Indiana Department of Education
SUPPORTING STUDENT SUCCESS

HUSSC 2010 TN Grant Training

Recipes for Taste Tests using HUSSC criteria ingredients

Chickpea Pasta Salad with Oranges Yield 6 servings (1 cup fruits and vegetables per serving)

Ingredients:

4 oz	**whole grain pasta**, uncooked
2	**navel oranges**, separated into segments/sliced
15 oz can	**garbanzo beans**, rinsed and drained
¾ cup	**broccoli florets**
2.25 oz can	black olives, drained
½ cup	sliced green onion
1 cup	**red bell pepper**, diced
	salt and pepper to taste
As desired	commercial dressing (I used Ginger-Sesame with a little orange jc)

Directions:

Cook pasta and drain. Rinse with cold water, drain well again. Combine pasta, orange sections, beans, broccoli, bell pepper, olives and green onion. Pour dressing mixture over pasta and toss. Cover and chill.

BBQ Lentils

Ingredients:

lentils
BBQ sauce
spices or ingredients for added flavor

Cook lentils* in broth until soft (to reduce sodium, cook in water). Meanwhile, cook garlic in olive oil until soft then add poblano peppers. Combine cooked lentils, garlic, peppers and add commercial BBQ sauce. Bake for 30 minutes at 350. Optional: before baking add applewood smoked bacon on top for flavor. I also add dry mustard and brown sugar for flavor.

*begin recipe with desired portion of lentils to cook; then add sauce and flavors before baking