



# VEGETABLES

## Easy Ideas for Veggies



### CRAZY CARROTS

Yield: 24 ½-cup servings

Combine 6 lbs. baby carrots, 1½ qts. orange juice and 3 Tbsp. Durkee® Salt-Free Garden Seasoning in a large pan. Cook for 12 to 15 minutes or until carrots are tender. Stir in ½ cup brown sugar, if desired.



### BEST-EVER BROCCOLI

Yield: 24 ½-cup servings

Combine ½ cup extra virgin olive oil, 3 Tbsp. Durkee® Salt-Free Garlic & Herb Seasoning and 4 tsp. Durkee® Light Chili Powder in a small bowl. Place 3 lbs. fresh broccoli in a large bowl and drizzle with seasoned oil. Toss to coat well; place on sheet tray. Bake at 425°F for 8 to 12 minutes. Sprinkle with 4 oz. shredded sharp Cheddar cheese before serving, if desired.



### FREAKY FRIES

Yield: 20 4-oz. servings

Spread 5 lbs. sweet potato fries on greased sheet trays. Combine ½ cup Durkee® Cinnamon Maple Sprinkle and ½ tsp. Durkee® Cayenne Pepper and sprinkle over fries. Bake at time and temperature recommended by sweet potato manufacturer.

# DURKEE® SPICES: The Key to Vivacious Veggies!

Adding high-quality Durkee spices to everything you serve is a fast and easy way to get kids excited to eat what's good for them...even vegetables! Meet the new USDA guidelines while serving up the lively flavors students crave. Giving your veggie offerings a fun, creative name encourages kids to try them. Use the names we provided on the previous page, or come up with your own.

## SALT FREE, NO MSG SEASONINGS

ITEM CODE	ITEM DESCRIPTION	NT WT PER UNIT
2004212	All-Purpose Herb Seasoning, Salt Free	13.00 oz.
2004214	Garden Seasoning, Salt Free	19.00 oz.
2004215	Garlic & Herb Seasoning, Salt Free	18.00 oz.
2004217	Lemon Pepper, Salt Free	22.00 oz.
2004218	Mexican Seasoning, Salt Free	18.00 oz.
2010777	Salt Free Medley Seasoning	17.50 oz.
2010771	Steak Seasoning, Salt Free	23.00 oz.
2010778	Taco Seasoning, Salt Free	8.50 oz.
2004221	Vegetable Seasoning, Salt Free	21.00 oz.
2004222	Zesty Country Seasoning, Salt Free	19.00 oz.

## MORE GREAT FLAVORS FOR VEGGIES

ITEM CODE	ITEM DESCRIPTION	NT WT PER UNIT
2003963	Chili Powder, Light	18.00 oz.
2004029	Cinnamon, Ground	18.00 oz.
2003977	Dill Weed	5.00 oz.
2003984	Ginger, Ground	16.00 oz.
2003985	Italian Seasoning	6.00 oz.
2004028	Onion Powder	20.00 oz.
2004042	Pepper, Cayenne	16.00 oz.
2009341	Rosemary Garlic	20.00 oz.
2004015	Rosemary, Ground	9.00 oz.
2010676	Sriracha Seasoning	27.00 oz.

## About Durkee

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# GRAINS

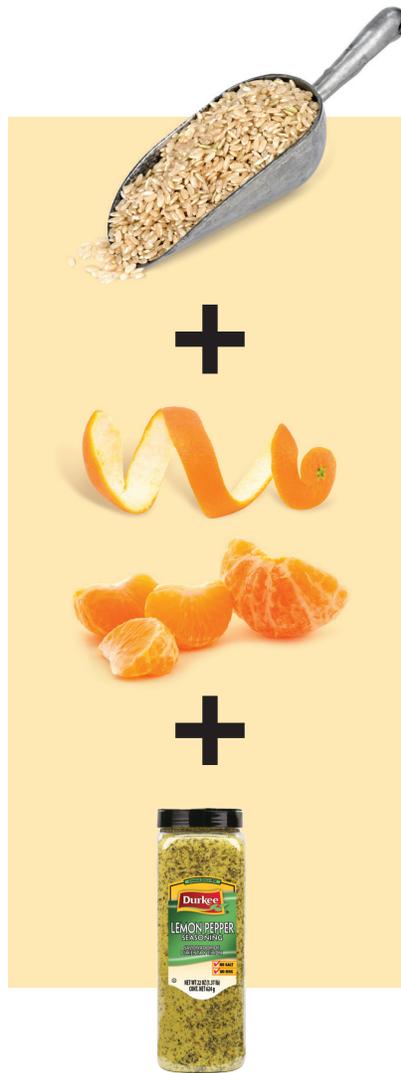
## Easy Ideas for Grains



### CINNAMON RAISIN RICE

Yield: 32 ½-cup servings

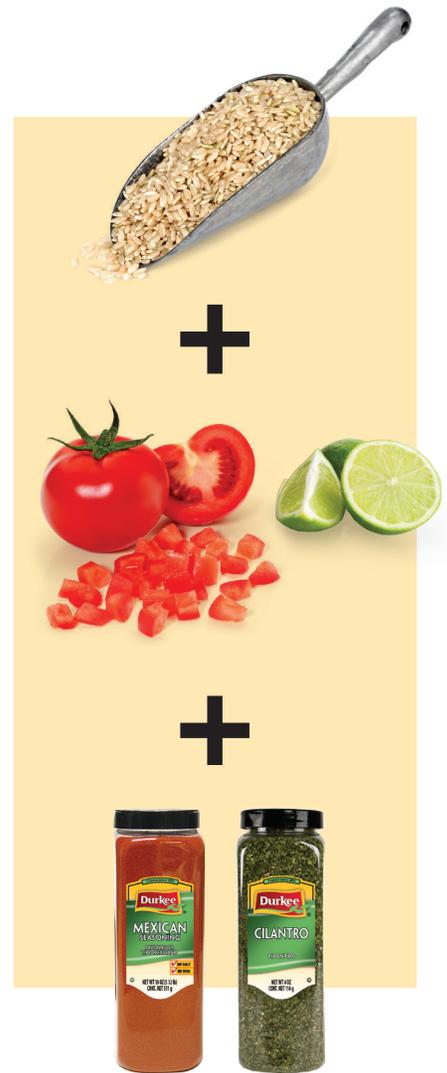
Combine 3 qts. water, 1 lb. 10 oz. brown rice, 10 oz. raisins and ¼ cup Durkee® Cinnamon Maple Sprinkle in a large saucepan. Bring to a boil; reduce heat and simmer for 40 to 45 minutes or until rice is tender.



### CITRUS BROWN RICE

Yield: 36 ½-cup servings

Combine 3 qts. water, 1 lb. 10 oz. brown rice and freshly grated orange peel (4 oranges) in a large saucepan. Cover and bring to a boil; reduce heat and cook for 30 minutes. Stir in 2 lbs. 12 oz. Mandarin oranges and 4 tsp. Durkee® Salt-Free Lemon Pepper. Cook for 10 to 15 minutes, or until rice is tender.



### TEX-MEX BROWN RICE

Yield: 36 ½-cup servings

Combine 3 qts. water, 1 lb. 10 oz. brown rice and ½ cup Durkee® Salt-Free Mexican Seasoning in a large saucepan. Cover and bring to a boil; reduce heat and cook for 30 minutes. Stir in 4 lbs. canned, diced tomatoes (no salt added) and cook for 10 to 15 minutes, or until rice is tender. Stir in ¼ cup lime juice and ¼ cup Durkee® Cilantro and mix well.

# DURKEE® SPICES: The Key to Great Grains!

Make grains sing with spices! Turn simple rice into a hundred different exciting side dishes to complement spiced-up main dishes, and students will line up like never before. With spices, you can disguise the healthy earthiness of brown rice and turn it into a favorite. Along with spices, add a fun name to grain dishes to encourage trial. Use those provided on the previous page, or come up with your own.

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2010777	Salt Free Medley Seasoning	17.50 oz.
2010778	Taco Seasoning, Salt Free	8.50 oz.
2004221	Vegetable Seasoning, Salt Free	21.00 oz.
2004222	Zesty Country Seasoning, Salt Free	19.00 oz.

## MORE GREAT FLAVORS FOR GRAINS

ITEM CODE	ITEM DESCRIPTION	NT WT PER UNIT
2004197	Cinnamon Maple Sprinkle	30.00 oz.
2003977	Dill Weed	5.00 oz.
2004160	Garlic Romano Sprinkle	19.00 oz.
2004250	Lime Pepper	20.00 oz.
2004028	Onion Powder	20.00 oz.
2004010	Pepper, Red Crushed	12.00 oz.
2003999	Paprika	16.00 oz.
2004060	Parsley Flakes	0.68 oz.
2004209	Pumpkin Pie Spice	16.00 oz.
2010676	Sriracha	27.00 oz.

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# PROTEINS

## Easy Ideas for Proteins



### BLAST-OFF BURGERS

Yield: 25 hamburgers

Sprinkle 1 to 1½ Tbsp. Durkee® Salt-Free Garlic & Herb Seasoning on 5 lbs. 5/1 hamburger patties. Bake or grill according to normal procedures. Serve on whole grain bun with romaine lettuce and sliced tomatoes.



### SPICED-UP CHICKEN

Yield: 25 chicken breasts

Sprinkle 2½ tsp. Durkee® Salt-Free Garden Seasoning on 5 lbs. 5/1 boneless/skinless chicken breasts. Bake according to usual procedures. Serve on whole grain sub roll with sliced tomatoes, cucumbers, peppers and onions.



### LOCO TACO

Yield: 80 #16 scoops

Place 10 lbs. ground turkey or ground beef and ⅔ cup Durkee® Salt-Free Mexican Seasoning in a large pan. Cook over moderate heat, stirring frequently. Stir in 2½ lbs. tomato sauce and simmer for 5 to 10 minutes. Turkey should be at least 165°F. Serve in corn tortilla shells and top with lettuce, tomatoes and salsa.

# DURKEE® SPICES: The Key to Memorable Meats!

Students are looking for big, bold flavor on the tray. Make your menu's featured protein disappear off the plate by adding excitement with spices! Think of all the ways to give chicken an ethnic spin, or to make a same-old burger bolder. Talk about versatility! Give your protein dishes fun names to boost participation. Use those suggested on the previous page, or use your imagination.

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2004221	Vegetable Seasoning, Salt Free	21.00 oz.
2004222	Zesty Country Seasoning, Salt Free	19.00 oz.

## MORE GREAT FLAVORS FOR PROTEIN

ITEM CODE	ITEM DESCRIPTION	NT WT PER UNIT
2004132	Cajun Seasoning	22.00 oz.
2004135	Chicken Seasoning	20.00 oz.
2004137	Fajita Marinade	25.00 oz.
2003980	Garlic, Granulated	24.00 oz.
2004202	Garlic Pepper	21.00 oz.
2004032	Lemon Pepper	28.00 oz.
2004178	Roasted Garlic	21.00 oz.
2010779	Taco Mex Seasoning	9.00 oz.
2010676	Sriracha Seasoning	27.00 oz.
2003684	Sloppy Joe Seasoning	28.00 oz.

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# DRESSINGS & DIPS

## Easy Ideas for Dressings & Dips



### IT'S GREEK TO ME DIP

Yield: 1 pint

Add 2 tsp. Durkee® Salt-Free Garlic & Herb Seasoning to 1 pint of Greek yogurt. Stir to combine.



### ROCKIN' CHIPOTLE RANCH DIP

Yield: 1 pint

Add 1 tsp. of Durkee® Ground Chipotle Chile Pepper to 1 pint of ranch dressing. Stir to combine.



### KICKIN' COUNTRY-STYLE DIP

Yield: 1 pint

Add 4 tsp. Durkee® Salt-Free Zesty Country Seasoning to 1 pint of reduced fat sour cream. Stir to combine.

# DURKEE® SPICES: The Key to Daring Dips!

Kids love to dip! And when the dip is zesty and flavorful, even raw veggies are gobbled up with glee. Add almost any spice—basil, dill, celery seed, parsley—to sour cream, plain yogurt, or salad dressing and serve with all your students' favorite dip-able foods. Fun names for dips just add to the dunkability—use those suggested on the previous page, or come up with your own.

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## MORE GREAT DIPS

DURKEE® SEASONING TO ADD	+	1 PT./GAL. RANCH DRESSING	or	1 PT./GAL. REDUCED FAT SOUR CREAM	or	1 PT./GAL. GREEK YOGURT
ANCHO CHILE SEASONING		2 tsp./ <sup>1</sup> / <sub>3</sub> cup		2 tsp./ <sup>2</sup> / <sub>3</sub> cup		2 tsp./ <sup>1</sup> / <sub>3</sub> cup
CAJUN SEASONING		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup
GROUND CHIPOTLE CHILE PEPPER		1 tsp./ <sup>2</sup> / <sub>2</sub> Tbsp.		1 tsp./ <sup>2</sup> / <sub>2</sub> Tbsp.		1 tsp./ <sup>2</sup> / <sub>2</sub> Tbsp.
GARLIC ROMANO SPRINKLE		3 Tbsp./ <sup>1</sup> / <sub>2</sub> cups		3 Tbsp./ <sup>1</sup> / <sub>2</sub> cups		3 Tbsp./ <sup>1</sup> / <sub>2</sub> cups
SALT FREE GARLIC & HERB SEASONING		2 tsp./ <sup>2</sup> / <sub>3</sub> cup		2 tsp./ <sup>2</sup> / <sub>3</sub> cup		2 tsp./ <sup>2</sup> / <sub>3</sub> cup
SALT FREE GARDEN SEASONING		2 tsp./ <sup>2</sup> / <sub>3</sub> cup		2 tsp./ <sup>2</sup> / <sub>3</sub> cup		2 tsp./ <sup>2</sup> / <sub>3</sub> cup
ROASTED GARLIC SEASONING		1 Tbsp./ <sup>1</sup> / <sub>2</sub> cup		1 Tbsp./ <sup>1</sup> / <sub>2</sub> cup		1 Tbsp./ <sup>1</sup> / <sub>2</sub> cup
SIX PEPPER BLEND		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup
SALT FREE VEGETABLE SEASONING		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup
SALT FREE ZESTY COUNTRY SEASONING		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup		4 tsp./ <sup>2</sup> / <sub>3</sub> cup

After mixing, refrigerate for 15 minutes.

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