

CREAMED GREENS

COOK TIME: 40 MINUTES

SERVINGS: 5

SERVING SIZE: 1/2 CUP



Ingredients

- 2 1/2 tablespoons oil
- 1 tablespoon flour
- 1 small onion
- 1/2 cup milk
- 1/4 cup cheese
- 1 bunch of greens such as kale,
chard, or spinach (about 5 cups chopped)
- 1 teaspoon salt

Directions

1. Heat oil in a pan and sautee the onions until they start to turn clear.
2. Add flour and mix in with the onions.
3. Add milk and stir until the sauce starts to thicken.
4. Stir in the cheese.
5. Mix in the greens and cover for 5-10 minutes, stirring frequently.
6. Remove the pan from the stove once the greens are wilted.

Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	122.5	
	% Daily Value*	
Total Fat	9.2 g	12 %
Saturated Fat	2.4 g	12 %
Trans Fat	0.1 g	
Cholesterol	7.5 mg	3 %
Sodium	526 mg	23 %
Total Carbohydrate	7 g	3 %
Dietary Fiber	1.9 g	7 %
Total Sugars	1.9 g	
Added Sugars	0 g	0 %
Protein	4 g	
Vitamin D	0.3 mcg	2 %
Calcium	153.1 mg	12 %
Iron	0.9 mg	5 %
Potassium	60.7 mg	1 %
* The % Daily Value (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.		
Full Info at cronometer.com		</>

cronometer.com

RHUBARB BREAD PUDDING

COOK TIME: 1 HOUR 40 MINUTES | SERVINGS: 14 | SERVING SIZE: 2/3 CUP



Ingredients

Cooking spray or oil
 1 cup milk
 3 eggs
 1 2/3 cups sugar
 7 slices of bread (preferably whole grain)
 5 cups diced rhubarb (fresh or frozen)
 1/2 teaspoon cinnamon
 Optional: 1 teaspoon vanilla extract
 Optional: 1/2 teaspoon nutmeg

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Coat an 8x8 baking pan with oil or cooking spray.
3. Cut bread slices into cubes.
4. If using frozen rhubarb, thaw and drain by squeezing over the sink between two paper towels or your hands.
5. In a large bowl, mix together milk, eggs, sugar, vanilla, and cinnamon.
6. Add cubed bread and rhubarb to mixture.
7. Pour mixture into a baking dish.
8. Bake for 60 to 75 minutes. During baking, use a spatula to occasionally push bread down (it will want to float to the top of the pan). To test for doneness, stick a knife or fork into the middle of the dish, if it comes out clean, it is done.

Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	166.7	
	% Daily Value*	
Total Fat	1.9 g	2 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	36 mg	12 %
Sodium	103.2 mg	4 %
Total Carbohydrate	34 g	12 %
Dietary Fiber	1.9 g	7 %
Total Sugars	25.6 g	
Added Sugars	24.1 g	48 %
Protein	4.4 g	
Vitamin D	0.4 mcg	2 %
Calcium	93.2 mg	7 %
Iron	0.7 mg	4 %
Potassium	209.7 mg	4 %
* The % Daily Value (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.		
Full Info at cronometer.com		</>

cronometer.com

VEGGIE PIZZA WITH TORTILLAS

COOK TIME: 40 MINUTES | SERVINGS: 4 | SERVING SIZE: 1 TORTILLA



Ingredients

- 4 4-inch flour tortillas
- 1 cup thinly sliced vegetables (such as zucchini, peppers, mushrooms, tomato, spinach, onions)
- 2 tablespoons tomato sauce (optional)
- 1/4 cup shredded cheese
- Any dried or fresh herbs you would like to add

Directions

1. Preheat oven or toaster oven to 450 degrees Fahrenheit. Place tortillas on a baking sheet.
2. Optional: Spread 1/2 tablespoon of tomato sauce onto each tortilla.
3. Place enough grated cheese on top of each tortilla to cover it.
4. Arrange about 1/4 cup of vegetables on top of the cheese layer.
5. Bake at 450 degrees Fahrenheit for 10 minutes or until cheese starts to bubble. If using a microwave, place each tortilla on a microwave safe plate and microwave on high for a minute or more.

