

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: > Entrée > Dairy-Free > Good Source of Potassium

Ingredients

- >> 63/4 lb(s) salmon fillets, raw (each fillet weighs approximately 6 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

Nutrition Facts

Serving Size 1 (1 salmon fillet)	
Amount Per Serving	
Calories 191	Calories from Fat 99
% Daily Value *	
Total Fat 11g	17%
Saturated Fat 2g	9%
Trans Fat 0g	0%
Cholesterol 47mg	16%
Sodium 77mg	3%
Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugar 0g	
Protein 21g	42%
Vitamin A 2%	• Calcium 1%
Vitamin C 6%	• Iron 3%

* 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 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.

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:

Tags: > Entrée > 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
- >> 0Salad Dressing
- >> 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
- >> 0ground black pepper to taste

Nutrition Facts

Serving Size 1 (1 cup salad and 2 tablespoons of dressing)	
Amount Per Serving	
Calories 221	Calories from Fat 104
% Daily Value *	
Total Fat 12g	18%
Saturated Fat 2g	8%
Trans Fat 0g	0%
Cholesterol 69mg	23%
Sodium 118mg	5%
Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Sugar 4g	
Protein 18g	37%
Vitamin A 20%	• Calcium 5%
Vitamin C 29%	• Iron 12%

* 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: > Entrée > 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

Nutrition Facts

Serving Size 1 (Approximately 6-8 oz)

Amount Per Serving

Calories 151 Calories from Fat 10

% Daily Value *

Total Fat 1g 2%

Saturated Fat 0g 2%

Trans Fat 0g 0%

Cholesterol 71mg 24%

Sodium 125mg 5%

Carbohydrate 6g 2%

Dietary Fiber 1g 2%

Sugar 1g

Protein 28g 55%

Vitamin A 1% • Calcium 4%

Vitamin C 5% • Iron 11%

* 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. 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

- >> 73/4 lb(s) beef cubes - raw, chuck, well trimmed
- >> 11/2 cup(s) carrots, sliced
- >> 11/2 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

Nutrition Facts

Serving Size 1 (Approximately 8-10 oz)	
Amount Per Serving	
Calories 253	Calories from Fat 92
% Daily Value *	
Total Fat 10g	16%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 84mg	28%
Sodium 88mg	4%
Carbohydrate 12g	4%
Dietary Fiber 2g	9%
Sugar 3g	
Protein 29g	58%
Vitamin A 28%	• Calcium 4%
Vitamin C 19%	• Iron 17%

* 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. 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, driced
- >> 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

Nutrition Facts

Serving Size 1 (Approximately 5-7 oz)	
Amount Per Serving	
Calories 313	Calories from Fat 82
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 2g	8%
Trans Fat 0g	0%
Cholesterol 72mg	24%
Sodium 123mg	5%
Carbohydrate 26g	9%
Dietary Fiber 3g	10%
Sugar 2g	
Protein 30g	60%
Vitamin A 2%	• Calcium 4%
Vitamin C 17%	• Iron 11%

* 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 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: > Entrée > Dairy-Free

Ingredients

- >> 6 1/2 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

Nutrition Facts

Serving Size 1 (1 chicken breast)	
Amount Per Serving	
Calories 154	Calories from Fat 33
% Daily Value *	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 72mg	24%
Sodium 82mg	3%
Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugar 0g	
Protein 27g	53%
Vitamin A 11%	• Calcium 2%
Vitamin C 1%	• Iron 6%

* 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. 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.

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: > Entrée > 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
- >> 1 1/2 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

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	28%
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.

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.

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: > Entrée > 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

Nutrition Facts

Serving Size 1 (Approximately 6-8 oz)

Amount Per Serving

Calories 181 Calories from Fat 54

% Daily Value *

Total Fat 6g 9%

Saturated Fat 3g 13%

Trans Fat 0g 0%

Cholesterol 84mg 28%

Sodium 65mg 3%

Carbohydrate 4g 1%

Dietary Fiber 2g 6%

Sugar 2g

Protein 28g 56%

Vitamin A 11% • Calcium 5%

Vitamin C 50% • Iron 19%

* 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. 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.

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

Serving Size 1 (Approximately 1/2 cup)			
Amount Per Serving			
Calories	136	Calories from Fat	28
		% Daily Value *	
Total Fat	3g		5%
Saturated Fat	0g		2%
Trans Fat	0g		0%
Cholesterol	0mg		0%
Sodium	8mg		0%
Carbohydrate	24g		8%
Dietary Fiber	2g		8%
Sugar	1g		
Protein	3g		5%
Vitamin A	0%	• Calcium	2%
Vitamin C	1%	• Iron	3%

* 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 saute 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

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

Nutrition Facts

Serving Size 1 (1/2c)

Amount Per Serving

Calories 163 Calories from Fat 63

% Daily Value *

Total Fat 7g 11%

Saturated Fat 1g 4%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 5mg 0%

Carbohydrate 23g 8%

Dietary Fiber 1g 5%

Sugar 3g

Protein 3g 5%

Vitamin A 6% • Calcium 1%

Vitamin C 36% • Iron 5%

* 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. 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
Contributed By:

Tags: > Vegetable > Vegetarian > Good Source of Potassium > Good Source of Vitamin A > Good Source of Vitamin C

Ingredients

- >> 7 1/2 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

Nutrition Facts

Serving Size 1 (Approximately 1/2 cup)	
Amount Per Serving	
Calories 182	Calories from Fat 51
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 4g	18%
Trans Fat 0g	0%
Cholesterol 13mg	4%
Sodium 31mg	1%
Carbohydrate 32g	11%
Dietary Fiber 2g	9%
Sugar 16g	
Protein 2g	4%
Vitamin A 369%	• Calcium 5%
Vitamin C 20%	• Iron 4%

* 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 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.
- >> 3. Simmer and add chopped spinach.
- >> 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

Serving Size 1 (Approximately 2 tbsp)

Amount Per Serving

Calories 16	Calories from Fat 9
% Daily Value *	
Total Fat 1g	2%
Saturated Fat 1g	1%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugar 1g	
Protein 1g	1%
Vitamin A 4%	• Calcium 1%
Vitamin C 4%	• Iron 2%

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