



National Nutrition Month 2025: Food Connects Us Cookbook Adapted for Healthcare Use



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Filipino Recipes

Contributed by

Grace Derocha RD, CDCES, MBA



Filipino Salmon Sinigang Soup

SERVINGS
7 → 42

Filipino sinigang is made with salmon, vegetables and tamarind broth. It's rich, comforting and easy to make. For National Nutrition Month 2025: Food Connects Us webinar Grace Derocha, RDN shared her adaptation of this recipe inspired by her mom, Riverton Kitchen & Panlasang Pinoy.

RECIPE SOURCE

National Nutrition Month
2025: Food Connects Us

PREP TIME
10 MIN

COOKING TIME
15 MIN

TOTAL TIME
25 MIN

Ingredients

2 tablespoons canola oil
6 inches ginger, sliced
6 onion, sliced
24 clove garlic, chopped
12 medium tomatoes, sliced
30 cups water
6 small daikon radish, sliced
3/4 cup fish sauce
7 pounds 14 ounces salmon, (use salmon belly, salmon head, fillet or trimmings)
12 pieces banana, (long chili pepper) chili sili pangsigang,
3.5 cups CHOICE OF VEGETABLES (choose IDDSI friendly vegetables if servings IDDSI diets, refer to IDDSI Vegetable Collection for ideas)
okra ends trimmed
eggplant, cut into 1/2 inch thick
leafy greens (kang kong/water spinach, sweet potato leaves, bok choy)
3/4 cup tamarind powder, (purchased at Asian restaurant or market) sinigang mix

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost salmon in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Prep ginger, onion, garlic, tomato, radish, peppers and other choice of vegetables as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
4. Heat oil in a pot over medium heat. Add ginger, onions and garlic. Saute until fragrant and translucent. Add tomatoes. Cover with a lid and cook until softened.

Nutrition Facts

Amounts Per Serving

Calories 272

Total Fat 12g

Saturated Fat 2g

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 4g

Cholesterol 54mg

Sodium 474mg

Total Carbohydrates 22g

Dietary Fiber 5g

Sugar 10g

Protein 21g

Vitamin A 1711IU

Vitamin C 22mg

Calcium 51mg

Iron 1mg

Phosphorous 269mg

Potassium 867mg

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5. Pour in water, followed by radish, and fish sauce. Simmer until radish is half done.
6. Add salmon, green chilies, and choice of vegetables like okra, eggplant and leafy greens. Cook for 3 to 5 minutes until the salmon has reached the stated CCP temperature. DO NOT STIR – this helps cut out the fishy smell.
CCP: 145 °F (63°C) or flesh is opaque and separates easily with a fork.
7. Sprinkle tamarind powder/sinigang mix. Lightly stir to dissolve.
8. Hold for service.
CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve 1.5 cup using a ladle for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: Vegetarian Filipino Salmon Sinigang Soup

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: Pureed Filipino Salmon Sinigang Soup

EC7/Soft: YES, if vegetables are soft

SB6/MM5/PU4: Pureed Filipino Salmon Sinigang Soup

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.12.25.

Serve with rice.

Allergens

fish

Recipe Tags

ec7 gluten free heart
healthy/cardiac low sodium
diabetic dairy free ladle easy
to chew easy soft parent
recipe pot entree entree/main
dish dinner lunch filipino
regular vegetable seafood
fish



Chicken Tinola Soup (Papaya Chicken Soup) SERVINGS 8 → 40

A comforting Filipino soup made with chicken, green papaya, and chili leaves simmered in a savory ginger broth. This hearty dish is perfect for warming up on a chilly day and is often enjoyed with a rice and a condiment of fish sauce and chili pepper on the side. For National Nutrition Month 2025: Food Connects Us webinar Grace Derocha, RDN shared her adaptation of this recipe inspired by her mom & Panlasang Pinoy.

RECIPE SOURCE	PREP TIME	COOKING TIME	TOTAL TIME
panlasangpinoy.com	10 MIN	1 HRS	1 HRS 10 MIN

Ingredients

- 3/4 cup plus 3 tablespoons canola oil
- 25 clove garlic, crushed
- 5 onion, chopped
- 15 inches ginger, julienned
- 10 pounds boneless skinless chicken, cut into 4 ounce pieces
- 1/2 cup plus 2 tablespoons fish sauce
- 5 quarts water, rice (water leftover after rinsing rice) or wash
- 5 quarts water
- 10 green papaya, wedged
- 10 chicken bouillon cube
- 1/2 tablespoon plus 1 teaspoon ground black pepper, (optional)
- 5 cups hot pepper, leaves
- 7 1/2 cups leaf

Cooking Instructions

- Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- Thawing CCP: Defrost chicken in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Cut chicken into 4 ounce pieces if necessary.
- Prep garlic, onion, ginger, papaya and leaves/greens as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
- Heat oil in a pot. Sauté garlic, onion, and ginger until the onion softens.
- Add the chicken. Continue sautéing for 2 minutes or until it turns light brown in color. Add fish sauce and stir. Add the rice wash and bring to a boil. Simmer for 10 minutes. Add water as needed. Let it boil.

Nutrition Facts

Amounts Per Serving
Calories 301
Total Fat 14g
Saturated Fat 3g
Trans Fat 0g
Polyunsaturated Fat 3g
Monounsaturated Fat 6g
Cholesterol 101mg
Sodium 601mg
Total Carbohydrates 9g
Dietary Fiber 2g
Sugar 5g
Protein 35g
Vitamin A 2943IU
Vitamin C 52mg
Calcium 74mg
Iron 3mg
Phosphorous 254mg
Potassium 553mg

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7. Add green papaya wedges into the pot. Continue to simmer for 15 to 20 minutes until the chicken reaches the stated CCP temperature. Add chicken bouillon cubes and stir. Season with ground black pepper (optional). Turn off the heat and then add the hot pepper and malunggay leaves. Cover for 2 minutes to let the residual heat cook the green vegetables. CCP: Cook to a minimum internal temperature of 165 °F (74°C).

8. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve 1 each (3 ounces chicken and 1 cup soup) using tongs and a ladle for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: Vegetarian Tinola Soup (Papaya Chickpea Soup)

Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: Pureed Chicken Tinola Soup

EC7/Soft: Yes, with soft vegetables

SB6/MM5/PU4: Pureed Chicken Tinola Soup

Recipe Tags

ec7 soft easy to chew easy
heart healthy/cardiac low
sodium diabetic gluten free
dairy free ladle tongs pot
entree entree/main dish dinner
lunch regular vegetable
poultry chicken parent recipe
filipino

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.13.25.

If you cannot find malunggay leaves, substitute other leafy greens such as spinach, kale or Bok choy.

Serve with rice.

Allergens

yeast, fish, celery



Ube Halaya

SERVINGS
8 → 40

Ube halaya is a thick, creamy Filipino dessert made from mashed purple yam, milk, sugar, and oil or butter. It's also known as purple yam jam or halayang ube. Ube halaya is often eaten for special occasions and festivities. For National Nutrition Month 2025: Food Connects Us webinar, Grace Derocha, RDN shared her adaptation of this recipe inspired by her mom & Panlasang Pinoy.

RECIPE SOURCE
panlasangpinoy.com

PREP TIME
10 MIN

COOKING TIME
30 MIN

TOTAL TIME
42 MIN

Ingredients

- 10 cups coconut milk
- 3 3/4 cups granulated white sugar
- 5 pounds purple yam, grated
- 1 1/2 tablespoons plus 1/2 teaspoon canola oil

Cooking Instructions

1. Gather all ingredients and equipment. CCP: Wash your hands with warm water and soap for at least 20 seconds CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep coconut milk and yam as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
CCP: Clean lids before opening canned goods.
3. Pour the coconut milk into a pot. Bring to a boil. Once the coconut milk starts to boil, add the sugar. Stir until the sugar dissolves completely.
4. Add the grated purple yam. Continue to cook for 20-30 minutes while stirring on low to medium heat until the texture gets thick.
5. Grease the oval shaped tin mold or llanera with oil. Transfer the ube halaya (coconut milk, sugar, yam mixture) to the greased mold or llanera.
6. Let cool to room temperature.
7. Cover, label, date and refrigerate until time of service.
CCP: Refrigerate at 40° F (4°C) or below.
8. Hold for service.
CCP: Hold at an internal temperature of 41°F (5°C) and below.

Nutrition Facts

Amounts Per Serving

Calories 235

Total Fat 13g

Saturated Fat 11g

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 0mg

Sodium 14mg

Total Carbohydrates 32g

Dietary Fiber 0g

Sugar 19g

Protein 2g

Vitamin A 0IU

Vitamin C 1mg

Calcium 15mg

Iron 2mg

Phosphorous 77mg

Potassium 405mg

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Serving Instructions

Serve 1/2 cup using a #8 scoop for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES, ¼ cup using a #16 scoop

Heart Healthy/Cardiac: pudding

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: cookie of choice

EC7/Soft/SB6: YES

MM5/PU4: YES, must pass Fork Drip and Spoon Tilt testing methods

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.14.25.

Recipe Tags

pu4 mm5 sb6ec7 low
sodium diabetic dairy free
gluten free vegetarian #16
scoop #8 scoop vegetable
minced & moist soft & bite sized
easy to chew easy soft
regular oval shaped tin mold or
llanera pot filipino parent
recipe dessert dinner lunch

Jamaican Recipes

Contributed by

Sue Ellen Anderson Hayes, MS, RDN, CDCES, LDN, NASM-CPT



Jamaican Rice & Peas

SERVINGS
24 → 48

Jamaican rice and peas is a traditional Jamaican dish consisting of rice cooked with red kidney beans (often called "red peas" in Jamaica) in a flavorful broth seasoned with coconut milk, thyme, scallions, scotch bonnet pepper, and other Jamaican spices, creating a creamy and aromatic side dish often served with jerk chicken or fish; it's considered a staple of Jamaican cuisine and reflects the island's diverse culinary heritage. For National Nutrition Month 2025: Food Connects Us webinar, Sue-Ellen Anderson-Hayes, RDN shared this recipe courtesy of 360 Girls & Women recipe eBook.

RECIPE SOURCE	PREP TIME	COOKING TIME	TOTAL TIME
National Nutrition Month 2025: Food Connects Us	10 MIN	30 MIN	40 MIN

Ingredients

- 2 tablespoons avocado, or canola oil
- 2 cups diced onion
- 2/3 cup diced garlic
- 3 pounds 6 ounces no salt added kidney beans, canned
- 2 cups light coconut milk
- 1 cup bean broth, from canned beans
- 6 cups water, first measure
- 1 cup second measure, water,
- 1/2 tablespoon plus 1/2 teaspoon salt
- 1/4 teaspoon seasoning, cayenne
- 2 tablespoons onion powder
- 1/2 tablespoon plus 1/2 teaspoon garlic powder
- 4 scallions
- 1/3 cup plus 2 teaspoons thyme, chopped, fresh
- 1/2 tablespoon plus 1/2 teaspoon pimento, seeds
- 2 scotch bonnet pepper, jamaican diced
- 6 cups jasmine or basmati, raw white rice

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep onion, garlic, beans, coconut milk, scallions, thyme and Scotch Bonnet as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will

Nutrition Facts

Amounts Per Serving
Calories 83
Total Fat 1g
Saturated Fat 1g
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg
Sodium 100mg
Total Carbohydrates 15g
Dietary Fiber 2g
Sugar 1g
Protein 4g
Vitamin A50IU
Vitamin C 5mg
Calcium 25mg
Iron 1mg
Phosphorous 65mg
Potassium 184mg

be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap. CCP: Clean lids before opening canned goods. Drain and rinse canned legumes & vegetables.

3. Add the oil, onions and garlic to the pot and saute for ~ 1 minute on medium heat.

4. Add the beans and saute for an additional minute. Add the coconut milk, bean broth and first measure water to the beans.

5. Add the dry ingredients: salt, cayenne, onion and garlic powder and stir.

6. Add the scallion, thyme, pimento and scotch bonnet pepper. Cover the pot and cook for 5 minutes.

7. Add the rice, reduce to low heat and let steam for 15-20 minutes. Check the rice to make sure it is not burning or sticking to the bottom of the pot.

8. If the rice is still hard, add the second measure water and cook for approximately 10 additional minutes to the stated CCP temperature. The rice should be fluffy and the beans should be soft.

CCP: Cook to a minimum internal temperature of 140 °F (60°C).

9. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Recipe Tags

heart healthy/cardiac low
sodium diabetic dairy free #8
scoop gluten free vegetarian
ec7 soft easy to chew easy
regular side dish dinner
lunch rice beans caribbean
jamaican fork pot

Serving Instructions

Serve ½ cup using a #8 scoop for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: Finger Food Rice Patty

EC7/Soft: YES

SB6: Soft & Bite Sized Jamaican Rice & Peas

MM5: Minced & Moist Jamaican Rice & Peas

PU4: Cream of Rice

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.14.25.



Sautéed Jamaican Callaloo

SERVINGS
5 → 40

For National Nutrition Month 2025: Food Connects Us webinar, Sue-Ellen Anderson-Hayes, RDN shared this recipe courtesy of Gabi Odebode for Food Network Kitchen. Callaloo is so popular in Jamaica that this leafy green is often referred to as Jamaican spinach. Although it looks something like spinach, it has a sturdier texture that's akin to collard greens. Believed to have traveled to the Caribbean from West Africa, callaloo is cooked in many ways throughout the islands, including in ways similar to Southern braised collards. In Jamaica, it's often sautéed, particularly with bell peppers and other vegetables for a bit of sweetness. Herbs and spice are added for robust flavor that's bound to please even those who aren't greens fans. Fresh callaloo can be difficult to find so we use frozen leaves in this recipe. Serve the dish with rice, plantains or boiled dumplings for a full Jamaican experience.

RECIPE SOURCE
foodnetwork.com

PREP TIME
10 MIN

COOKING TIME
20 MIN

TOTAL TIME
30 MIN

Ingredients

- 2 pounds 8 ounces callaloo, frozen
- 1 cup canola oil or olive oil
- 8 small onion, chopped
- 24 clove garlic, minced
- 8 red bell pepper, diced, small
- 8 small yellow bell pepper, diced
- 16 scallions, sliced
- 8 habanero pepper, or scotch bonnet pepper, chopped, optional
- 1/3 cup vegetable bouillon powder, optional
- 2 1/2 tablespoons plus 1/2 teaspoon fresh thyme leaf
- 1/2 tablespoon plus 1/2 teaspoon salt

Cooking Instructions

- Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- Thawing CCP: Defrost callaloo in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Prep onion, garlic, bell peppers, scallion and other peppers as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
- Remove and discard the thick stems from the callaloo but keep the thin stems attached to the leaves. Roughly chop the callaloo, place it in a strainer and rinse it thoroughly with room-temperature water to remove any dirt. Set aside in the strainer.

Nutrition Facts

Amounts Per Serving

Calories 93

Total Fat 7g

Saturated Fat 1g

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 4g

Cholesterol 2mg

Sodium 254mg

Total Carbohydrates 8g

Dietary Fiber 1g

Sugar 3g

Protein 2g

Vitamin A 1186IU

Vitamin C 129mg

Calcium 27mg

Iron 1mg

Phosphorous 38mg

Potassium 236mg

5. Fill a bowl large enough to comfortably hold the strainer with boiling water. Place the strainer with the callaloo into the water for about 3 minutes. Rinse the callaloo in cold water until cool, about 2 minutes. This step helps soften the callaloo and brighten its color. Press down on the callaloo in the strainer to remove excess water or wrap it in cheesecloth and wring out the water. Set aside.

6. Heat the oil in a skillet or saucepan over medium heat. Add the onions and cook, stirring, until the onion is translucent, 2 to 4 minutes. Add the garlic and cook for 30 seconds. Add the red and yellow bell peppers and cook until slightly tender, about 2 minutes. Add the scallions and habanero or Scotch bonnet pepper, if using, and cook for another minute. Add the callaloo and cook, stirring occasionally, for 3 minutes.

7. Reduce the heat to medium low. Stir in the bouillon powder, if using, and the thyme and cook for another 3 minutes. Add salt and continue cooking until the callaloo is completely wilted and dark green, about 5 minutes and to the stated CCP temperature.

CCP: Cook to a minimum internal temperature of 165 °F (74°C).

8. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Recipe Tags

food network parent recipe dairy
free slotted spoon ec7 soft
easy to chew easy heart
healthy/cardiac low sodium
diabetic vegetarian skillet or
saucepan strainer bowl side
dish gluten free dinner lunch
caribbean jamaican vegetable
regular

Serving Instructions

Serve ½ cup using a slotted spoodle for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: see Finger Food Vegetable Collection

EC7/Soft: YES, if soft cooked

SB6/MM5/PU4: See IDDSI Vegetable Collection

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.16.25.



Ackee & Saltfish

SERVINGS
4 → 40

For National Nutrition Month 2025: Food Connects Us webinar, Sue-Ellen Anderson-Hayes, RDN shared this recipe courtesy of Ouida Bradshaw, co-owner Jamaicaaway, Nashville, TN, published on Foodnetwork.com. Ackee and saltfish is Jamaica's national dish, made with salted cod and ackee fruit. It's a popular breakfast and brunch dish. Ackee is a fruit that tastes like scrambled eggs and is often prepared like a vegetable. Saltfish refers to salted codfish, a staple in Jamaican cuisine. Saltfish also known as bacalao or dried fish, refers to fresh, meaty white fish (typically cod) preserved by salt-curing and drying.

RECIPE SOURCE
[foodnetwork.com](https://www.foodnetwork.com)

PREP TIME
15 MIN

COOKING TIME
15 MIN

TOTAL TIME
30 MIN

Ingredients

- 5 pounds salted cod, boneless
- 5 cups canola oil
- 40 clove garlic, finely chopped
- 10 sprigs fresh thyme
- 20 onions, sliced
- 40 scallions, chopped
- 10 cups bell pepper, sliced assorted (red, green, yellow, orange)
- 2 1/2 scotch bonnet pepper, finely chopped with seeds removed
- 12 pounds 8 ounces ackee, canned drained
- 3 tablespoons plus 1 teaspoon ground black pepper
- 3 tablespoons plus 1 teaspoon paprika

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost codfish in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Prep garlic, thyme, onions, scallions, bell peppers, Scotch bonnet pepper and ackee as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
CCP: Clean lids before opening canned goods.
Drain canned fruit.
4. Wash off all the salt from the salted cod fish in cold water, and then soak as follows: Soak for 1 hour in hot water, and then drain and replace with a new batch of hot water for another hour. The fish will be soaked for a total of 2 hours.

Nutrition Facts

Amounts Per Serving

Calories 606

Total Fat 54g

Saturated Fat 5g

Trans Fat 0g

Polyunsaturated Fat 27g

Monounsaturated Fat 21g

Cholesterol 31mg

Sodium 55mg

Total Carbohydrates 15g

Dietary Fiber 5g

Sugar 5g

Protein 21g

Vitamin A 885IU

Vitamin C 56mg

Calcium 85mg

Iron 2mg

Phosphorous 253mg

Potassium 529mg

5. Heat the oil in a skillet over medium heat and then add the chopped garlic and cook for 30 seconds. Add the sprig of thyme and cook for 30 seconds. Add the onions, scallions, bell peppers, and Scotch bonnet pepper and cook for 5 minutes. Stir the entire mix as needed.

6. Add the prepared codfish to the skillet and simmer for 5 minutes, stirring as needed and to the stated CCP temperature. Add the ackee to the skillet and simmer for another 2 minutes. Stir in the black pepper. Garnish with paprika.

CCP: Cook to a minimum internal temperature of 145 °F (63°C) or flesh is opaque and separates easily with a fork.

7. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve 1.5 cups using a spoodle for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Lemon Baked Cod AND Sauteed Bell Peppers

Low Sodium: YES

Vegetarian: Vegan Ackee with Mushroom

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: Lemon Baked Cod on a Bun OR Finger Food Homemade Fish Sticks AND raw bell pepper strips

EC7/Soft: YES

SB6: Soft & Bite Sized Lemon Baked Cod AND Soft & Bite Sized Sauteed Bell Peppers

MM5: Minced & Moist Lemon Baked Cod AND Minced & Moist Sauteed Bell Peppers

PU4: Pureed Lemon Baked Cod AND Pureed Sauteed Bell Peppers

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.16.25.

Allergens

fish

Recipe Tags

low sodium food networkec7
easy to chew easy soft
spoodle fruit vegetable
entree entree/main dish
brunch breakfast diabetic
gluten free skillet parent
recipe jamaicancaribbean
regular seafood fish dinner
lunch

Persian Recipes

Contributed by

Yasi Ansari, MS, RDN, CSSD



Chicken Kabob

SERVINGS
8 → 40

For National Nutrition Month 2025: Food Connects Us webinar, Yasi Ansari, RDN shared this recipe, adaptations of Middle-Eastern Chicken Kabobs recipe from OnceUponAChef.com. A Middle Eastern kabob, or kebab, is a dish of meat, fish, or vegetables that are cooked on a skewer over a fire. Kebabs originated in the Middle East or Eastern Mediterranean.

RECIPE SOURCE	PREP TIME	COOKING TIME	TOTAL TIME
National Nutrition Month 2025: Food Connects Us	6 HRS 10 MIN	15 MIN	6 HRS 25 MIN

Ingredients

SAFFRON WATER

- 1 1/2 tablespoons plus 1/2 teaspoon saffron
- 10 ice cube

MARINADE

- 10 onions, grated
- 1 1/4 cups lemon juice
- saffron water (above)
- 5 cups low fat plain yogurt
- 1 1/2 tablespoons plus 1/2 teaspoon salt
- 1/2 tablespoon plus 1 teaspoon ground black pepper
- 1/2 cup plus 2 tablespoons olive oil
- 10 pounds boneless skinless chicken, (*See Notes) pieces, cut into 1-1 1/2 inch pieces

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost chicken in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Prep onions and chicken as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
4. SAFFRON WATER: Add a pinch of saffron in a pestle and mortar. Grind saffron until it becomes thin. Sprinkle over 2-3 ice cubes and let the ice melt. Use for cooking, then put the remainder into a fridge-safe container and seal. The second option is to grind saffron and add hot water.
5. MARINADE: Combine the grated onions, lemon juice, saffron water, yogurt, salt, pepper, and olive oil in a bowl. Mix well.

Nutrition Facts

Amounts Per Serving	
Calories	286
Total Fat	12g
Saturated Fat	3g
Trans Fat	0g
Polyunsaturated Fat	2g
Monounsaturated Fat	6g
Cholesterol	102mg
Sodium	380mg
Total Carbohydrates	8g
Dietary Fiber	0g
Sugar	7g
Protein	34g
Vitamin A	76IU
Vitamin C	3mg
Calcium	63mg
Iron	2mg
Phosphorous	262mg
Potassium	378mg

6. Add the chicken pieces to the marinade and coat them thoroughly. Cover the bowl and refrigerate for at least 6 hours, preferably overnight.

CCP: Always marinate food in a refrigerator at 40° F (4°C) or below.

7. Preheat the grill or broiler. Skewer the marinated chicken pieces onto metal or soaked wooden skewers. Grill the skewers over medium-high heat, turning occasionally, until the chicken is cooked, slightly charred, about 10-12 minutes and to the stated CCP temperature.

CCP: Cook to a minimum internal temperature of 165 °F (74°C).

8. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve 3 ounces on skewer OR remove from skewer and serve using tongs for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: Seitan Chicken (Vegan Chicken)

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: Yes

EC7/Soft/SB6: Soft & Bite Sized Lemon Chicken Breast

MM5: Minced & Moist Lemon Chicken Breast

PU4: Pureed Lemon Chicken Breast

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.17.25.

*Substitute tofu, salmon or top sirloin steak. Copy recipe and change this ingredient for accurate nutrition and allergen information.

Option: Add chopped vegetables (peppers, mushrooms, onions) between chicken pieces on skewers.

Serve with rice, Shirazi salad, Mediterranean Quinoa Salad, fresh herbs (cilantro, parsley or mint) and wrap in lavash bread topped with yogurt.

Allergens

milk, lactose

Recipe Tags

pestle & mortar tongs grill or
broiler skewers bowl finger
food heart healthy/cardiac
diabetic low sodium gluten
free persian middle eastern
regular entree entree/main
dish dinner lunch poultry
chicken



Chicken Tachin

SERVINGS
12 → 48

For National Nutrition Month 2025: Food Connects Us webinar, Yasi Ansari, RDN shared this recipe, adaptations of Food52.com Tahchin (Crispy Saffron Rice Casserole Stuffed With Chicken) & UnicornsInTheKitchen.com Tahchin – Persian Savory Rice Cake. Tahchin is a Persian dish of baked rice, yogurt, eggs, saffron, and meat. The name translates to "arranged on the bottom" in Persian. Tahchin is often made for special occasions and can be crunchy on the outside and fluffy on the inside.

RECIPE SOURCE	PREP TIME	COOKING TIME	TOTAL TIME
National Nutrition Month 2025: Food Connects Us	20 MIN	1 HRS 20 MIN	1 HRS 40 MIN

Ingredients

SAFFRON WATER

- 1 tablespoon plus 1 teaspoon saffron
- 8 ice cube

CHICKEN

- 1/4 cup olive oil, first measure
- 2 onion
- 6 onion, thinly sliced
- 6 pounds boneless skinless chicken, (*See Notes)
- 1/4 cup saffron, Water, above, first measure
- 1 teaspoon turmeric powder
- 1 tablespoon plus 1 teaspoon cumin, first measure

RICE

- 8 cups long-grain rice, rinsed
- 16 cups water

EGG MIXTURE

- 8 large egg
- 6 cups plain whole-milk yogurt
- 1/2 cup second measure, olive oil,
- 1/4 cup second measure, Saffron Water, above,
- 1/4 cup second measure, cumin,
- 1 tablespoon plus 1 teaspoon salt
- 1/2 cup lemon juice

PAN COATING

- 3/4 cup olive oil, third measure

Nutrition Facts

Amounts Per Serving
Calories 232
Total Fat 12g
Saturated Fat 3g
Trans Fat 0g
Polyunsaturated Fat 2g
Monounsaturated Fat 6g
Cholesterol 85mg
Sodium 257mg
Total Carbohydrates 11g
Dietary Fiber 0g
Sugar 2g
Protein 20g
Vitamin A 112IU
Vitamin C 2mg
Calcium 63mg
Iron 1mg
Phosphorous 176mg
Potassium 246mg

Cooking Instructions

1. Gather all ingredients and equipment.

CCP: Wash your hands with warm water and soap for at least 20 seconds

CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.

2. Thawing CCP: Defrost chicken in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

3. Prep onion as directed above.

CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.

4. SAFFRON WATER: Add a pinch of saffron in a pestle and mortar. Grind saffron until it becomes thin. Sprinkle over 2-3 ice cubes and let the ice melt. Use for cooking, then put the remainder into a fridge-safe container and seal. The second option is to grind saffron and add hot water.

5. CHICKEN: Heat first measure oil in a pan over medium-high heat. Sauté the onions until golden and soft. Add chicken and top with first measure saffron water, turmeric powder and cumin, and cook until chicken is cooked through and has reached the stated CCP temperature. If the pan is getting too dry, add a little water. Chop into pieces or shred and set aside.

CCP: Cook to a minimum internal temperature of 165 °F (74°C).

6. RICE: Par-cook rice. Boil rice in water over high heat; once at a boil, turn the heat down to allow for a gentle boil until most of the water is absorbed. Strain rice to cool it down. Rice grains should not be stiff and should be able to easily split after pinching the piece of rice. Rice should also not be too soft.

7. When the rice is almost done, preheat the oven to 375°F (190°C) conventional/350°F (180°C) convection.

8. EGG MIXTURE: In a separate bowl, whisk the eggs and stir to combine with yogurt, second measure olive oil, second measure saffron water, second measure cumin, salt, lemon juice and rice until all of the rice is covered with the mixture.

9. PAN COATING: Spread third measure olive oil over the bottom of baking pan (by using a glass pan, you can check the color of the rice as it cooks), including the sides, and place in the oven to warm up.

10. Line the pan with half of the egg mixture, then top with chicken and add the remainder of the rice mixture. Cover with foil with holes in the middle of the foil.

11. Bake for 65-80 minutes (¼ less time convection) until rice looks golden and crispy on top and to the stated CCP temperature. Allow to cool for about 15 minutes. Loosen rice at the corners of the pan, top with another similar size baking pan and flip the mixture over so the crispy rice is on top.

CCP: Cook to a minimum internal temperature of 165 °F (74°C).

12. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve 1 each (3 inch x 3 inch piece) using a spatula for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Recipe Tags

saute pan pestle & mortar heart
healthy/cardiac low sodium
diabetic gluten free spatula
whisk baking pan bowls
persian rice poultry chicken
entree entree/main dish dinner
lunch middle eastern parent
recipe regular

Low Sodium: YES

Vegetarian: Seitan Chicken (Vegan Chicken) AND Yellow Rice

Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: Herb Baked Chicken Breast AND Finger Food Rice Patty

EC7/Soft: Soft & Bite Sized Lemon Chicken Breast AND Yellow Rice

SB6: Soft & Bite Sized Lemon Chicken Breast AND Soft & Bite Sized Yellow Rice

MM5: Minced & Moist Lemon Chicken Breast AND Minced & Moist Yellow Rice

PU4: Pureed Lemon Chicken Breast AND Cream of Rice

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.17.25.

*Substitute choice of meat: lamb or vegetarian options such as eggplant. Copy recipe and change this ingredient for accurate nutrition and allergen information.

Optional garnish: Melt butter, add barberries or almonds with sugar and sauté for ~5 minutes.

Serve with rice, Shirazi salad or Mediterranean Quinoa Salad.

Allergens

milk, lactose, egg



Mediterranean Quinoa Salad

SERVINGS
5 → 40

For National Nutrition Month 2025: Food Connects Us webinar, Yasi Ansari, RDN shared this recipe. Mediterranean quinoa salad is a dish made with quinoa, vegetables and a flavorful dressing.

RECIPE SOURCE

National Nutrition Month
2025: Food Connects Us

PREP TIME

10 MIN

COOKING TIME

15 MIN

TOTAL TIME

25 MIN

Ingredients

- 4 cups chopped cucumber
- 4 cups sliced tomato
- 2 cups chopped red onion
- 2 cups uncooked quinoa

DRESSING

- 1 cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon plus 1 teaspoon oregano

-
- 2 2/3 cups feta cheese
 - 2 1/2 tablespoons plus 1/2 teaspoon fresh dill, or basil

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep cucumbers, tomatoes, onion and fresh herbs as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
3. Cook quinoa per package instructions and once cooked, fluff the quinoa and let it cool.
4. Mix and combine cucumbers, tomatoes, onion and cooled quinoa.
5. DRESSING: Combine oil, vinegar and oregano with a whisk until well combined. Add dressing to vegetable quinoa mixture.
6. Top with feta cheese and fresh herbs.
7. Refrigerate until time of service.
CCP: Refrigerate at 40° F (4°C) or below.
8. Hold for service.
CCP: Hold at an internal temperature of 41°F (5°C) and below.

Nutrition Facts

Amounts Per Serving

Calories 115

Total Fat 8g

Saturated Fat 2g

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 9mg

Sodium 93mg

Total Carbohydrates 8g

Dietary Fiber 1g

Sugar 2g

Protein 3g

Vitamin A 195IU

Vitamin C 3mg

Calcium 61mg

Iron 1mg

Phosphorous 83mg

Potassium 133mg

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Serving Instructions

Serve ½ cup using a #8 scoop for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: Parmesan Quinoa Cakes

EC7/Soft: Quinoa

SB6: Soft & Bite Sized Quinoa

MM5: Minced & Moist Quinoa

PU4: Cream of Rice

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.18.25.

Allergens

milk, lactose

Recipe Tags

pot #8 scoop heart

healthy/cardiac low sodium

diabetic gluten free vegetarian

vegetable regular bowls

whisk persian middle eastern

side dish dinner lunch



Persian Tomato Omelet

SERVINGS
3 → 42

For National Nutrition Month 2025: Food Connects Us webinar, Yasi Ansari, RDN shared this recipe. A "Persian tomato omelet," also called "Om'let-e Gojeh Farangi" in Persian, is a simple dish consisting of eggs cooked with a rich tomato sauce seasoned with spices like turmeric, cumin, and garlic, typically served as a breakfast or light lunch option, featuring a prominent tomato flavor and often garnished with fresh herbs like parsley or cilantro; it's essentially an open-faced omelet with a generous amount of tomato incorporated into the cooking process.

RECIPE SOURCE	PREP TIME	COOKING TIME	TOTAL TIME
National Nutrition Month 2025: Food Connects Us	10 MIN	10 MIN	20 MIN

Ingredients

- 1 3/4 cups butter
- 1 3/4 cups canola oil
- 7 onion, chopped
- 84 tomatoes, chopped
- 1 tablespoon plus 1/2 teaspoon turmeric powder
- 1 tablespoon plus 1/2 teaspoon pepper
- 84 large egg
- 3 1/2 cups feta cheese

Cooking Instructions

- Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- Prep tomatoes and onions as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
- Add butter and oil to sauté pan on medium heat. Sauté onions and tomatoes until soft. Add turmeric and pepper.
- Add eggs and cook until scrambled and to the stated CCP temperature. Mix all ingredients.
NOTE: Reserve portions for "no cheese" diets below before topping with feta cheese.
CCP: Cook to a minimum internal temperature of 160 °F (71°C).
- Hold for service.
CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve 2 cups using a spoodle for approved diet types and textures.

Nutrition Facts

Amounts Per Serving	
Calories	377
Total Fat	30g
Saturated Fat	11g
Trans Fat	0g
Polyunsaturated Fat	5g
Monounsaturated Fat	12g
Cholesterol	403mg
Sodium	330mg
Total Carbohydrates	13g
Dietary Fiber	3g
Sugar	8g
Protein	17g
Vitamin A	2880IU
Vitamin C	35mg
Calcium	149mg
Iron	3mg
Phosphorous	308mg
Potassium	765mg

****DIET TYPES****

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES, no cheese (or egg substitute or egg whites per RDN recommendations)

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES, check ingredient label of liquid eggs and if needed, substitute shell eggs

****TEXTURES & CONSISTENCIES****

FF: Hard Boiled Egg & raw tomato wedges

EC7/Soft: YES

SB6: Soft & Bite Sized Persian Tomato Omelet, no cheese

MM5: Minced & Moist Persian Tomato Omelet, no cheese

PU4: Pureed Persian Tomato Omelet, no cheese OR Pureed Scrambled Eggs and Tomato

Juice (per clinician recommendations for liquids)

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.17.25.

Option: Add cooked chicken or turkey sausage.

Pair with sourdough bread slices and avocado.

Allergens

milk, lactose, egg

Recipe Tags

parent recipe ec7 soft easy to
chew easy spoodle low
sodium diabetic gluten free
vegetarian saute pan persian
middle eastern regular
vegetable egg entree
entree/main dish brunch
breakfast

Columbian Recipes

Contributed by

Sandra Arevalo, MPH, RDN, CDE, CLC, FADA



Colombian Beef & Pork Empanadas

SERVINGS
12 → 48

For National Nutrition Month 2025: Food Connects Us webinar, Sandra Arevalo, RDN shared this recipe. These Colombian Empanadas are a popular snack in Colombia and are served by most Colombian restaurants in the USA. Traditionally, these delicious fritters are made with shredded pork and beef, but in my family we always make them with ground meat. Serve them with ají and lime wedges on the side.

RECIPE SOURCE
mycolombianrecipes.com

PREP TIME
45 MIN

COOKING TIME
1 HRS

TOTAL TIME
1 HRS 45 MIN

Ingredients

DOUGH

6 cups yellow cornmeal, precooked (masarepa)
2 tablespoons sazón goya with azafrán
1/2 tablespoon plus 1/2 teaspoon salt, first measure
8 cups water
1/4 cup canola oil

FILLING

8 cups potatoes, peeled, and diced
4 chicken or vegetable, bouillon tablet
1/4 cup olive oil
1 cup white onion, chopped
4 cups chopped tomato
1 cup chopped green onion
4 chopped garlic, clove
1/2 cup chopped red bell pepper
1/2 cup chopped fresh cilantro
1/2 tablespoon plus 1/2 teaspoon second measure, salt,
1 teaspoon ground black pepper
1 pound ground pork
1 pound ground beef
canola oil for frying

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost ground pork and beef in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Nutrition Facts

Amounts Per Serving

Calories 187

Total Fat 9g

Saturated Fat 2g

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 24mg

Sodium 182mg

Total Carbohydrates 19g

Dietary Fiber 2g

Sugar 1g

Protein 9g

Vitamin A 272IU

Vitamin C 8mg

Calcium 17mg

Iron 1mg

Phosphorous 118mg

Potassium 327mg

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(<http://www.nutritionix.com/api>)

3. Prep potato, onions, tomatoes, green onions, garlic, bell peppers and cilantro as directed above.

CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.

4. DOUGH: Place the masarepa in a bowl. Add the sazón Goya and first measure salt and stir to mix well. Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes. Meanwhile make the filling.

5. FILLING: Cook the potatoes in a pot with water and the bouillon tablet for 20-25 minutes or until tender. Drain and gently mash the potatoes. Set aside.

6. Heat olive oil in a large, heavy skillet. Add the onion and cook over medium-low heat stirring frequently, for 5 minutes. Add the tomatoes, green onions, garlic, bell pepper, cilantro, second measure salt and black pepper. Cook for about 15 minutes.

7. Add the ground pork and beef. Cook, breaking up the meat with a wooden spoon, for 10 to 15 minutes until the mixture is fairly dry and has reached the stated CCP temperature.

CCP: Cook to a minimum internal temperature of 160 °F (71°C).

8. Transfer the meat mixture to the mashed potatoes bowl and mix well to combine.

9. Using a #40 scoop, form 1 ½ tablespoons dough portions into balls by rolling between the palms of your hands.

10. Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle. Remove the top plastic and place 1 tablespoon of the filling in the center of each using a #60 scoop or tablespoon.

11. Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork.

12. Heat fryer or fill a pot with canola oil and heat over medium heat to 360°F (182°C).

13. Carefully place empanadas in the heated oil and fry for about 2 minutes until golden on all sides.

14. Using a slotted spoon, transfer the empanadas to a plate lined with paper towels.

15. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Recipe Tags

dinner plastic wrap dairy free
low sodium diabetic gluten
free potato pork fork #60
scoop/tablespoon #40 scoop
slotted spoon pot or fryer
tongs rolling pin skillet pot
bowls parent recipe snack
appetizer side dish beef finger
food regular columbian latin

Serving Instructions

Serve 1 each using tongs for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Ground Meat Burger Patty

Low Sodium: YES

Vegetarian: Columbian Vegetarian Empanadas

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: YES

EC7/Soft: Baked Meatballs (from frozen)

SB6: Soft & Bite Sized Baked Meatballs (from frozen)

MM5: Minced & Moist Baked Meatballs (from frozen)

PU4: Pureed Baked Meatballs (from frozen)

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.19.25.

Serve with lime and aji. Aji is a type of chili pepper common in South American cuisine. The source recipe site has a recipe for Aji Colombiano which is Columbian Hot Sauce.

Allergens

soybean, yeast, corn



Columbian Ajiaco (Chicken & Potato Soup)

SERVINGS
16 → 48

For National Nutrition Month 2025: Food Connects Us webinar, Sandra Arevalo, RDN shared this adaptation of Colombian Ajiaco from thekitchn.com. Ajiaco is a hearty soup made with chicken, potatoes, corn, and herbs. It's a national dish of Colombia and is also popular in Cuba and Peru.

RECIPE SOURCE	PREP TIME	COOKING TIME	TOTAL TIME
National Nutrition Month 2025: Food Connects Us	15 MIN	50 MIN	1 HRS 5 MIN

Ingredients

- 12 cups water
- 1 tablespoon salt
- 3 yellow onion, diced
- 3 pounds boneless skinless chicken breast
- 1 pound 8 ounces rib steak
- 9 pounds potatoes, peeled, Idaho & cut into large cubes
- 9 pounds yellow potatoes, peeled, & cut in small cubes
- 9 pounds red potatoes, peeled, & cut in small cubes
- 1/2 cup plus 1 tablespoon dry guascas
- 12 corn cobs, cut into thirds

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost chicken and steak in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Prep onion, potatoes and corn as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
CCP: Clean lids before opening canned goods.
Drain and rinse canned legumes & vegetables.
4. Add water, salt and onions in a pot and bring to a boil.
5. Add chicken and steak and let it cook for ~15 minutes until the meat is fully cooked and soft to the stated CCP temperatures.
CCP chicken: Cook to a minimum internal temperature of 165 °F (74°C).
CCP steak: Cook to a minimum internal temperature of 145 °F (63°C) with a 3 minute rest time.

Nutrition Facts

Amounts Per Serving
Calories 343
Total Fat 4g
Saturated Fat 2g
Trans Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat 2g
Cholesterol 35mg
Sodium 191mg
Total Carbohydrates 58g
Dietary Fiber 6g
Sugar 5g
Protein 19g
Vitamin A 95IU
Vitamin C 29mg
Calcium 44mg
Iron 3mg
Phosphorous 287mg
Potassium 1545mg

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6. Lower the heat down to a simmer. Add the Idaho potatoes and bring to a boil. Add the rest of the potatoes and cook for 10-15 minutes until the potatoes are tender and broth begins to thicken.

7. Add the guascas and corn cobs. Simmer for ~10 minutes until the corn is tender. After the corn is cooked, remove from the broth and cut the corn away from the cob. Return the corn to the pot.

8. Remove the chicken and steak from the broth. Separate meat from bone if necessary. Shred steak and chicken. Return the shredded meat to the pot and let simmer for another 10 minutes to the stated CCP guideline.

CCP: Bring to a boil when reheating.

9. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Recipe Tags

potato heart healthy/cardiac low
sodium diabetic dairy free
gluten free ladle entree
entree/main dish soup pot
latin columbian parent recipe
regular dinner lunch poultry
beef chicken

Serving Instructions

Serve 2 cups using a ladle for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES, 1 cup

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: RTU vegetarian soup, refer to Vegetarian Tip Sheet for products

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: Pureed Soft Columbian Ajiaco (Chicken & Potato Soup)

EC7/Soft: Soft Columbian Ajiaco Soup

SB6/MM5/PU4: Pureed Soft Columbian Ajiaco (Chicken & Potato Soup)

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.19.25.

Guascas is an herb. May substitute dried oregano

Top with parsley, 1 dollop of heavy cream, a slice of avocado, and capers.

Allergens

corn



Oven Roasted Pernil (Pork Shoulder)

SERVINGS
32 → 48

Pernil is a slow-roasted marinated pork leg or pork shoulder common in Latin American cuisine. For National Nutrition Month 2025: Food Connects Us webinar, Sandra Arevalo, RDN shared this recipe.

RECIPE SOURCE

National Nutrition Month
2025: Food Connects Us

PREP TIME
10 MIN

COOKING TIME
6 HRS

TOTAL TIME
6 HRS 10 MIN

Ingredients

MARINADE:

- 9 cups white wine
- 3 tablespoons vinegar
- 3 tablespoons oregano
- 1 1/2 red bell pepper
- 1 1/2 onion, chopped
- 9 scallions, chopped
- 4 1/2 celery stalk
- 4 1/2 bay leaf
- 3/4 cup chopped fresh cilantro
- 3/4 cup chopped fresh parsley
- 1 tablespoon salt
- 1/2 tablespoon ground black pepper

15 pounds pork shoulder, bone in (pernil)

Cooking Instructions

1. Gather all ingredients and equipment. CCP: Wash your hands with warm water and soap for at least 20 seconds CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost pernil (pork shoulder) in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Prep bell pepper, onion, scallions, celery, cilantro and parsley as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
4. MARINADE: Place all the marinade ingredients in a blender or food processor and blend until mixed through.

Nutrition Facts

Amounts Per Serving

Calories 290

Total Fat 18g

Saturated Fat 7g

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 8g

Cholesterol 77mg

Sodium 197mg

Total Carbohydrates 2g

Dietary Fiber 0g

Sugar 1g

Protein 20g

Vitamin A 252IU

Vitamin C 8mg

Calcium 15mg

Iron 0mg

Phosphorous 13mg

Potassium 71mg

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5. Create incisions with a knife all around the pernil. Place the pernil in a sealed bag or container. Pour the marinade over the pernil and marinate for 3 days, turning it 2-3 times per day to make sure all sides are covered.

CCP: Always marinate food in a refrigerator at 40° F (4°C) or below.

6. Preheat the oven to 325°F (160°C) conventional/300°F (150°C) convection.

7. After 3 days, place the pernil in a large roasting pan and cover with aluminum foil.

8. Bake the pernil on the bottom rack for 5-7 hours (¼ less time convection) to the stated CCP temperature and tender. Check on the pernil about every 20 minutes and baste with its juices to keep it from drying out. Broil the pernil in the last hour to make sure it turns golden brown.

CCP: Cook to a minimum internal temperature of 145 °F (63°C) with a 3 minute rest time.

9. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Recipe Tags

blender or food processor finger
food low sodium diabetic foil
roasting pan sealed bag or
container ec7 soft easy to
chew easy gluten free dairy
free tongs regular latin
pork entree entree/main dish
dinner lunch columbian parent
recipe

Serving Instructions

Serve 3 ounces using tongs for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Roasted Pork Tenderloin

Low Sodium: YES

Vegetarian: Vegan Black Bean Patty or refer to Vegetarian Tip Sheet for products

Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: Yes, cut up

EC7/Soft: YES

SB6: Soft & Bite Sized Oven Roasted Pernil (Pork Shoulder)

MM5: Minced & Moist Oven Roasted Pernil (Pork Shoulder)

PU4: Pureed Oven Roasted Pernil (Pork Shoulder)

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.19.25.

Top with pineapple slices and cherries. Serve with rice and salad.



Buñuelos (fried dough fritter)

A fried dough fritter found in Spain, Latin America, and other regions with a historical connection to Spaniards. For National Nutrition Month 2025: Food Connects Us webinar, Sandra Arevalo, RDN shared this recipe.

SERVINGS
12 → 48

RECIPE SOURCE

National Nutrition Month
2025: Food Connects Us

PREP TIME
5 MIN

COOKING TIME
5 MIN

TOTAL TIME
10 MIN

Ingredients

- 4 cups corn starch
- 1/2 teaspoon baking soda
- 1 pound 8 ounces finely grated, feta cheese, (6 ounces=1 cup)
- 4 cups 2% milk
- canola oil for frying

Cooking Instructions

1. Gather all ingredients and equipment. CCP: Wash your hands with warm water and soap for at least 20 seconds CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
 2. Prep feta cheese as directed above.
 3. In a bowl, mix the corn starch and baking soda with the cheese.
 4. Add milk little by little while you knead until the texture feels like play dough. If the dough is too dry and falls apart add about 1 tablespoon of milk at a time until you reach the right consistency.
 5. Using a #30 scoop, make round balls of dough (buñuelos) with your hands and set side.
 6. In a fryer or pot, warm the oil to medium heat. Test the oil temperature by forming a pea size ball of dough and add it to the oil. If it comes back up in 13 seconds the oil is ready.
 7. Add the buñuelos to the oil and fry until golden brown. Remove from oil and place on a plate lined with paper towels.
 8. Hold for service.
- CCP: Up to 4 hours room temperature. Up to 72 hours under refrigeration.

Serving Instructions

Serve 1 each using tongs for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Corn Muffin

Nutrition Facts

Amounts Per Serving

Calories 99

Total Fat 5g

Saturated Fat 2g

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 14mg

Sodium 153mg

Total Carbohydrates 11g

Dietary Fiber 0g

Sugar 2g

Protein 3g

Vitamin A39IU

Vitamin C 0mg

Calcium 25mg

Iron 0mg

Phosphorous 20mg

Potassium 29mg

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Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: YES

EC7/Soft: Corn Muffin

SB6/MM5/PU4: See IDDSI Bread Collection

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.19.25.

Allergens

corn, milk, lactose

Recipe Tags

#30 scoop tongs brunch

snack breakfast bread low

sodium diabetic gluten free

vegetarian finger food regular

pot or fryer bowl columbian

latin dinner lunch



Tamales Tolimenses

SERVINGS
12 → 48

Tamales Tolimenses are a traditional Colombian dish of corn dough wrapped around a flavorful filling of seasoned meat, vegetables, and herbs. The tamales are steamed and wrapped in plantain leaves. For National Nutrition Month 2025: Food Connects Us webinar, Sandra Arevalo, RDN shared this recipe.

RECIPE SOURCE

National Nutrition Month
2025: Food Connects Us

PREP TIME
30 MIN

COOKING TIME
4 HRS

TOTAL TIME
4 HRS 30 MIN

Ingredients

MEATS

- 16 cups water
- 1/2 tablespoon plus 1/2 teaspoon salt
- 1 tablespoon plus 1 teaspoon minced garlic, first measure
- 4 yellow onions, diced
- 4 pounds chicken wing
- 2 pounds pork ribs, cut in pieces
- 2 pounds pork, skin, diced

DOUGH (MASA)

- 2 pounds corn meal
- 1 teaspoon salt

FILLING

- 8 green onions, chopped
- 2 yellow onion
- 1 tablespoon plus 1 teaspoon second measure, minced garlic,
- 8 tomatoes, chopped
- 1 red bell pepper, chopped
- 1/4 cup canola oil
- 2 pounds white rice, cooked
- 2 pounds split peas, yellow, cooked

TAMALES

- 48 plantain, leaves
- 12 potatoe, sliced and left in water with salt for at least 2 hours
- 4 large carrot, sliced and left in water with salt for at least 2 hours
- 8 hard boiled eggs, sliced
- 4 quarts water
- 4 potato
- 4 carrot

Nutrition Facts

Amounts Per Serving

Calories 442

Total Fat 21g

Saturated Fat 6g

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 8g

Cholesterol 99mg

Sodium 345mg

Total Carbohydrates 43g

Dietary Fiber 5g

Sugar 3g

Protein 22g

Vitamin A 21875IU

Vitamin C 179mg

Calcium 571mg

Iron 35mg

Phosphorous 3033mg

Potassium 8706mg

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Cooking Instructions

1. Gather all ingredients and equipment. CCP: Wash your hands with warm water and soap for at least 20 seconds CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.

2. Thawing CCP: Defrost chicken wings and pork ribs in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

3. Prep garlic, onions, green onions, tomatoes, bell peppers, potatoes and carrots as directed above.

CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.

4. Prepare White Rice according to the linked recipe or per package directions.

5. Prepare Hard Boiled Eggs according to the linked recipe.

6. Prepare dry yellow peas per package directions.

7. MEATS: In a pot, bring water, salt, garlic and onions to a boil. Add chicken, ribs, pork skin and bring back to a boil. Simmer until the meat is fully cooked, tender and has reached the stated CCP temperatures. Once cooked, remove the meat from the pot. Remove the meat from the bones. Reserve the liquid.

CCP chicken: Cook to a minimum internal temperature of 165 °F (74°C).

CCP pork: Cook to a minimum internal temperature of 145 °F (63°C) with a 3 minute rest time.

8. DOUGH (MASA): Bring the broth from the previous step to a boil. Add the corn flour little by little as you stir. Continue stirring and cooking until the mix thickens. Continue stirring and cooking for another 15 minutes, add salt and set aside.

9. FILLING: In a food processor or blender mix the onions, garlic, tomatoes, and red peppers. In a separate saute pan add the oil and the processed vegetables. Bring the mixture to a boil and let simmer for 10 minutes to make a sauce. Mix the cooked rice and peas into the sauce and set aside.

10. TAMALES: Prepare each tamale by filling with 1 large square plantain leaf in the following amounts:

~1 tablespoon dough (masa)

~1 tablespoon filling

~1½ ounce chicken

~1/2 ounce pork

~1 ½ ounces pork fat

~2 slices of potatoes

~2 slices of carrots

~1 slice of egg

11. Wrap the plantain leaf around the filling by bringing the two opposite corners towards the middle. Then do the same with the remaining corners. Tie it with string if needed.

12. Repeat steps 11 and 12 until you run out of ingredients.

13. Place assembled tamales in a baking pan with water and steam the tamales with a whole potato and a whole carrot on top for 3-4 hours making sure the water doesn't evaporate. If the water is drying add more water. Tamales are ready when the potato and carrot that are on top of the tamales are soft.

14. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Recipe Tags

latin columbian parent recipe
lunch dinner regular chicken
pork poultry vegetable rice
entree/main dish entree pot saute
food processor or blender gluten
pan baking pan tongs
free dairy free low sodium
diabetic

Serving Instructions

Serve 1 each using tongs for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): Ground Meat Burger Patty AND Mashed Potatoes

Heart Healthy/Cardiac: Ground Meat Burger Patty AND Mashed Potatoes

Low Sodium: YES

Vegetarian: Vegan Black Bean Patty or refer to Vegetarian Tip Sheet for products AND

Mashed Potatoes

Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: Ground Meat Burger Patty AND Mashed Potato Pancakes

EC7/Soft: Ground Meat Burger Patty AND Mashed Potatoes

SB6: Soft & Bite Size Ground Meat Burger Patty AND Mashed Potatoes

MM5: Minced & Moist Ground Meat Burger Patty AND Mashed Potatoes

PU4: Pureed Ground Meat Burger Patty AND Mashed Potatoes

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.19.25.

Serve as a main dish with bread or arepas.

Allergens

corn, egg