Nutrition Facts

Serving Size		1 Serving
Amount Per Serving		
Calories		101.7
		% Daily Value*
Total Fat	4.5 g	6 %
Saturated Fat	1.9 g	9 %
Trans Fat	0.1 g	
Cholesterol	7 mg	2 %
Sodium	219.1 mg	10 %
Total Carbohydrate	12.4 g	5 %
Dietary Fiber	0.9 g	3 %
Total Sugars	1.9 g	
Added Sugars	0 g	0 %
Protein	4 g	
Vitamin D	0 mcg	0 %
Calcium	95.5 mg	7 %
Iron	0.9 mg	5 %
Potassium	100.9 mg	2 %

* The % Daily Value (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.

Full Info at cronometer.com

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cronometer.com

VEGGIE PATTIES WITH RICE

COOK TIME: 1 HOUR

SERVINGS: 5

SERVING SIZE: 2 PATTIES



Veggie patties topped with arugula and dressing.

Photo credit: Aubrey Arnt

Ingredients

- 2 tablespoons oil
- 2 cups shredded vegetables
(such as carrots, zucchini, beets, winter squash)
- 1 cup shredded potato
- 1 small thinly sliced onion
- 3 eggs
- 3/4 cup cooked white rice
- 1/2 cup crushed cornflakes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 tablespoons chopped fresh herbs
or 1 tablespoon dried herbs

Directions

1. Shred the mixed vegetables and potatoes.
2. Drain the shredded vegetables and potatoes by squeezing them over the sink between two paper towels, a thin dish towel, or your hands.
3. Mix rice & breadcrumbs with vegetables, eggs, onion, salt, pepper, and herbs.
4. Form mixture into 3-inch patties.
5. Heat 2 tablespoons of vegetable oil in skillet and cook patties on medium heat for 8 minutes, flipping halfway through.

Nutrition Facts

Serving Size	1 Serving	
Amount Per Serving		
Calories	171.7	
	% Daily Value*	
Total Fat	7.1 g	9 %
Saturated Fat	1.3 g	7 %
Trans Fat	0 g	
Cholesterol	49.2 mg	16 %
Sodium	373.8 mg	16 %
Total Carbohydrate	23.5 g	9 %
Dietary Fiber	1.5 g	5 %
Total Sugars	2.6 g	
Added Sugars	1.2 g	2 %
Protein	4 g	
Vitamin D	0.3 mcg	1 %
Calcium	19 mg	1 %
Iron	1.9 mg	11 %
Potassium	204.6 mg	4 %

* The % Daily Value (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.

Full Info at cronometer.com

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cronometer.com

VEGGIE PATTIES WITH BREAD CRUMBS

COOK TIME: 1 HOUR

| SERVINGS: 5

| SERVING SIZE: 2 PATTIES



Veggie patties topped with arugula and dressing.

Photo credit: Aubrey Arnt

Ingredients

- 2 tablespoons oil
- 2 cups shredded vegetables (such as carrots, zucchini, beets, winter squash)
- 1 cup shredded potato
- 1 small thinly sliced onion
- 2 eggs
- 1 cup bread crumbs
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 tablespoons chopped fresh herbs
or 1 tablespoon dried herbs

Directions

1. Shred the mixed vegetables and potatoes.
2. Drain the shredded vegetables and potatoes by squeezing them over the sink between two paper towels, a thin dish towel, or your hands.
3. Mix the rice and breadcrumbs with the vegetables, eggs, onion, salt, pepper, and herbs.
4. Form the mixture into 3-inch patties.
5. Heat 2 tablespoons of vegetable oil in skillet and cook the patties on medium heat for 8 minutes, flipping halfway through.

Nutrition Facts

Serving Size 1 x 5 Serving — 100g

Amount Per Serving

Calories 182.7

		% Daily Value*
Total Fat	8.8 g	11 %
Saturated Fat	1.8 g	9 %
Trans Fat	0 g	
Cholesterol	74.1 mg	25 %
Sodium	673.6 mg	29 %
Total Carbohydrate	19.9 g	7 %
Dietary Fiber	2.1 g	7 %
Total Sugars	4.2 g	
Added Sugars	1.3 g	3 %
Protein	6.1 g	
Vitamin D	0.4 mcg	2 %
Calcium	59.6 mg	5 %
Iron	1.6 mg	9 %
Potassium	210.3 mg	4 %

* The % Daily Value (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.

