



This file is an excerpt of the

# Plant Forward Plates

## HEALTHCARE TOOLKIT

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[OldwaysPT.org/toolkit](https://OldwaysPT.org/toolkit)

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# OLDWAYS

CULTURAL FOOD TRADITIONS

# Toolkit for Healthcare Food Service



## MENU PLANS

7-day and 1-day therapeutic heart healthy, plant-based menu plans for regular, low-sodium, gluten-free, carbohydrate controlled, renal, and allergies, with nutritional analysis for calories, total fat, saturated fat, cholesterol, sodium carbohydrate, carbohydrate exchanges, potassium, fiber, sugar, protein, phosphorus, magnesium, and vitamin K.

## SCALABLE RECIPES

43 original, standardized, tested recipes for menus scaled to 10, 25, 50, 100 servings (with some exceptions based on reasonable scaling proportions), with HACCP instructions, nutritional analysis, and beautiful photography.

## ORDERING GUIDES

Daily ordering guide for 7-day and 1-day menu, which provides purchasing sections for prepared items, and ordering amounts for scaled recipes (10, 25, 50, 100 servings, or as indicated in recipe).

## Who Uses Plant Forward Plates?

Staff in Hospitals and Healthcare settings including:

- Clinical Dietitians
- Dining Managers
- Food Service Directors
- Hospital Administrators
- Food Service Operations Staff
- Anyone who needs to serve 100% plant-based meals
- Chefs and Cooks

Get the entire 122-page Plant Forward Plates Healthcare Toolkit at [OldwaysPT.org/toolkit](http://OldwaysPT.org/toolkit)

This file is an excerpt of the  
**Plant Forward Plates**  
HEALTHCARE TOOLKIT

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# Plant Forward Plates Healthcare Toolkit

Note: This excerpt of the Plant Forward Plates Healthcare Toolkit includes the 1-Day menu and recipes only.

For the full toolkit, visit [OldwaysPT.org/toolkit](http://OldwaysPT.org/toolkit)

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## One-Day Menu Plan

### Breakfast

#### Menu

- Red Quinoa Breakfast Bowl with Berries, Pecans, and Flax Seeds
- Vegetable Juice
- Soymilk
- Coffee or Tea

### Lunch

#### Menu

- Street Tacos with Pinto Beans, Corn Salsa, and Shredded Cabbage
- Cumin Brown Rice
- Mango Ice
- Coffee or Tea

### Dinner

#### Menu

- Baked Mediterranean Lasagna
- Baby Spinach, Mandarin, and Walnut Salad
- Whole Grain Italian Bread
- Dark Chocolate Pistachio Biscotti
- Soymilk
- Coffee or Tea



*This 1-Day Menu is based on Tuesday, where the therapeutic menu, ordering guide, and recipes can be found beginning on page 38.*

Breakfast Recipe  
**- Tuesday -**

**Red Quinoa Breakfast Bowl with  
 Berries, Pecans, and Flax Seeds**

Serving size:  $\frac{3}{4}$  cup cereal +  $\frac{1}{2}$  cup fruit +  $\frac{1}{4}$  cup soymilk



Ingredients	Yields 10	Yields 25	Yields 50	Yields 100
Water	1 quart + 2 cups	1 gallon	2 gallons	4 gallons
Quinoa, red, uncooked	2½ cups (15 ounces)	1 quart + 2 cups (2 pounds + 6 ounces)	3 quarts (4 pounds + 12 ounce)	1 gallon + 2 quarts (9 pounds + 8 ounces)
Allspice, ground	1¼ teaspoons	1 tablespoon	2 tablespoons	¼ cup
Nutmeg, ground	1¼ teaspoons	1 tablespoon	2 tablespoons	¼ cup
Cinnamon, ground	1¼ teaspoons	1 tablespoon	2 tablespoons	¼ cup
Ginger, ground	½ teaspoon	1¼ teaspoons	1 tablespoon	2 tablespoons
Maple syrup, pure	2½ tablespoons	⅓ cup	⅔ cup	1⅓ cups
Pecans, chopped	1¼ cups (5 ounces)	3 cups (12 ounces)	1 quart + 2 cups (1 pound + 8 ounces)	3 quarts (3 pounds)
Flax seeds, ground	⅔ cup (3 ounces)	1½ cups(7 ounces)	3 cups (14 ounces)	1 quart + 2 cups (1 pound + 12 ounces)
Berries, red, mixed, fresh or frozen (Straw- berries, raspberries, blackberries, etc)	1 quart + 1 cup (1 pound + 6 ounces)	3 quarts (3 pounds + 6 ounces)	1 gallon + 2 quarts (6 pounds + 12 ounces)	3 gallons (13 pounds + 8 ounces)
Soymilk, plain, unsweetened	2½ cups	1 quart + 2 cups	3 quarts	1 gallon + 2 quarts

