Ginger and Lime Salmon

Yield: 25
Serving Size: 1
Portion Size: 1 salmon fillet
Recipe View: Public
Recipe ID: 2156
Status: Approved
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER
Tags: > Entree > Dairy-Free > Good Source of Potassium

Ingredients
>> 63/4 lb(s) salmon fillets, raw (each fillet weighs approximately 1 oz)
>> 1/2 cup(s) lime juice
>> 1/2 tsp(s) black pepper, ground
>> 2 tsp(s) grated or fresh ginger root
>> 3/4 cup(s) olive oil
>> 3 fresh limes

Directions
>> 1. Preheat oven to 350°F.
>> 2. Coat salmon with olive oil and season with pepper, lime juice, and ginger.
>> 3. Bake fillets for 25 minutes or until fish reaches an internal temperature of at least 145°F.

Requirements
>> The NYC Food Standards require that canned/frozen seafood contain <=290 mg sodium per serving.

Nutrition Facts

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<th>Amount Per Serving</th>
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Tuna Nicoise Salad**

Yield: 25
Serving Size: 1
Portion Size: 1 cup salad and 2 tablespoons of dressing
Recipe View: Public
Recipe ID: 884
Status: Approved
Contributed By: 884

Tags: > Entree > Vegetable > Dairy-Free > Good Source of Iron > Good Source of Potassium > Good Source of Vitamin C

### Ingredients

- 66 oz(s) tuna fish, canned
- 7 eggs
- 3 lb(s) tomatoes, cut into wedges
- 1 1/2 lb(s) red potatoes
- 3 lb(s) green beans
- 1 cup(s) olives, pitted
- 1 cup(s) vegetable oil
- 1/2 cup(s) red wine vinegar
- 1 1/2 tbsp(s) Dijon mustard
- 1 1/2 tbsp(s) garlic, chopped
- 1 1/2 tbsp(s) parsley, chopped
- 1 tsp(s) sugar
- 2 tsp(s) tarragon, dried
- 1/8 tsp ground black pepper to taste

### Nutrition Facts

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Directions

1. Steam or boil red potatoes. Cut into quarters.
2. Hard boil eggs and cut into quarters.
3. Blanch green beans in boiling water for 5 minutes.
4. Arrange all salad ingredients (tuna, eggs, green beans, potatoes, olives, and tomatoes - chilled) on individual plates and drizzle 2 tablespoons of dressing over each salad.
5. Combine salad dressing ingredients and shake or whisk to emulsify.

### Requirements

- The NYC Food Standards require that canned/frozen seafood contain <=290 mg sodium per serving.
Turkey with Gravy

Yield: 25
Serving Size: 1
Portion Size: Approximately 6-8 oz
Recipe View: Public
Recipe ID: 2249
Status: Approved
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER
Tags: > Entree > Dairy-Free > Good Source of Iron

Ingredients

» 8 1/4 lb(s) turkey breast-raw, bone-in, skin removed
» 3 1/3 cup(s) boiling water
» 10 oz(s) fresh onions, chopped
» 1 1/3 lb(s) tomatoes, whole, canned, without salt added
» 1/2 tbsp(s) ground ginger
» 1/2 tsp(s) bay leaf
» 1/2 tbsp(s) black pepper, ground
» 1 tsp(s) garlic powder
» 4 oz(s) flour
» 1/8 cup(s) cold water
» 3 1/2 lb(s) reserved stock

Directions

» 1. Place turkey in a stock pot, brown all sides and add boiling water.
» 2. Add onions, tomatoes, ginger, bay leaf, garlic, and pepper to turkey.
» 3. Cover and simmer until tender and turkey reaches an internal temperature of at least 165°F.
» 4. Let turkey stand for 20 minutes and then slice.
» 5. For gravy combine flour, reserved stock and water, Stir constantly until smooth. Cook until slightly thickened. Serve over turkey.