Full Info at cronometer.com

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cronometer.com

Creamed Spinach or Other Greens – Recipe Testing Guide for Using Kale

Adapted from: <https://healthyschoolrecipes.com/recipes/creamed-spinach-usda/>

Use the following form to test this recipe. If you use different measurements or follow different directions than what is included in the original recipe, please note these changes in the right column next to the recipe (titled either “Measurements & Ingredients I used” or “Directions I used”). **This is an important part of recipe creation because it makes it so that whatever improvements you make can be replicated in the final recipe.** Where there is *red italicized text*, these are questions it would be helpful for you to answer (if possible) when you are making the recipe.

Ingredients

Serves 5 (1/2 cup servings)

Time: unknown - *How long does this recipe take to make from start to finish?*

Original Measurements & Ingredients	Measurements & Ingredients I used
2.5 tsp oil	
1 tbs flour	
1 small onion	
3/4 cup milk	
1/4 cup shredded cheese	
2 lbs kale de-ribbed	<i>How many cups is 2lbs of greens finely chopped?</i>
Salt	

Directions

Original Directions	Directions I used
1. Heat oil in a pan and then add greens. Cover and cook for about 5 minutes – stirring occasionally.	
2. Remove from heat.	
3. In a separate pan, heat oil. Add garlic and onion and sauté until onion is clear.	

4. Add flour and stir for 5 minutes.	
5. Add milk and stir until the sauce starts to boil then reduce to low heat.	
6. Stir in cheese.	
7. Add sauce to pan with greens.	
8. Optional step: Put greens mixture into baking pan and cover with 1/8 cup shredded cheese. Bake for 10 minutes at 350 degrees Fahrenheit for 10 minutes or until the cheese on top melts.	

If you made any changes to the recipe, why did you make these changes?

How many servings did this recipe actually make?

How much time did it take to make this recipe? _____

Did this seem like a reasonable amount of time? _____

Recipe Rating

Once you have tasted the recipe, rate the recipe on different factors and explain why you chose the ratings you did.

What did you think of the recipe? Circle your rating.

Taste – how was the taste of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Texture – what did you think of the texture of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Smell – what did you think of the smell of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Overall – what did you think of the dish overall?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

What would you change in this recipe before it is shared with Food Market participants?

Other Notes: _____

Rhubarb Bread Pudding

Adapted from:

<https://www.eatright.org/food/planning-and-prep/recipes/rhubarb-bread-pudding-recipe>

Use the following form to test this recipe. If you use different measurements or follow different directions than what is included in the original recipe, please note these changes in the right column next to the recipe (titled either “Measurements & Ingredients I used” or “Directions I used”). **This is an important part of recipe creation because it makes it so that whatever improvements you make can be replicated in the final recipe.** Where there is *red italicized text*, these are questions it would be helpful for you to answer (if possible) when you are making the recipe.

Ingredients

Serves: unknown – *How many servings are in this recipe?*

Serving size: 2/3 cup

Time: unknown - *How long does this recipe take to make from start to finish?*

Original Measurements & Ingredients	Measurements & Ingredients I used
Cooking spray or oil	Forgot
1 cups milk	
3 eggs	
1 2/3 cup sugar	
7 slices of bread	<i>What kind of bread did you use?</i>
5 cups diced rhubarb (fresh or frozen) Thaw if frozen	
½ tsp cinnamon	
Optional: 2 tsp vanilla extract	<i>Did you add vanilla extract? 1tsp</i>
Optional: Add ½ tsp nutmeg	<i>Did you add nutmeg?</i>

Directions

Original Directions	Directions I used
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1. Preheat oven to 350 degrees Fahrenheit.	
2. Coat an 8x8 baking pan with oil or cooking spray.	
3. Cut bread slices into cubes.	
4. In a large bowl, mix together milk, egg, sugar, vanilla, and cinnamon.	
5. Add cubed bread and rhubarb to mixture. If rhubarb was frozen, drain by squeezing over the sink between two paper towels or your hands.	
6. Pour mixture into baking dish.	
7. Bake for 60 to 75 minutes. During baking, use spatula to occasionally push bread down (it will want to float to the top of the pan). To test for doneness, stick a knife or fork into the middle of the dish – if it comes out clean, it is done.	

