



"SPICE IT UP"

Recipes from the McCormick Spice Study

A research study conducted by the Penn State Children's Eating Behavior Laboratory in Partnership with The McCormick Science Institute and Bald Eagle Area Middle & High School

HOT AND SPICY

Great spice blend flavors for dishes served with tacos, burritos, or fajitas.

Nacho Corn and Peas

Ingredients:

3 lbs.	Corn kernels, frozen
1 lb.	Peas, frozen
2 Tbsp.	Vegetable or canola oil
1 tsp.	Salt
1 ¼ tsp.	Minced garlic, dried
2 tsp.	Onion powder
¼ tsp.	Cumin, ground
⅛ tsp.	(1 pinch) red pepper, ground
½ tsp.	Paprika

Procedure:

- Place 3 pounds of frozen corn and 1 pound of frozen peas into a perforated hotel pan. Combine thoroughly. Steam in electric steamer until 140°F.
- While corn and peas are steaming, measure oil, salt, and spices out into a large metal bowl. Using a rubber spatula, stir to combine.
- Once finished cooking, remove corn and peas from steamer. Pour into the large metal bowl with the oil/salt/spices mixture.
- Using a rubber spatula, toss corn and peas with oil/salt/spices until mixed thoroughly.
- Place steamed corn and peas in a half hotel pan or portion into cups. Serve as needed. Ideally prepare new corn and peas for each lunch service to maintain desired texture and appearance.



Fiesta Black Beans and Corn

Ingredients:

1	#10 can Low Sodium Black Beans, undrained
4 cups	Corn Kernels, frozen
4 tsp.	Garlic Powder
4 tsp.	Onion Powder
1 Tbsp.	Cumin, ground
1 Tbsp.	Paprika
½ tsp.	Cayenne, ground
1 ½ tsp.	Oregano, dry

Procedure:

- In a half hotel pan, combine beans, corn, and spices using a rubber spatula until spices are evenly distributed. Cover with lid.
- Bake in 325°F oven until 140°F. Serve hot.

Rockin' Root Veggies

Kickin' Ginger Garlic Carrots

A great blend to serve with California blend, broccoli, or other vegetables served alongside Chinese and Japanese main course dishes!

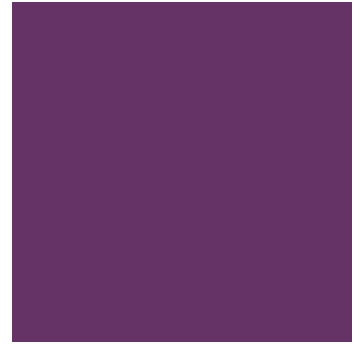
Ingredients:

4 lbs.	Carrots, frozen
2 Tbsp.	Vegetable or Canola Oil
½ tsp.	Salt
¾ tsp.	Garlic Powder
¾ tsp.	Ginger, ground
¼ tsp.	Cayenne, ground (¼ tsp will be too much, needs to be just under)

Procedure:

- Place 4 pounds of frozen carrots into a perforated hotel pan. Steam in electric steamer until 140°F.
- While carrots are steaming, measure vegetable oil, salt, and spices out into a large metal bowl. Using a rubber spatula, stir to combine.
- Once up to temp, remove carrots from steamer. Pour steamed carrots into the large metal bowl with the oil/salt/spices mixture.
- Using a rubber spatula, toss carrots with oil/salt/spices until evenly distributed
- Place steamed carrots into a half hotel pan or portion into individual cups. Hold and serve as needed. Ideally prepare new carrots for each lunch service to maintain good texture and appearance.





+Rockin' Root Veggies

Savory Chipotle Sweet Potatoes

Ingredients:

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|----------|--|
| 4 pounds | Sweet Potato, cube cut, frozen (test different products before choosing) |
| ½ tsp. | Salt |
| 2 Tbsp. | Vegetable or canola oil |
| 1 ¼ tsp. | Garlic Powder |
| 2 tsp. | Cumin, ground |
| ½ tsp. | Paprika |
| ¼ tsp. | Chipotle Chile Powder |

Procedure:

- Preheat oven to 450°F.
- Combine salt, spices, and oil in a large metal bowl. Place 4 pounds of frozen sweet potato chunks into the bowl and toss with a spatula or gloved hands until evenly distributed.
- Lay seasoned sweet potatoes in a single layer on parchment lined full size baking sheets.
- Bake sweet potatoes in 450°F oven for **20 minutes**, or until potatoes have started to brown at edges.
- Transfer baked sweet potatoes to a half hotel pan or portion into individual cups. Hold in steam table or warmers and serve as needed.