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<b>Breakfast Recipe: Tuesday</b>	<b>Red Quinoa Breakfast Bowl with Berries, Pecans, and Flax Seeds</b>
<b>Directions</b>	<ol style="list-style-type: none"> <li>1. Bring water to boil in a pot. Add quinoa, allspice, nutmeg, cinnamon, ginger, and maple syrup and stir well. Reduce the heat to medium, cover, and cook, stirring occasionally, until the grain is tender and the liquid is absorbed, about 15 minutes.</li> <li>2. Remove from heat and stir in pecans and flax seeds.</li> <li>3. Serve <math>\frac{3}{4}</math> cup cereal into individual bowls and top each serving with <math>\frac{1}{2}</math> cup fruit and <math>\frac{1}{4}</math> cup soymilk.</li> </ol>
<b>Serving Suggestions</b>	<p><b>For Tray Service:</b> Scoop cereal in 12-ounce bowl, top with fruit and soymilk.</p> <p><b>For Cafeteria Service:</b> Serve cereal in a cereal server, with fruit and soymilk on the side (chilled). Or serve to order as described above.</p>
<b>HACCP Critical Control Points (CCP)</b>	<p>CCP: Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn.</p> <p>CCP: Maintain appropriate food temperatures for the reheating, cooking, refrigerating, and freezing of food: Minimal internal temperature of 165°F for cooking of hot foods, 140°F for holding of cooked foods; Maximum temperature for refrigerator storage is 40°F and freezer storage is 0°F.</p> <p>CCP: Sanitize equipment and counters prior to use.</p>
<b>Notes</b>	May substitute different types of berries for red berries, nuts for pecans, or fortified almond milk for soymilk
<b>Diet Modifications</b>	<p><b>Heart Healthy:</b> OK</p> <p><b>Low Sodium:</b> OK</p> <p><b>Gluten-Free:</b> OK</p> <p><b>Diabetes:</b> OK</p> <p><b>Renal Diet:</b> If approved by RD within overall menu</p> <p><b>Allergies:</b> Contains tree nuts and soy</p> <p><b>Vegetarian/Vegan:</b> OK</p>
<b>Nutrition Analysis (per <math>\frac{3}{4}</math> cup cereal + <math>\frac{1}{2}</math> cup fruit + <math>\frac{1}{4}</math> cup soymilk serving)</b>	<p><b>Calories:</b> 349</p> <p><b>Protein:</b> 11.5 g</p> <p><b>Carbohydrates:</b> 44</p> <p><b>Carbohydrate Exchanges (15 g carb):</b> 3</p> <p><b>Fiber:</b> 9 g</p> <p><b>Sugar:</b> 7 g</p> <p><b>Total Fat:</b> 16 g</p> <p><b>Saturated Fat:</b> 1.5 g</p> <p><b>Cholesterol:</b> 0 mg</p> <p><b>Sodium:</b> 37 mg</p> <p><b>Potassium:</b> 605 mg</p> <p><b>Phosphorus:</b> 305 mg</p> <p><b>Magnesium:</b> 157 mg</p> <p><b>Vitamin K:</b> 3.2 mcg</p>



Lunch Recipe  
- Tuesday -

Street Tacos with Pinto Beans,  
Corn Salsa, and Shredded Cabbage

Serving size: 2 tacos

Ingredients	Yields 10	Yields 25	Yields 50	Yields 100
<b>Taco:</b>				
Tortillas, corn, 6-inch	20 each	50 each	100 each	200 each
Beans, refried, prepared/canned (black or pinto beans), reduced sodium	1 quart + 1 cup (½ #10-can)	3 quarts (1 #10-can)	1 gallon + 2 quarts (2 #10-cans)	3 gallons (4 #10-cans)
Cabbage, white, shredded white cabbage	1 quart + 1 cup (12 ounces)	3 quarts (2 pounds)	1 gallon + 2 quarts (4 pounds)	3 gallons (8 pounds)
Tomatoes, cherry (.6 ounce each)	40 each (1 pound + 8 ounces)	100 each (3 pounds + 12 ounces)	200 each (7 pounds + 8 ounces)	400 each (15 pounds)
Avocado, medium (7 ounces each), sliced into 10 slices each	4 each (1 pound + 12 ounces)	10 each (4 pounds + 6 ounces)	20 each (8 pounds + 12 ounces)	40 each (17 pounds + 8 ounces)
Cilantro sprigs, fresh	20 each	50 each	100 each	200 each
<b>Salsa:</b>				
Salsa, mild, prepared, reduced sodium	2 cups (1 15-ounce can)	1 quart + 1 cup (3 15-ounce cans)	2 quarts + 2 cups (1 #10 can)	1 gallon + 1 quart (2 #10 cans)
Corn, sweet, frozen, thawed	2 cups (12 ounces)	1 quart + 1 cup (1 pound + 13 ounces)	2 quarts + 2 cups (3 pounds + 10 ounces)	1 gallon + 1 quart (7 pounds + 4 ounces)



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<b>Lunch Recipe: Tuesday</b>	<b>Street Tacos with Pinto Beans, Corn Salsa, and Shredded Cabbage</b>
<b>Directions</b>	<ol style="list-style-type: none"> <li>1. Warm tortillas to soften.</li> <li>2. Heat beans.</li> <li>3. Slice cherry tomatoes in half, and peel and slice avocados thinly (10 slices per avocado).</li> <li>4. <b>To Prepare Tacos:</b> Fill each tortilla with ¼ cup refried beans, ¼ cup shredded white cabbage, 4 cherry tomato halves, 2 slices avocado, and 1 cilantro garnish.</li> <li>5. <b>To Prepare Corn Salsa:</b> Mix mild salsa with corn.</li> <li>6. Serve 2 tacos with 6 tablespoons corn salsa.</li> </ol>
<b>Serving Suggestions</b>	<p><b>For Tray Service:</b> Serve finished tacos (per steps 1-4) on a dinner (8-9”) plate with corn salsa (per steps 5-6) in a small side dish.</p> <p><b>For Cafeteria Service:</b> Follow instructions above to order, or place on self-serve buffet bar (heated) with cold items chilled on the side.</p>
<b>HACCP Critical Control Points (CCP)</b>	<p>CCP: Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn.</p> <p>CCP: Maintain appropriate food temperatures for the reheating, cooking, refrigerating, and freezing of food: Minimal internal temperature of 165°F for cooking of hot foods, 140°F for holding of cooked foods; Maximum temperature for refrigerator storage is 40°F and freezer storage is 0°F.</p> <p>CCP: Sanitize equipment and counters prior to use.</p>
<b>Notes</b>	May make house-made refried beans, if desired
<b>Diet Modifications</b>	<p><b>Heart Healthy:</b> OK</p> <p><b>Low Sodium:</b> OK</p> <p><b>Gluten-Free:</b> OK</p> <p><b>Diabetes:</b> OK</p> <p><b>Renal Diet:</b> If approved by RD within overall menu plan</p> <p><b>Allergies:</b> OK</p> <p><b>Vegetarian/Vegan:</b> OK</p>
<b>Nutrition Analysis (per 2 tacos + 6 table- spoons salsa per serving)</b>	<p><b>Calories:</b> 346</p> <p><b>Protein:</b> 12 g</p> <p><b>Carbohydrates:</b> 58 g</p> <p><b>Carbohydrate Exchanges (15 g carb):</b> 4</p> <p><b>Fiber:</b> 14 g</p> <p><b>Sugar:</b> 6 g</p> <p><b>Total Fat:</b> 8 g</p> <p><b>Saturated Fat:</b> 1 g</p> <p><b>Cholesterol:</b> 0 mg</p> <p><b>Sodium:</b> 417 mg</p> <p><b>Potassium:</b> 678 mg</p> <p><b>Phosphorus:</b> 245 mg</p> <p><b>Magnesium:</b> 71 mg</p> <p><b>Vitamin K:</b> 101 mcg</p>



## Lunch Recipe - Tuesday -

### Cumin Brown Rice

Serving size: ½ cup

Ingredients	Yields 10	Yields 25	Yields 50	Yields 100
Rice, brown, short grain, uncooked	3 cups (1 pound + 4 ounces)	2 quarts (3 pounds + 6 ounces)	1 gallon (6 pounds + 11 ounces)	2 gallons (13 pounds + 6 ounces)
Water	1 quart + 3 cups	1 gallon + 1 cup	2 gallons + 2 cups	4 gallons + 1 quart
Vegetable bouillon cubes	2 each	5 each	10 each	20 each
Cumin seeds, dried	2 teaspoons	1 tablespoon + 2 teaspoons	3 tablespoons + 1 teaspoon	½ cup
<b>Garnish:</b>				
Parsley, chopped (optional)	2 tablespoons	⅓ cup	⅔ cup	1½ cups

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<b>Lunch Recipe: Tuesday</b>	<b>Cumin Brown Rice</b>
<b>Directions</b>	<ol style="list-style-type: none"> <li>1. Place rice and water in a pot, and bring to a boil.</li> <li>2. Add bouillon cubes and cumin seeds.</li> <li>3. Cover and cook for about 30 minutes, until liquid is absorbed and grains are tender yet firm.</li> <li>4. Garnish with chopped parsley, if desired.</li> </ol>
<b>Serving Suggestions</b>	<p><b>For Tray Service:</b> Serve with ½ cup scoop on the side of the dinner plate; or serve with ½ cup in a 4-ounce side dish.</p> <p><b>For Cafeteria Service:</b> Serve on a steam table pan, or serve to order with a ½ cup scoop.</p>
<b>HACCP Critical Control Points (CCP)</b>	<p>CCP: Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn.</p> <p>CCP: Maintain appropriate food temperatures for the reheating, cooking, refrigerating, and freezing of food: Minimal internal temperature of 165°F for cooking of hot foods, 140°F for holding of cooked foods; Maximum temperature for refrigerator storage is 40°F and freezer storage is 0°F.</p> <p>CCP: Sanitize equipment and counters prior to use.</p>
<b>Notes</b>	May use medium or long grain rice
<b>Diet Modifications</b>	<p><b>Heart Healthy:</b> OK</p> <p><b>Low Sodium:</b> OK</p> <p><b>Gluten-Free:</b> OK</p> <p><b>Diabetes:</b> OK</p> <p><b>Renal Diet:</b> If approved by RD within the overall menu plan.</p> <p><b>Allergies:</b> OK</p> <p><b>Vegetarian/Vegan:</b> OK</p>
<b>Nutrition Analysis (per ½ cup serving)</b>	<p><b>Calories:</b> 211</p> <p><b>Protein:</b> 4.5 g</p> <p><b>Carbohydrates:</b> 44 g</p> <p><b>Carbohydrate Exchanges (15 g carb):</b> 3</p> <p><b>Fiber:</b> 2 g</p> <p><b>Sugar:</b> 0 g</p> <p><b>Total Fat:</b> 2 g</p> <p><b>Saturated Fat:</b> 0 g</p> <p><b>Cholesterol:</b> 0 mg</p> <p><b>Sodium:</b> 10 mg</p> <p><b>Potassium:</b> 162 mg</p> <p><b>Phosphorus:</b> 154 mg</p> <p><b>Magnesium:</b> 83 mg</p> <p><b>Vitamin K:</b> 0.5 mcg</p>



## Dinner Recipe - Tuesday -

### Baked Mediterranean Lasagna

Serving size: 1 square

Ingredients	Yields 12 (1 half pan)	Yields 24 (1 full pan)	Yields 48 (2 full pans)	Yields 96 (4 full pans)
<b>Cashew Ricotta:</b>				
Cashews, raw	1 cup (5 ounces)	2 cups (10 ounces)	1 quart (1 pound + 4 ounces)	2 quarts (2 pounds + 8 ounces)
Soymilk, plain, unsweetened	½ cup	1 cup	2 cups	1 quart
Lemon, juiced, medium-sized	1 ea (2 tablespoons juice)	2 ea (¼ cup juice)	4 ea (½ cup juice)	8 ea (1 cup juice)
Nutritional yeast	1 teaspoon	2 teaspoons	1 tablespoon + 1 teaspoon	2⅔ tablespoons
Garlic, clove, minced	1 each	2 each	4 each	8 each
<b>Mediterranean Vegetable Sauce:</b>				
Oil, olive, extra virgin	1 tablespoon	2 tablespoons	¼ cup	½ cup
Onion, medium (4 ounces each), diced	1 each (4 ounces)	2 each (8 ounces)	4 each (1 pound)	8 each (2 pounds)
Eggplant, small (8 ounces each), diced	1 each (8 ounces)	2 each (1 pound)	4 each (2 pounds)	8 each (4 pounds)
Zucchini (8 ounces each), diced	1 each (8 ounces)	2 each (1 pound)	4 each (2 pounds)	8 each (4 pounds)
Pepper, bell, green, large (8 ounces), diced	1 each (6 ounces)	2 each (12 ounces)	4 each (1 pound + 8 ounces)	8 each (3 pounds)
Garlic cloves, minced	3 each (1 tablespoon)	6 each (2 tablespoons)	12 each (¼ cup)	24 each (½ cup)
Basil, fresh, chopped	½ cup	1 cup	2 cups	1 quart
Artichokes, canned, in water, drained, sliced	1¾ cups (1 14-ounce can)	3½ cups (2 14-ounce cans)	1 quart + 3 cups (1 #5-can)	3 quarts + 2 cups (1 #10-can)
Olives, Kalamata, drained	½ cup (¼ 16-ounce can)	1 cup (½ 16-ounce can)	2 cups (1 16-ounce can)	1 quart (2 16-ounce cans)
Italian seasoning, dried	2 teaspoons	1½ tablespoons	2 tablespoons	¼ cup
Black pepper, ground	½ teaspoon	1 teaspoon	2 teaspoons	1 tablespoon + 1 teaspoon
Vinegar, balsamic	1 teaspoon	2½ teaspoons	1 tablespoon + 1 teaspoon	2 tablespoons + 2 teaspoons
Marinara sauce, prepared	1 quart (1 25-ounce jar)	2 quarts (2 25-ounce jars)	1 gallon (1 #10-can)	2 gallons (2 #10-cans)
Water	½ cup	1 cup	2 cups	1 quart
<b>Lasagna Ingredients:</b>				
Noodles, lasagna, whole wheat, dry, sheets (about 3½ x 4½ inches each)	9 sheets (12 ounces)	18 sheets (1 pound + 8 ounces)	36 sheets (3 pounds)	72 sheets (6 pounds)
“Cheese”, plant-based, Mozzarella-flavored, shredded	1 cup (4 ounces)	2 cups (8 ounces)	1 quart (1 pound)	2 quarts (2 pound)
Bread crumbs, whole wheat, dairy-free	2 tablespoons	¼ cup	½ cup	1 cup

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<b>Dinner Recipe: Tuesday</b>	<b>Baked Mediterranean Lasagna</b>	
<b>Directions</b>	<ol style="list-style-type: none"> <li><b>To make Cashew Ricotta:</b> Place cashews in a bowl and cover with water. Soak for 2 hours. Drain water, place in food processor container with soy milk, lemon juice, and nutritional yeast, and garlic. Process until fairly smooth, scraping down sides (should have a slight pebbly texture, like ricotta). Set aside.</li> <li><b>To make Mediterranean Vegetable Sauce:</b> Pour olive oil in a large saucepan or heavy pot. Add onion, eggplant, zucchini, bell pepper, and garlic and sauté for about 8 minutes. Add basil, artichokes, olives, Italian seasoning, black pepper, balsamic vinegar and sauté for an additional 2 minutes. Add sauce and water and bring to a simmer. Remove from heat.</li> <li><b>To Assemble Lasagna:</b> Heat oven to 350°F. Spray pan(s) with non-stick cooking spray, and line with one-third of the dry lasagna noodles, one-third of the vegetable sauce, one-third of the cashew ricotta, and one-third of the mozzarella plant-based cheese. Repeat for a total of three layers. For the final layer, sprinkle with bread crumbs. Cover with foil. Bake at 350 F for 1 hour, remove foil and cook for an additional 15 minutes. Slice into 12 squares per half pan; 24 squares per full pan.</li> </ol>	
<b>Serving Suggestions</b>	<p><b>For Tray Service:</b> Serve square of lasagna on dinner plate with garnish, such as basil, parsley, or kale leaf.</p> <p><b>For Cafeteria Service:</b> Slice into square and serve pan on cafeteria steam table.</p>	
<b>HACCP Critical Control Points (CCP):</b>	<p>CCP: Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn.</p> <p>CCP: Maintain appropriate food temperatures for the reheating, cooking, refrigerating, and freezing of food: Minimal internal temperature of 165°F for cooking of hot foods, 140°F for holding of cooked foods; Maximum temperature for refrigerator storage is 40°F and freezer storage is 0°F.</p> <p>CCP: Sanitize equipment and counters prior to use.</p>	
<b>Notes</b>	Do not overcook	
<b>Diet Modifications:</b>	<p><b>Heart Healthy:</b> OK</p> <p><b>Low Sodium:</b> OK</p> <p><b>Gluten-Free:</b> Use gluten-free noodles and bread crumbs</p> <p><b>Diabetes:</b> OK</p> <p><b>Renal Diet:</b> If approved by RD in overall menu</p> <p><b>Allergies:</b> Contains soy and tree nuts</p> <p><b>Vegetarian/Vegan:</b> OK</p>	
<b>Nutrition Analysis (per 1 square serving)</b>	<p><b>Calories:</b> 229</p> <p><b>Protein:</b> 10 g</p> <p><b>Carbohydrates:</b> 23 g</p> <p><b>Carbohydrate Exchanges (15 g carb):</b> 1½</p> <p><b>Fiber:</b> 5 g</p> <p><b>Total Sugar:</b> 4 g</p> <p><b>Total Fat:</b> 13 g</p> <p><b>Saturated Fat:</b> 3 g</p> <p><b>Cholesterol:</b> 5 mg</p>	<p><b>Sodium:</b> 206 mg</p> <p><b>Potassium:</b> 437 mg</p> <p><b>Phosphorus:</b> 179 mg</p> <p><b>Magnesium:</b> 92 mg</p> <p><b>Vitamin K:</b> 20 mcg</p>



Dinner Recipe  
**- Tuesday -**

**Baby Spinach, Mandarin, and Walnut Salad with Vinaigrette**

Serving size:  $\frac{3}{4}$  cup each

Ingredients	Yields 10	Yields 25	Yields 50	Yields 100
Spinach, baby, leaves	1 quart + 1 cup (5 ounces)	3 quarts (13 ounces)	1 gallon + 2 quarts (1 pound + 10 ounces)	3 gallons (3 pounds + 5 ounces)
Oranges, mandarin, segments, canned in juice, drained	1 $\frac{3}{4}$ cups (1 16-ounce can)	1 quart + 1 cup ( $\frac{1}{2}$ #10-can)	2 quarts + 2 cups ( $\frac{3}{4}$ #10-can)	1 gallon + 1 quart (1 $\frac{1}{2}$ #10-cans)
Walnuts, coarsely chopped	$\frac{2}{3}$ cup (3 ounces)	1 $\frac{2}{3}$ cups (7 ounces)	3 $\frac{1}{3}$ cups (14 ounces)	1 quart + 3 cups (1 pound + 12 ounces )
Vinaigrette, balsamic, prepared (dairy-free)	$\frac{2}{3}$ cup	1 $\frac{2}{3}$ cup	3 $\frac{1}{3}$ cups	1 quart + 3 cups



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<b>Dinner Recipe: Tuesday</b>	<b>Baby Spinach, Mandarin, and Walnut Salad with Vinaigrette</b>
<b>Directions</b>	<ol style="list-style-type: none"> <li>1. Place ½ cup baby spinach leaves in individual small (6- or 8-ounce) salad bowls.</li> <li>2. Top with 3 tablespoons mandarin orange segments.</li> <li>3. Sprinkle with 1 tablespoon chopped walnuts.</li> <li>4. Serve with 1 tablespoon balsamic vinaigrette on the side.</li> </ol>
<b>Serving Suggestions</b>	<p><b>For Tray Service:</b> Serve salad in small 6- or 8-ounce dish with vinaigrette in a small 1-ounce side dish.</p> <p><b>For Cafeteria Service:</b> Mix all ingredients from steps 1-3 together and serve in a large bowl. Serve with vinaigrette on the side in a quart container.</p>
<b>HACCP Critical Control Points (CCP)</b>	<p>CCP: Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn.</p> <p>CCP: Maintain appropriate food temperatures for the reheating, cooking, refrigerating, and freezing of food: Minimal internal temperature of 165°F for cooking of hot foods, 140°F for holding of cooked foods; Maximum temperature for refrigerator storage is 40°F and freezer storage is 0°F.</p> <p>CCP: Sanitize equipment and counters prior to use.</p>
<b>Notes</b>	May pre-toss salad with dressing if desired and if serving immediately
<b>Diet Modifications</b>	<p><b>Heart Healthy:</b> OK</p> <p><b>Low Sodium:</b> OK</p> <p><b>Gluten-Free:</b> OK</p> <p><b>Diabetes:</b> OK</p> <p><b>Renal Diet:</b> If approved by RD within overall menu</p> <p><b>Allergies:</b> Contains tree nuts</p> <p><b>Vegetarian/Vegan:</b> OK</p>
<b>Nutrition Analysis (per ¾ cup serving)</b>	<p><b>Calories:</b> 81 calories</p> <p><b>Protein:</b> 1.5 grams</p> <p><b>Carbohydrates:</b> 5 g</p> <p><b>Carbohydrate Exchanges (15 g carb):</b> 0</p> <p><b>Fiber:</b> 1 g</p> <p><b>Sugar:</b> 3.5 g</p> <p><b>Total Fat:</b> 6.5 g</p> <p><b>Saturated Fat:</b> 0.7 g</p> <p><b>Cholesterol:</b> 0 mg</p> <p><b>Sodium:</b> 317 mg</p> <p><b>Potassium:</b> 148 mg</p> <p><b>Phosphorus:</b> 31 mg</p> <p><b>Magnesium:</b> 24 mg</p> <p><b>Vitamin K:</b> 72.5 mcg</p>



Dinner Recipe  
**- Tuesday -**

**Dark Chocolate Pistachio Biscotti**

Serving size: 1 biscotti

Ingredients	Yields 16	Yields 32	Yields 64	Yields 128
Chia seeds	1 tablespoon (.5 ounce)	2 tablespoons (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Soymilk, plain, unsweetened	¼ cup	½ cup	1 cup	2 cups
Vanilla flavoring	½ teaspoon	1 teaspoon	2 teaspoons	1 tablespoon + 1 teaspoon
Vinegar, apple cider or white	½ teaspoon	1 teaspoon	2 teaspoons	1 tablespoon + 1 teaspoon
Margarine spread, dairy-free	¼ cup	½ cup	1 cup	2 cups
Sugar, white	⅓ cup (2 ounces)	¾ cup (5 ounces)	1½ cups (11 ounces)	3 cups (1 pound + 5 ounces)
Flour, whole wheat	½ cup (2 ounces)	1 cup (4 ounces)	2 cups (8 ounces)	1 quart (1 pound)
Flour, white, all-purpose	⅔ cup (3 ounces)	1¼ cups (6 ounces)	2½ cups (11 ounces)	1 quart + 1 cup (1 pound + 6 ounces)
Cornstarch	1 tablespoon (.25 ounce)	2 tablespoons (.5 ounce)	¼ cup (1 ounce)	½ cup (2 ounces)
Cocoa powder	2 tablespoons (.5 ounce)	¼ cup (1 ounce)	½ cup (1.5 ounces)	1 cup (3 ounces)
Cinnamon, ground	½ teaspoon	1 teaspoon	2 teaspoons	1 tablespoon + 1 teaspoon
Salt	Pinch	¼ teaspoon	½ teaspoon	1 teaspoon
Chocolate chips, dark, dairy-free	3 tablespoons (2 ounces)	⅓ cup (3 ounces)	⅔ cup (5 ounces)	1½ cups (10 ounces)
Pistachios, shelled	¼ cup (1 ounce)	½ cup (2 ounces)	1 cup (4 ounces)	2 cups (8 ounces)



# Plant Forward Plates Healthcare Toolkit

<b>Dinner Recipe: Tuesday</b>	<b>Dark Chocolate Pistachio Biscotti</b>	
<b>Directions</b>	<ol style="list-style-type: none"> <li>Mix chia seeds, soymilk, vanilla, and apple cider vinegar in a mixing bowl and let stand for 10 minutes.</li> <li>Preheat oven to 350°F.</li> <li>Mix margarine and sugar in with an electric mixer until creamy. Add chia seeds-soymilk mixture and mix until smooth.</li> <li>Stir together flours, cornstarch, cocoa powder, cinnamon, and salt.</li> <li>Gradually add dry ingredients to electric mixer bowl, and mix until smooth. Should make a stiff dough. Stir in chocolate chips and pistachios by hand.</li> <li>Remove dough from bowl and divide into two equal parts. On parchment paper, roll out each piece of dough to approximately 4-inches wide by 11-inches long by ½-inches thick.</li> <li>Place the parchment paper with dough on baking sheets and bake for 20 minutes.</li> <li>Reduce temperature to 300 F. Remove dough from oven, and allow to cool slightly. Slice into ½-inch thick strips and place on parchment paper-lined baking sheets with cut side up.</li> <li>Bake at 300 F for about 8 minutes, turn over to other side and bake for about 8 minutes, until slightly dry and golden brown.</li> <li>Remove from oven, cool, and store in airtight containers.</li> </ol>	
<b>Serving Suggestions</b>	<ol style="list-style-type: none"> <li><b>For Tray Service:</b> serve on a small side-dish.</li> <li><b>For Cafeteria Service:</b> serve on a platter or in a clear cookie jar with tongs. May prepackage in plastic bag to serve.</li> </ol>	
<b>HACCP Critical Control Points (CCP)</b>	<p>CCP: Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn.</p> <p>CCP: Maintain appropriate food temperatures for the reheating, cooking, refrigerating, and freezing of food: Minimal internal temperature of 165°F for cooking of hot foods, 140°F for holding of cooked foods; Maximum temperature for refrigerator storage is 40°F and freezer storage is 0°F.</p> <p>CCP: Sanitize equipment and counters prior to use.</p>	
<b>Notes</b>	<p>May substitute walnuts, pecans, or hazelnuts for pistachios</p> <p>To make this gluten-free, use a gluten-free flour blend instead of wheat flours</p>	
<b>Diet Modifications</b>	<p><b>Heart Healthy:</b> OK</p> <p><b>Low Sodium:</b> OK</p> <p><b>Gluten-Free:</b> Use gluten-free flour blend instead of wheat flours.</p> <p><b>Diabetes:</b> OK</p> <p><b>Renal Diet:</b> If approved by RD within overall meal plan.</p> <p><b>Allergies:</b> Contains soy, tree nuts, and wheat.</p> <p><b>Vegetarian/Vegan:</b> OK</p>	
<b>Nutrition Analysis (per 1 biscotti serving)</b>	<p><b>Calories:</b> 107</p> <p><b>Protein:</b> 2 g</p> <p><b>Carbohydrates:</b> 14 g</p> <p><b>Carbohydrate Exchanges (15 g carb):</b> 1</p> <p><b>Fiber:</b> 2 g</p> <p><b>Sugar:</b> 5.5 g</p> <p><b>Total Fat:</b> 5 g</p>	<p><b>Saturated Fat:</b> 2 g</p> <p><b>Cholesterol:</b> 14 mg</p> <p><b>Sodium:</b> 22 mg</p> <p><b>Potassium:</b> 74 mg</p> <p><b>Phosphorus:</b> 49 mg</p> <p><b>Magnesium:</b> 18 mg</p> <p><b>Vitamin K:</b> 2.8 mcg</p>

## About Oldways

Oldways is a nonprofit dedicated to improving public health by inspiring individuals and organizations to embrace the healthy, sustainable joys of the “old ways” of eating—heritage-based diets high in taste, nourishment, sustainability, and joy.

Since 1990, we’ve helped people live healthier, happier lives by offering educational programs, resources, and recipes based on shared cultural food traditions from around the world. It’s a mission we take great joy in, one with proven nutritional and emotional benefits.

If you’ve visited a farmer’s market, dined out, or shopped in a supermarket in the last 25 years, you’ve likely experienced the positive impact of our passion. Our efforts span consumer advocacy (Oldways Whole Grain Council), heritage diet travel and discovery (Oldways Culinaria Tours), guidance (Oldways Cheese Coalition), as well the education and celebration of African, Asian, Latin American and Mediterranean cultural eating traditions.

Ready to rediscover true goodness, and all the joy that comes with them? Join us, and start exploring the world of Oldways Cultural Food Traditions today.

### **Our Vision**

A healthier, happier life through cultural food traditions.

### **Our Mission**

We inspire people to embrace the healthy, sustainable joys of the old ways of eating.

### **Our Programs**

- Heritage Diets (Mediterranean, Latin American, African Heritage, Vegetarian/Vegan and Asian)
- Culinary Travel
- Oldways Whole Grains Council
- Oldways Cheese Coalition



Oldways materials introduce and encourage eating **well-rounded, plant-filled diets** based on **cultural food traditions**.

Resources Available Include:

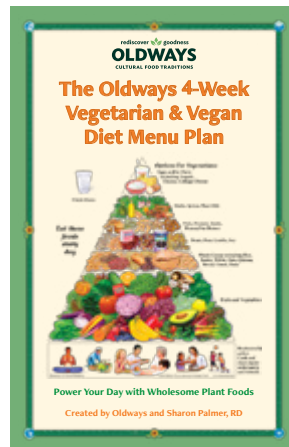


**Plant Forward Plates**  
HEALTHCARE TOOLKIT

rediscover goodness  
**OLDWAYS**  
CULTURAL FOOD TRADITIONS

**Plant Forward Plates**  
**Healthcare Toolkit**

A toolkit for introducing and integrating 100% plant-based meals into hospital and healthcare food service programs.



**The Oldways 4-Week**  
**Vegetarian & Vegan**  
**Diet Menu Plan**



Power Your Day with Wholesome Plant Foods  
Created by Oldways and Sharon Palmer, RD

**4-Week Vegetarian &**  
**Vegan Diet Menu Plan Book**

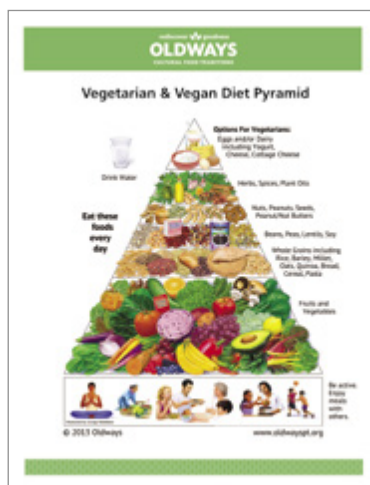
A 28-day guide for creating satisfying, balanced, budget-friendly meals for a healthy plant-based diet.



**12 WAYS TO USE Vegetables**  
Artichokes to Zucchini—Dozens of Tasty Tips for Every Last Bite

**12 Ways to Use Vegetables**

A book of practical tips and ideas for including and enjoying vegetables in home-cooked breakfasts, lunches, and dinners.



**Vegetarian & Vegan Diet Pyramid**

A food pyramid graphic full of inspiration for putting more plants on your plate.



**Vegetarian & Vegan**  
**Diet 101 Brochure**

This brochure offers a place to start learning the basics of vegetarian and vegan diets.

Learn more at **OldwaysPT.org**