Tip

Substitute all or part of the rhubarb for another fresh or frozen fruit

If you made any changes to the recipe, why did you make these changes?

How many servings did this recipe actually make?

How much time did it take to make this recipe? _____

Did this seem like a reasonable amount of time? _____

Recipe Rating

Once you have tasted the recipe, rate the recipe on different factors and explain why you chose the ratings you did.

What did you think of the recipe? Circle your rating.

Taste – how was the taste of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Texture – what did you think of the texture of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Smell – what did you think of the smell of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Overall – what did you think of the dish overall?

1 = Really didn't like

10 = It was great!

1

2

3

4

5

6

7

8

9

10

Why did you choose this rating? _____

What would you change in this recipe before it is shared with Food Market participants?

Other Notes: _____

Vegetable Pizzas - Tortilla

Adapted from: <https://www.foodhero.org/recipes/my-personal-pizza>

Use the following form to test this recipe. If you use different measurements or follow different directions than what is included in the original recipe, please note these changes in the right column next to the recipe (titled either "Measurements & Ingredients I used" or "Directions I used"). **This is an important part of recipe creation because it makes it so that whatever improvements you make can be replicated in the final recipe.** Where there is *red italicized text*, these are questions it would be helpful for you to answer (if possible) when you are making the recipe.

Ingredients

Servings: 4

Serving size: 1 tortilla

Time: unknown - *How long does this recipe take to make from start to finish?*

Original Measurements & Ingredients	Measurements & Ingredients I used
4 tortillas	<i>What kind of tortillas did you use?</i>
2 cup of thinly sliced vegetables (such as zucchini, peppers, mushrooms, tomato, spinach, onions)	<i>What kinds of vegetables did you use?</i>
4 tbsp of tomato sauce (optional)	
1 cup shredded cheese	
Any dried or fresh herbs you would like to add	

Directions – Oven or toaster oven

Original Directions	Directions I used
1. Preheat oven to 450 degrees Fahrenheit. Place tortillas on a baking sheet.	
2. Optional: Spread 1 tbsp of tomato sauce onto each tortilla.	<i>Did you use tomato sauce?</i>

3. Place $\frac{1}{4}$ cup grated cheese on top of each tortilla.	
4. Arrange about $\frac{1}{2}$ cup of vegetables on top of cheese.	<i>How many cups of vegetables did you use for each tortilla?</i>
5. Bake at 450 degrees Fahrenheit for 10 minutes or until cheese starts to bubble.	<i>Is this the right amount of time?</i>

If you made any changes to the recipe, why did you make these changes?

How much time did it take to make this recipe? _____

Did this seem like a reasonable amount of time? _____

Directions – Microwave

Original Directions	Directions I used
1. Place 1 tortilla on a microwave safe plate.	
2. Optional: Spread 1 tbsp of tomato sauce onto the tortilla.	<i>Did you use tomato sauce?</i>
3. Place $\frac{1}{4}$ cup grated cheese on top of tortilla.	
4. Arrange about $\frac{1}{2}$ cup of vegetables on top of cheese.	<i>How many cups of vegetables did you use for each tortilla?</i>
5. Microwave on high for 1-2 minutes, until the cheese melts.	<i>Is this the right amount of time?</i>

If you made any changes to the recipe, why did you make these changes?

How much time did it take to make this recipe? _____

Did this seem like a reasonable amount of time? _____

Recipe Rating

Once you have tasted the recipe, rate the recipe on different factors and explain why you chose the ratings you did.

What did you think of the recipe? Circle your rating.

Taste – how was the taste of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Texture – what did you think of the texture of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Smell – what did you think of the smell of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Overall – what did you think of the dish overall?

1 = Really didn't like

10 = It was great!

1

2

3

4

5

6

7

8

9

10

Why did you choose this rating? _____

What would you change in this recipe before it is shared with Food Market participants?

Other Notes: _____

Veggie Patties – Rice

Adapted from: <https://foodhero.org/recipes/veggie-patties>

Use the following form to test this recipe. If you use different measurements or follow different directions than what is included in the original recipe, please note these changes in the right column next to the recipe (titled either “Measurements & Ingredients I used” or “Directions I used”). **This is an important part of recipe creation because it makes it so that whatever improvements you make can be replicated in the final recipe.** Where there is *red italicized text*, these are questions it would be helpful for you to answer (if possible) when you are making the recipe.