+ Rockin' Root Veggies

CinnaYUM! Carrots

A great recipe for fall!

Ingredients:

4 pounds	Carrots, frozen
2 Tbsp.	Vegetable Oil
½ tsp.	Salt
1 tsp.	Cinnamon

Procedure:

- Place 4 pounds of frozen carrots into a perforated hotel pan. Steam in electric steamer until 140°F.
- While carrots are steaming, measure vegetable oil, salt, and spices out into a large metal bowl. Using a rubber spatula, stir to combine.
- Once up to temp, remove carrots from steamer. Pour steamed carrots into the large metal bowl with the oil/salt/spices mixture.
- Using a rubber spatula, toss carrots with oil/salt/spices until evenly distributed
- Place steamed carrots in a half hotel pan or portion into individual cups. Hold and serve as needed. Ideally prepare new carrots for each lunch service to maintain good texture and appearance.





Classic Greens

DILLicious Broccoli

Ingredients:

4 lbs.	Broccoli, frozen
2 Tbsp.	Vegetable or Canola Oil
1 tsp.	Salt
1 tsp.	Garlic Powder
¾ tsp.	Onion Powder
¾ tsp.	Dill Weed, dry
½ tsp.	Black Pepper, ground



Procedure:

- Place 4 pounds of frozen broccoli into a perforated hotel pan. Steam in electric steamer until 140°F.
- While broccoli is steaming, measure vegetable oil, salt, and spices out into a large metal bowl. Using a rubber spatula, stir to combine.
- Once up to temp., remove broccoli from steamer. Pour steamed broccoli into the large metal bowl with the oil/salt/spices mixture.
- Using a rubber spatula and toss broccoli with oil/salt/spices. Use the rubber spatula to scrape the bottom of the bowl to ensure oil/salt/spices mixture is evenly distributed.
- Place steamed broccoli in a half hotel pan. Hold broccoli in steam table for service or individually portion into cups and hold in warmers. Place on lines as needed. Ideally prepare new broccoli for each lunch service to maintain desirable texture and appearance.





Classic Grøens

Homestyle Green Beans

Ingredients:

4 lbs.	Cut Green Beans, frozen
4 tsp.	Vegetable or Canola Oil
1 tsp.	Salt
1 tsp.	Garlic Powder
1 tsp.	Onion Powder
1 tsp.	Parsley Flakes, dry
¾ tsp.	Black Pepper, ground

Procedure:

- Place 4 pounds of frozen green beans into a perforated hotel pan. Steam in electric steamer until 140°F or desired consistency.
- While green beans are steaming, measure vegetable oil, salt, and spices out into a large metal bowl. Using a rubber spatula, stir to combine.
- Once finished, remove green beans from steamer. Pour into the large metal bowl with the oil/salt/spices mixture.
- Using a rubber spatula, thoroughly toss green beans with oil/salt/spices.
- Place steamed green beans in a half hotel pan or portion into individual cups. Keep in warmer and serve to students as needed. Ideally prepare new green beans for each lunch service to maintain desired texture and flavor. Vegetables will degrade faster if held in steam table than if portioned into cups and kept in the warmers.



+ ..and a Cool Cruciferous Veggie

Coriander Cauliflower

A great spice blend to serve alongside Indian dishes like curries!



Ingredients:

4	pounds
	Cauliflower, frozen
2 Tbsp.	Vegetable or Canola Oil
1 tsp.	Salt
$\frac{3}{4}$ tsp.	Garlic Powder
$\frac{1}{2}$ tsp.	Onion Powder
1 $\frac{3}{4}$ tsp.	Coriander, ground
$\frac{1}{4}$ tsp.	Black Pepper, ground

Procedure:

- Place 4 pounds of frozen cauliflower into a perforated hotel pan. Steam in electric steamer until 140°F.
- While cauliflower is steaming, measure vegetable oil, salt, and spices out into a large metal bowl. Using a rubber spatula, stir to combine.
- Once up to temp, remove cauliflower from steamer. Pour into the large metal bowl with the oil/salt/spices mixture.
- Using a rubber spatula, toss carrots with oil/salt/spices until evenly distributed
- Place steamed carrots in a half hotel pan or portion into individual cups. Hold and serve as needed. Ideally prepare new cauliflower for each lunch service to maintain good texture and appearance.

For further questions or inquiries about this study and others conducted through Penn State's Children's Eating Behavior Laboratory, feel free to contact:

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