

Recipe Development Template – Team Nutrition School Meals Recipe Development Grant

This template must be completed for each recipe submitted to the ISBE Nutrition Department to be considered for the taste test event.

Recipe Name:	Number of Servings:	Serving Size:
Description:		

Ingredients

List all ingredients (along with specifications) and their measurements included in the recipe.

Ingredient	Description	Measure
<i>Example: Tomato</i>	<i>Diced</i>	<i>¼ cup</i>

Ingredient	Description	Measure

Directions

List all preparation steps included in the recipe, numbering the steps in order of occurrence.

Nutrient Analysis

Provide the following nutrients per serving.

Calories	<input type="text"/>	kcal
Total Fat	<input type="text"/>	g
Saturated Fat	<input type="text"/>	g
Sodium	<input type="text"/>	mg
Total Carbohydrate	<input type="text"/>	g
Fiber	<input type="text"/>	g
Total Sugars	<input type="text"/>	g
Added Sugars	<input type="text"/>	g
Protein	<input type="text"/>	g

Vegetable Description

Describe the importance of the featured vegetable(s) to Illinois.

Sample Menu

Provide an example of a one-day menu that includes the above recipe and meets all five of the required NSLP components (grain, meat/meat alternate, fruit, vegetable, and milk).

Cultural/Regional Description

Describe how the recipe incorporates cultural and/or regional food preferences or preparation methods, if applicable.

Meal Pattern Contribution

List how the recipe contributes to the applicable NSLP meal pattern components.

Vegetable Subgroups:

Dark Green	<input type="text"/>	cups
Red/Orange	<input type="text"/>	cups
Starchy	<input type="text"/>	cups
Beans/Peas	<input type="text"/>	cups
Other*	<input type="text"/>	cups
Additional**	<input type="text"/>	cups
Grains	<input type="text"/>	oz eq
Meat/Meat Alternate	<input type="text"/>	oz eq
Fruit	<input type="text"/>	cups

* The *Other* vegetable subgroup can include vegetables from that specific category, and can include vegetables from the *Dark Green*, *Red/Orange*, and *Beans/Peas* subgroups if exact quantities are unknown.

***Additional* vegetables are those needed to meet the weekly minimum requirement of 5 cups. Vegetable from any vegetable subgroup can be used as *Additional* vegetables if exact quantities are unknown.