Yield:** 9 cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

### INGREDIENTS

### AMOUNTS

Chili powder	1 $\frac{3}{4}$ cup + 2 tablespoon
Smoked Paprika	$\frac{3}{4}$ cup + 2 tablespoon
Black pepper, ground	$\frac{3}{4}$ cup + 2 tablespoon
Granulated garlic	$\frac{3}{4}$ cup + 2 tablespoon
Onion powder	$\frac{3}{4}$ cup + 2 tablespoon
Cumin, ground	$\frac{3}{4}$ cup + 2 tablespoon
Oregano, dried, ground	$\frac{3}{4}$ cup + 2 tablespoon
Cayenne	$\frac{1}{4}$ cup

### Method

#### Day Prior to Service:

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

### Notes:

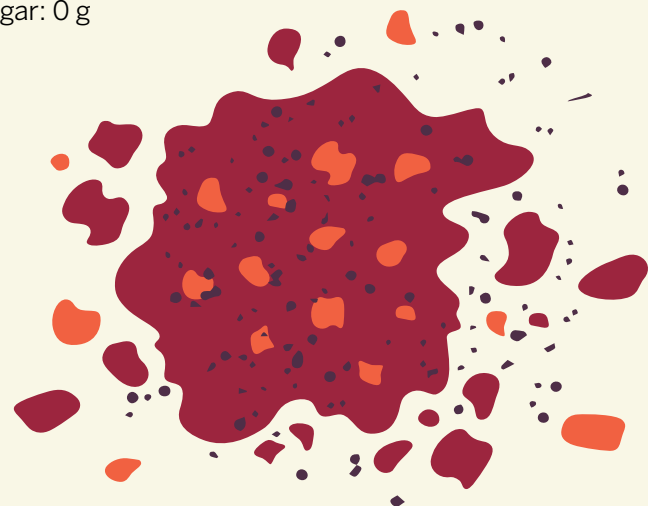
- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

### Nutrition Information (per serving):

Calories: 7 kcal / Protein: < 1g / Carbohydrate: 1.5 g / Fiber: < 1g

Saturated fat: < 1g / Total fat: < 1g / Sodium: 20 mg / Added sugar: 0 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative. Published with permission of the author. All rights reserved.*



# CITY SPICE BLEND

This smoky, garlicky seasoning blend adds great flavor to collard greens, kale, green beans, red beans, and black-eyed peas.

**Recipe Type:** Prep Recipe | **Yield:** 14 ½ cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

INGREDIENTS	AMOUNTS
Paprika	4 ¼ cup
Poultry seasoning	3 ¼ cup
Garlic, powder	3 cup
Black pepper	2 cup
Onion powder	2 cup

**Method:**

1. Combine all ingredients in a bowl and mix well.
2. Refill empty containers with spice blend.
3. Label and date spice blend.

**Notes:** Recommended for use on collard greens, kale, green beans, red beans, black eyed peas.

**Nutrition Information (per serving):**

Calories: 8 kcal / Protein: < 1 g / Carbohydrate:1.7 g / Fiber:< 1 g  
Saturated fat: < 1 g / Total fat: 0 g / Sodium: 2 mg / Added sugar: 0 g

*Source: Baltimore Public Schools, in collaboration with the CIA Healthy Kids Collaborative.  
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# EVERYTHING BAGEL SEASONING

On-trend everything bagel seasoning - a crunchy mix that adds big flavor to biscuits, rolls, buns, veggies, and more.

**Recipe Type:** Prep Recipe | **Yield:** 10 cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

INGREDIENTS	AMOUNTS
Poppy seeds	3 cup
Onion, dried, minced	2 cup
Garlic, dried, minced	2 cup
Sesame seeds, white	1 ½ cup
Sesame seeds, black	1 ½ cup

**Method:**

In a small bowl combine all ingredients. Stir until well combined. Store in a sealed jar or container.

**Notes:** Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

**Nutrition Information (per serving):**

Calories: 14 kcal / Protein: < 1 g / Carbohydrate: 1.3 g / Fiber: < 1 g

Saturated fat: < 1 g / Total fat: < 1 g / Sodium: < 1 mg / Added sugar: 0 g

*Source: Napa Valley Unified School District, in collaboration with the CIA Healthy Kids Collaborative. Published with permission of the author. All rights reserved.*



# HOUSE RANCH SEASONING BLEND

House made ranch seasoning blend can be used as a seasoning to finish food, make dressings, or to season food to be cooked.

**Recipe Type:** Prep Recipe | **Yield:** 10 cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

INGREDIENTS	AMOUNTS
Parsley, dried	2 ½ cup
Chives, dried	1 ½ cup
Dill, dried	1 ½ cup
Garlic, granulated	1 ½ cup
Onion, powder	1 ½ cup
Pepper, black, ground	½ cup
Basil, dried	¼ cup

**Method**  
**Day Prior to Service:**

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

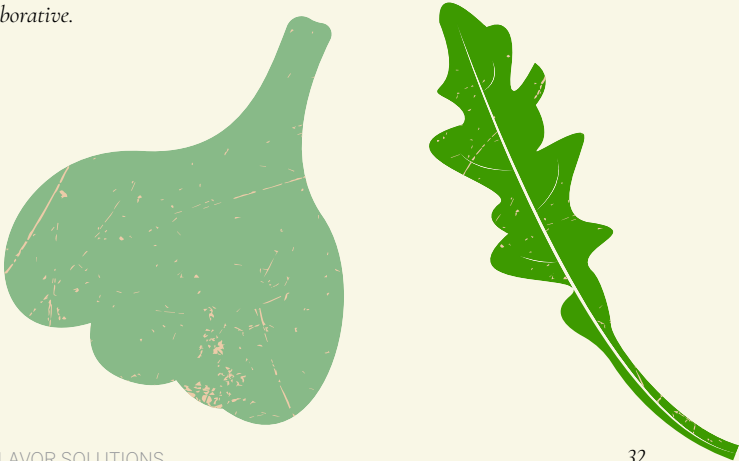
**Notes:**

- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

**Nutrition Information (per serving):**

Calories: 10 kcal / Protein: < 1 g / Carbohydrate: 2 g / Fiber: < 1 g / Saturated fat: < 1 g / Total fat: < 1 g / Sodium: 1.4 mg / Added sugar: 0 g

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# HOUSE SPICE BLEND

Our house spice blend is an essential addition to any school nutrition kitchen! Spice blends are like secret alchemy for your dishes! They elevate ordinary flavors to extraordinary heights, adding depth, complexity, and bursts of taste.

**Recipe Type:** Prep Recipe | **Yield:** 8 cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

INGREDIENTS	AMOUNTS
Paprika, smoked	3 cup
Garlic, granulated	1 ½ cup
Onion, powder	1 ½ cup
Oregano, dried	½ cup
Thyme, dried	½ cup
Celery seed	¼ cup
Coriander, ground	¼ cup
Pepper, black, ground	¼ cup
Pepper, white, ground	¼ cup
Allspice, ground	2 tablespoon

**Method**  
**Day Prior to Service:**

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

**Notes:**

- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

**Nutrition Information (per serving):**

Calories: 7 kcal / Protein: < 1 g / Carbohydrate: 1 g / Fiber: < 1 g  
Saturated fat: < 1 g / Total fat: < 1 g / Sodium: 1.3 mg / Added sugar: 0 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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## KOREAN GOCHUGARU SPICE BLEND

A bold, smoky blend with a fiery red hue and a touch of heat. Perfect for chicken, beef, veggies, wings, or spicing up noodles and rice. Sprinkle over fries or burgers for an instant flavor boost.

**Recipe Type:** Prep Recipe | **Yield:** 3 quarts | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

### INGREDIENTS

### AMOUNTS

Korean, chili flakes	3 cup
Paprika, smoked	3 cup
Cumin, ground	1 ½ cup
Garlic, granulated	1 ½ cup
Pepper, black, ground	¾ cup
Mustard, ground	¾ cup
Onion, powder	¾ cup
Ginger, ground	½ cup
Pepper, cayenne	¼ cup

### Method

#### Day Prior to Service:

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

### Notes:

- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

### Nutrition Information (per serving):

Calories: 6 kcal / Protein: < 1 g / Carbohydrate: 1 g / Fiber: < 1 g

Saturated fat: < 1 g / Total fat: < 1 g / Sodium: 1 mg / Added sugar: 0 g

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# PUMPKIN PIE SPICE BLEND

Trendy flavor favorite that can be found pretty much everywhere and is the essence of Fall.

**Recipe Type:** Prep Recipe | **Yield:** 7 ½ cups | **Serving Description:** 1 teaspoon

**Meal Pattern Crediting:** This recipe does not credit.

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

INGREDIENTS	AMOUNTS
Cinnamon, ground	4 cup
Ginger, ground	1 cup
Nutmeg, ground	1 cup
Allspice, ground	½ cup
Clove, ground	½ cup
Cardamom, ground	½ cup

**Method**  
**Day Prior to Service:**

1. In a large bowl, combine all ingredients and mix thoroughly.
2. Store, labeled and dated, in an airtight container.

**Notes:**

- Before using, stir or shake (spices may settle during storage).
- Make this spice blend in large-bulk batches a few times a year. Store, labeled and dated, in dry storage. Maximum shelf life to maintain quality is 1 year.

**Nutrition Information (per serving):**

Calories: 6 kcal / Protein: < 1 g / Carbohydrate: 1 g / Fiber: < 1 g  
Saturated fat: < 1 g / Total fat: < 1 g / Sodium: 1 mg / Added sugar: 0 g

*Source: Chef Rachel Petraglia, in collaboration with the CIA Healthy Kids Collaborative.  
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