Ingredients

Makes: 12 3-inch patties

Preparation & Cooking Time: 1 Hour

Original Measurements & Ingredients	Measurements & Ingredients I used
2 cups shredded vegetables (such as carrots, zucchini, beets, winter squash)	<i>What vegetables did you use?</i>
1 cup shredded potato	
½ cup thinly sliced onion	
2 eggs	
¾ cup cooked white rice	
½ cup crushed cornflakes	
1 tsp salt	
½ tsp black pepper	
4 tbs chopped fresh herbs or 1 tbs dried herbs	<i>Did you add herbs? Which herbs?</i>

Directions

Original Directions	Directions I used
1. Shred the mixed vegetables and potatoes	

2. Drain the shredded vegetables and potatoes by squeezing them over the sink between two paper towels or your hands	
3. Mix rice and cornflakes with vegetables, eggs, onion, salt, pepper, and herbs (if using)	
4. Form mixture into small patties	
1. Heat 2 tablespoons of vegetable oil on skillet and cook patties on medium heat for 8 minutes, flipping halfway through.	

Tips

Make a double batch and freeze half of patties once cooked.

Top with yogurt or sour cream.

If you made any changes to the recipe, why did you make these changes?

How many servings did this recipe actually make?

How much time did it take to make this recipe? _____

Did this seem like a reasonable amount of time? _____

Recipe Rating

Once you have tasted the recipe, rate the recipe on different factors and explain why you chose the ratings you did.

What did you think of the recipe? Circle your rating.

Taste – how was the taste of this dish?

1 = Really didn't like

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1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Texture – what did you think of the texture of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Smell – what did you think of the smell of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Overall – what did you think of the dish overall?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

What would you change in this recipe before it is shared with Food Market participants?

Other Notes: _____

Adapted from: <https://foodhero.org/recipes/veggie-patties>

Veggie Patties - Breadcrumbs

Adapted from: <https://foodhero.org/recipes/veggie-patties>

Use the following form to test this recipe. If you use different measurements or follow different directions than what is included in the original recipe, please note these changes in the right column next to the recipe (titled either “Measurements & Ingredients I used” or “Directions I used”). **This is an important part of recipe creation because it makes it so that whatever improvements you make can be replicated in the final recipe.** Where there is *red italicized text*, these are questions it would be helpful for you to answer (if possible) when you are making the recipe.

Ingredients

Makes: 14 patties

Preparation & Cooking Time: 30 minutes

Ingredients

Original Measurements & Ingredients	Measurements & Ingredients I used
2 cups shredded vegetables (such as carrots, zucchini, beets, winter squash)	<i>What vegetables did you use?</i>
1 cup shredded potato	
½ cup thinly sliced onion	
2 eggs	
1 cup breadcrumbs	<i>What kind of breadcrumbs did you use?</i>
1 tsp salt	
½ tsp black pepper	
Optional: 2 tablespoons chopped parsley or other herbs	<i>Did you add herbs? Which herbs?</i>

Directions

Original Directions	Directions I used
1. Shred the mixed vegetables and potatoes	

2. Drain the shredded vegetables and potatoes by squeezing them over the sink between two paper towels or your hands	
3. Mix breadcrumbs with vegetables, eggs, onion, salt, pepper, and herbs (if using)	
4. Form mixture into small patties	
1. Heat 2 tablespoons of vegetable oil on skillet and cook patties on medium heat for 8 minutes, flipping halfway through.	

Tips

Make a double batch and freeze half of patties once cooked.

Top with yogurt or sour cream.

If you made any changes to the recipe, why did you make these changes?

How many servings did this recipe actually make?

How much time did it take to make this recipe? _____

Did this seem like a reasonable amount of time? _____

Recipe Rating

Once you have tasted the recipe, rate the recipe on different factors and explain why you chose the ratings you did.

What did you think of the recipe? Circle your rating.

Taste – how was the taste of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Texture – what did you think of the texture of this dish?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Smell – what did you think of the smell of this dish?

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10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

Overall – what did you think of the dish overall?

1 = Really didn't like

10 = It was great!

1 2 3 4 5 6 7 8 9 10

Why did you choose this rating? _____

What would you change in this recipe before it is shared with Food Market participants?

Other Notes:
