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*Best in class*





## CINNAMON CRANBERRY SHEET PAN PANCAKES

PREP TIME: 10 MINS | COOK TIME: 13-15 MINS | SERVING SIZE: 2 (3 X 3) INCH SQUARES)

YIELD: 48

### Ingredients

10 cups oat flour  
 2 Tbsp + 2 tsp baking powder  
 1 Tbsp + 1 tsp baking soda  
 2 Tbsp + 2 tsp ground cinnamon  
 ¾ cups sugar  
 2 tsp salt  
 4 cups buttermilk  
 4 cups skim or 2% milk  
 16 eggs  
 ½ cup vegetable oil  
 2 Tbsp + 2 tsp vanilla  
 2 cups Ocean Spray® dried cranberries

### Directions

1. Preheat oven to 425 degrees F.
2. In a large bowl, whisk together oat flour, baking powder, baking soda, cinnamon, sugar, and salt.
3. In a medium bowl, whisk together buttermilk, milk, eggs, vegetable oil, and vanilla. Slowly add wet ingredients in with the dry until combined. Be sure not to overmix batter.
4. Pour batter onto a prepared baking sheet, spreading in an even layer, and sprinkle the Ocean Spray® Craisins® dried cranberries on top.
5. Bake pancakes for 13 to 15 minutes, or until a toothpick inserted in the center comes out clean.
6. Cut into 3x3 inch squares and serve with maple syrup or your favorite toppings.

\*To make oat flour put 10 cups old fashioned oats in a food processor and pulse into a flour consistency. This should take about 1 minute. One cup of rolled oats will yield approximately 1 cup of oat flour.

**EACH SERVING PROVIDES:**  
 2 OZ. EQ. WHOLE GRAINS | 1/8 CUP FRUIT

### Per Serving

Nutrient	Value (%DV)
Calories	195
Total Fat	6.0g
Saturated Fat	1.0g
%Calories from Saturated Fat	7%
Trans Fat	0g
Cholesterol	56mg
Sodium	218mg
Carbohydrate	28g
Dietary Fiber	3g
Protein	6g
Vitamin D	4ug (4%)
Calcium	114mg (11%)
Iron	1mg (7%)
Potassium	162mg (3%)







# CARROT, APPLE & CRANBERRY SALAD

PREP TIME: 15 MINS | COOK TIME: 0 MINS | SERVING SIZE: 3/4 CUP (105 GRAMS)

YIELD: 48

- Ingredients*
- 24 cups shredded carrots
  - 12 cups (4 lbs.) diced red apples
  - 6 cups Ocean Spray® dried cranberries
  - 4 cups low-fat vanilla Greek yogurt
  - 1/2 cup honey

- Directions*
1. In a large bowl, whisk together low-fat vanilla Greek yogurt and honey until combined. Add in the shredded carrots, apples, and Ocean Spray® dried cranberries and stir thoroughly to combine.
  2. Let sit for about 30 minutes to 1 hour, in refrigerator, before serving.

EACH SERVING PROVIDES: 1/2 CUP FRUIT | 1/2 CUP RED/ORANGE VEGETABLE

*Per Serving*

Nutrient	Value (%DV)
Calories	128
Total Fat	1g
Saturated Fat	1g
%Cals from Saturated Fat	4%
Trans Fat	0g
Cholesterol	3mg
Sodium	42mg
Carbohydrate	28g
Dietary Fiber	3g
Protein	2g
Vitamin D	0ug (0%)
Calcium	28mg (3%)
Iron	0mg (0%)
Potassium	31 (1%)







## CRANBERRY & TURKEY WHOLE GRAIN PIZZA

PREP TIME: 15 MINS | COOK TIME: 12-15 MINS | SERVING SIZE: 1 SLICE

YIELD: 48

### Ingredients

**8 (16 ounce)** whole grain pizza crust  
**¾ cup** olive oil  
**4 tsp** garlic powder  
**6 cups (2 lbs)** diced turkey  
**6 cups** shredded mozzarella cheese  
**4 cups** Ocean Spray® Craisins® dried cranberries  
**1 tsp** salt  
**1 tsp** black pepper  
**2 + ½ Tbsp** dried or fresh parsley

### Directions

1. Preheat oven to 400°F.
2. Place pizza crusts on a large baking sheet
3. To each pizza crust, add the following: 1 + ½ tablespoons olive oil, ½ teaspoon garlic powder, ¾ cup mozzarella cheese, ¾ cup diced turkey, ½ cup Ocean Spray® Craisins® dried cranberries, 1/8 teaspoon salt, 1/8 teaspoon black pepper, and 1 teaspoon parsley.
4. Bake for 12-15 minutes, until cheese is melted and crust is browned and crispy.
5. Cut each pizza into 6 slices and serve.

**EACH SERVING PROVIDES:**  
**2 OZ. EQ. WHOLE GRAIN | 2 OZ. EQ. MEAT/MEAT**  
**ALTERNATE | 1/8 C FRUIT**

### Per Serving

Nutrient	Value (%DV)
Calories	344
Total Fat	10g
Saturated Fat	3g
%Cals from Saturated Fat	14%
Trans Fat	0g
Cholesterol	23mg
Sodium	568mg
Carbohydrate	50g
Dietary Fiber	3g
Protein	14g
Vitamin D	0ug (0%)
Calcium	62mg (6%)
Iron	2mg (13%)
Potassium	127mg (3%)







## CRANBERRY CHICKEN SALAD SLIDERS

PREP TIME: 15 MINS | COOK TIME: 0 MINS | SERVING SIZE: 1 SLIDER

YIELD: 48

### Ingredients

**48** slider rolls (1 oz each), sliced in half

**12 cups** canned, white chicken

**3 cups** Ocean Spray® Craisins® dried cranberries

**3** small yellow onions, diced

**1 cup** chopped celery

**1/4 cup** sweet relish

**1 + 1/2 cup** mayonnaise

**1/2 tsp** salt

**1/2 tsp** black pepper

### Directions

1. In a large bowl, combine the chicken, onions, sweet relish, mayonnaise, Ocean Spray® Craisins® dried cranberries, celery, salt, and pepper. Toss well to coat.
2. Refrigerate the chicken salad for about 1 hour and scoop  $\frac{1}{4}$  cup of the chicken salad onto each slider bun..

**EACH SERVING PROVIDES: 1 OZ EQ. GRAIN | 2 OZ. EQ. MEAT/MEAT ALTERNATE | 1/8 CUP FRUIT**

### Per Serving

Nutrient	Value (%DV)
Calories	239
Total Fat	8g
Saturated Fat	1g
%Cals from Saturated Fat	4%
Trans Fat	0g
Cholesterol	33mg
Sodium	407mg
Carbohydrate	27g
Dietary Fiber	2g
Protein	16g
Vitamin D	0ug (0%)
Calcium	33mg (3%)
Iron	1mg (6%)
Potassium	43mg (1%)







## GRILLED PEANUT BUTTER, CRANBERRY, & APPLE QUESADILLAS

PREP TIME: 20-30 MINS | COOK TIME: 6 MINS | SERVING SIZE: 1 QUESADILLAS, 2 TRIANGLES

YIELD: 48

### Ingredients

**48** large (8-inch) flour tortillas

**\*6 cups** of creamy peanut butter

**6 cups** Ocean Spray® Craisins® dried cranberries

**24 (8 lbs)** green apples, cored & sliced

Nonstick cooking spray

### Directions

1. Spread 2 tablespoons of peanut butter, in an even layer, over one side of each tortilla.
2. Arrange 4-5 apple slices and 2 tablespoons of Ocean Spray® Craisins® dried cranberries on top of the peanut butter, of each tortilla, and fold the other half over top.
3. Spray a large skillet or griddle with nonstick cooking spray over medium heat, and cook tortillas for about 3 minutes on each side or until lightly browned on bottom.
4. Slice into triangles and serve.

\* For peanut allergies, use a nut butter, such as almond butter, in place of the peanut butter. For nut allergies, try using sunflower seed butter in place of the peanut butter.

**EACH SERVING PROVIDES: 1 ½ OZ EQ. GRAIN | 1 OZ. EQ. MEAT/MEAT ALTERNATE | ½ CUP FRUIT**

### Per Serving

Nutrient	Value (%DV)
Calories	379
Total Fat	19g
Saturated Fat	4g
%Cals from Saturated Fat	20%
Trans Fat	0g
Cholesterol	0mg
Sodium	276mg
Carbohydrate	53g
Dietary Fiber	17g
Protein	13g
Vitamin D	0ug (0%)
Calcium	84mg
Iron	2mg (9%)
Potassium	105mg (2%)