Requirements

» The NYC Food Standards require that canned/frozen poultry contain <=290 mg sodium per serving.
Beef Stew

Yield: 25
Serving Size: 1
Portion Size: Approximately 8-10 oz
Recipe View: Public
Recipe ID: 215
Status: Approved
Contributed By: SNAP OF EASTERN QUEENS SENIOR CENTER

Tags: > Entrée > Dairy-Free > Good Source of Iron > Good Source of Potassium > Good Source of Vitamin C

Ingredients

» 7 3/4 lb(s) beef cubes - raw, chuck, well trimmed
» 1 1/2 cup(s) carrots, sliced
» 1 1/2 cup(s) celery stalks, chopped
» 1 lb(s) onions, quartered
» 2 lb(s) potatoes, quartered
» 3 cup(s) diced tomatoes, canned
» 1/2 cup(s) vegetable oil
» 1/2 cup(s) all purpose flour
» 1/2 tbsp(s) bay leaf
» 1 tbsp(s) ground black pepper
» 1/2 tbsp(s) thyme, dried
» 8 cup(s) water

Directions

» 1. Coat beef with a mixture of all purpose flour and ground black pepper.
» 2. Heat vegetable oil in roasting pan. Add beef cubes and cook until browned, stirring often.
» 3. Stir in diced tomatoes, water, thyme, and bay leaves and heat to a boil. Reduce heat.
» 4. Add onions, celery, carrots and potatoes. Cook for 1 1/2 hours, or until the beef and vegetables are fully cooked and tender. A safe minimal internal temperature of 145°F should be reached.

Requirements

» The NYC Food Standards require that canned/frozen vegetables and beans contain <=290 mg sodium per serving.
Chicken Jambalaya

Yield: 25
Serving Size: 1
Portion Size: Approximately 5-7 oz
Recipe View: Public
Recipe ID: 148
Status: Approved
Contributed By: MANHATTANVILLE RIVERSIDE NEIGHBORHOOD SC

Tags: > Entrée > Grains > Dairy-Free > Good Source of Potassium > Good Source of Vitamin C

Ingredients

» 6 1/2 lb(s) chicken breast-raw, bone & skin removed (approximately 4-6 oz per breast)
» 7 1/4 cup(s) brown rice, uncooked
» 1/2 cup(s) vegetable oil
» 1 1/4 cup(s) green peppers, diced
» 1 1/4 cup(s) onions, chopped
» 2 tsp(s) garlic powder
» 4 cup(s) canned whole tomatoes, low sodium
» 1 cup(s) black olives, sliced
» 4 cup(s) chicken broth, low sodium

Directions

>> 1. Preheat oven to 350° F.
>> 2. Bake chicken, about 30 minutes (until juices run clear) or until internal temperature reaches at least 165° F. Cut into cubes.
>> 3. Prepare brown rice according to directions. Set aside.
>> 4. Heat vegetable oil in a large skillet over high heat. Add green peppers, onions, and garlic powder to skillet. Stir occasionally until vegetables are tender (about 3-5 minutes).
>> 5. Add cubed chicken, vegetable mixture, tomatoes (with liquid), olives, chicken broth and rice in large pot over medium heat. Mix thoroughly and break up tomatoes into pieces.
>> 6. Cover and cook for an additional 20-23 minutes over low heat. If mixture becomes a dry, add water if needed.

Requirements

>> The NYC Food Standards require that canned/frozen poultry contain <=290 mg sodium per serving.
>> The NYC Food Standards require that canned/frozen vegetables contain <=220 mg sodium per serving.
**Chicken Fricassee**

*Yield:* 25  
*Serving Size:* 1  
*Portion Size:* 1 chicken breast  
*Recipe View:* Public  
*Recipe ID:* 696  
*Status:* Approved  
*Contributed By:* N SHOPP LEON NEIGHBORHOOD SENIOR CENTER

**Tags:** > Entree > Dairy-Free

### Ingredients

- 61/2 lb(s) chicken breast - raw, bone and skin removed (each breast weighs approximately 4-6 oz)
- 22 oz(s) water, divided
- 1/2 cup(s) chicken broth, low sodium
- 1 tbsp(s) garlic powder
- 1 tbsp(s) onion powder
- 1 tbsp(s) garlic cloves, minced
- 2 tbsp(s) thyme, dried
- 1 tbsp(s) paprika
- 2 tbsp(s) Mrs. Dash seasoning
- 2 tbsp(s) distilled vinegar
- 1 tbsp(s) vegetable oil
- 2 tbsp(s) Worcestershire sauce
- 1/2 cup(s) carrots, sliced
- 1/2 cup(s) celery stalks, chopped
- 2 tsp(s) bay leaves
- 2 tbsp(s) cornstarch

### Directions

1. Season chicken with 4 oz of water, chicken broth, garlic powder, onion powder, garlic cloves, thyme, paprika, Mrs. Dash seasoning, distilled vinegar, vegetable oil, Worcestershire sauce, carrots, celery and bay leaves.  
2. Refrigerate until the following day.  
3. In a large pot, place seasoned chicken and 16 oz of water and cook for 2 hours.  
4. Once cooked, mix corn starch and 2 oz of cold water in a small bowl and stir into chicken for 5 minutes. Remove from heat, ensure that internal temperature of chicken measures a minimum of 165°F and serve immediately.

### Requirements

- The NYC Food Standards require that canned/frozen poultry contain <=290 mg sodium per serving.  
- The NYC Food Standards require that canned/frozen vegetables contain <=220 mg sodium per serving.

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**Nutrition Facts**

* Serving Size 1 (1 chicken breast)  

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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Coconut Curried Chicken Breast

Yield: 25
Serving Size: 1
Portion Size: Approximately 8-10 oz
Recipe View: Public
Recipe ID: 475
Status: Approved
Contributed By: CITY HALL NEIGHBORHOOD SENIOR CENTER

Tags: > Entree > Vegetable > Good Source of Fiber > Good Source of Potassium > Good Source of Vitamin A > Good Source of Vitamin C

Ingredients

» 6 1/2 lb(s) chicken breast-raw, bone and skin removed, cut into bite-sized pieces
» 5 1/4 lb(s) potatoes, peeled, diced
» 11/2 lb(s) onions, diced
» 3 1/2 lb(s) carrots, diced
» 16 oz(s) coconut milk
» 32 oz(s) milk, 1%
» 5 tbsp(s) oil
» 2 tbsp(s) sugar
» 2 tbsp(s) cornstarch
» 2 oz(s) curry powder
» 2 tbsp(s) chili powder
» 1/4 cup(s) water

Directions

» 1. Saute potatoes, onions, and carrots in oil.
» 2. Stir in curry powder, sugar and chili powder. Dissolve cornstarch in 1/4 cup water and add to mixture. Bring to boil.
» 3. Add chicken, coconut milk, and 1% milk.
» 4. Simmer for 20 minutes, or until chicken reaches 165°F and potatoes are tender.

Nutrition Facts

Serving Size 1 (Approximately 8-10 oz)

Amount Per Serving

Calories 343 Calories from Fat 102
% Daily Value *
Total Fat 11g 17%
Saturated Fat 6g 26%
Trans Fat 0g 0%
Cholesterol 74mg 25%
Sodium 158mg 7%
Carbohydrate 30g 10%
Dietary Fiber 5g 21%
Sugar 9g
Protein 31g 62%

Vitamin A 218% Calcium 11%
Vitamin C 26% Iron 13%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Spanish Style Beef Stew**

Yield: 25  
Serving Size: 1  
Portion Size: Approximately 6-8 oz  
Recipe View: Public  
Recipe ID: 679  
Status: Approved  
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER  
Tags: > Entree > Dairy-Free > Latin Cuisine > Good Source of Potassium > Good Source of Vitamin C

### Ingredients

- 73/4 lb(s) beef - raw, chuck, well trimmed  
- 11/2 oz(s) oregano  
- 2 tbsp(s) garlic cloves, minced  
- 1/2 lb(s) onions, chopped  
- 1/4 Item bunch(es) cilantro, chopped  
- 3/4 lb(s) green bell pepper, chopped  
- 3/4 lb(s) red bell pepper, chopped  
- 1 Item celery stalks, chopped  
- 1/2 tsp(s) ground black pepper  
- 12 cup(s) water  
- 21/2 tbsp(s) tomato paste, canned

### Directions

1. Brown beef in a pot over medium high heat.  
2. Add oregano, garlic, onions, cilantro, peppers, celery and ground black pepper.  
3. Add water and tomato paste, mix together.  
4. Cover and simmer for approximately 2 hours, adding more water if necessary.  
5. Beef is done when it reaches a minimum internal temperature of 165°F.

### Requirements

- The NYC Food Standards require that canned/frozen vegetables contain <=220 mg sodium per serving.

### Nutrition Facts

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Baked Brown Rice Pilaf**

Yield: 25
Serving Size: 1
Portion Size: Approximately 1/2 cup
Recipe View: Public
Recipe ID: 443
Status: Approved
Contributed By: AP RANDOLPH NEIGHBORHOOD SC

Tags: > Grains > Dairy-Free

**Ingredients**

- 8 cup(s) water
- 1/4 cup(s) vegetable oil
- 2 medium onions, diced
- 2 garlic cloves, minced
- 7 1/4 cup(s) brown rice, uncooked (Approximately 3 pounds)
- 1 tsp(s) ground black pepper

**Nutrition Facts**

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<td>Iron</td>
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Directions**

1. Preheat oven to 375°F.
2. Bring water to a boil in a medium pot.
3. Place a hotel pan or a 2-inch deep baking dish on the stovetop over medium-high heat.
4. Add the vegetable oil and onion and sauté for 5 minutes until translucent.
5. Add the garlic and cook for 30 seconds. Then add the brown rice and stir for 1 minute to coat the rice evenly with oil. Turn off heat.
6. Pour boiling water over the rice and stir to combine. Cover the pan/dish tightly with heavy-duty aluminum foil.
7. Bake in the middle rack of the oven for 1 hour, undisturbed, until rice is tender but still has a bite to it, and the water is completely absorbed.
8. Remove pan/dish from the oven and uncover. Fluff the rice with a fork and serve immediately.
Mexican Confetti Rice

Nutrition Facts

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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Yield: 25
Serving Size: 1
Portion Size: 1/2c
Recipe View: Public
Recipe ID: 2371
Status: Approved
Contributed By: GOOD COMPANIONS NEIGHBORHOOD SENIOR CENT

Tags: > Grains > Latin Cuisine > Good Source of Iron > Good Source of Vitamin C

Ingredients

» 3 cup(s) white rice, uncooked
» 3 cup(s) corn, frozen
» 1 Item small onion, diced small
» 1/2 lb(s) each: green and red peppers, diced small
» 1 cup(s) chicken broth, low sodium
» 3/4 cup(s) blended oil
» 1/2 tsp(s) turmeric
» 1 tbsp(s) sofrito (SS# 839)
» 2 1/2 cup(s) water

Directions

>> 1. In a medium stock pot, heat oil and saute onions, green and red peppers and rice. Add chicken broth, turmeric and sofrito and bring to a boil.

>> 2. Add corn and cook until liquid is absorbed. Stir rice and cover for another 25 minutes over low heat, or until cooked and ready to serve.
**Sweet Baked Yams**

Yield: 25  
Serving Size: 1  
Portion Size: Approximately 1/2 cup  
Recipe View: Public  
Recipe ID: 1218  
Status: Approved

**Nutrition Facts**

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Ingredients**

- 71/2 lb(s) sweet potatoes, fresh, peeled
- 11 oz(s) pancake syrup, reduced calorie
- 32 oz(s) 100% pineapple juice, unsweetened
- 11 tbsp(s) butter, unsalted
- 3 tbsp(s) cinnamon
- 1 tbsp(s) nutmeg

**Directions**

1. Preheat oven to 400°F.
2. Wash, peel and slice potatoes.
3. Place in pan, add all ingredients and bake about 25 minutes or until tender.

**Requirements**

The NYC Food Standards require that juice be 100% fruit juice.
**Moroccan Style Sauce**

**Yield:** 25
**Serving Size:** 1
**Portion Size:** Approximately 2 tbsp
**Recipe View:** Public
**Recipe ID:** 1248
**Status:** Approved
**Contributed By:** LENOX HILL NEIGHBORHOOD SENIOR CENTER

**Tags:** > Condiments > Mediterranean Cuisine

**Ingredients**

- 1 tbsp(s) chopped onion
- 2 tbsp(s) garlic, chopped
- 2 tbsp(s) vegetable oil
- 1/2 tsp(s) ground cinnamon
- 1 tsp(s) ground cumin
- 1 tsp(s) paprika
- 20 oz(s) tomatoes, whole, canned
- 1 cup(s) water
- 1/4 tsp(s) chicken base, low sodium
- 1 oz(s) spinach, chopped, frozen (or 2 oz, chopped, fresh)

**Directions**

1. Sauté onions and garlic in vegetable oil.
2. Add spices, whole tomatoes, water and chicken base.
4. Serve over broiled fish of choice.

**Requirements**

- The NYC Food Standards require that canned/frozen vegetables and beans contain <=290 mg sodium per serving.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (Approximately 2 tbsp)</td>
<td>Calories 16 Calories from Fat 9</td>
</tr>
<tr>
<td></td>
<td>% Daily Value *</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
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<tr>
<td>Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugar</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.