

Recipes Using USDA Foods

The recipes below provide ideas to help menu planners use USDA Foods in the U.S. Department of Agriculture's (USDA) [school nutrition programs](#).

- Use chickpeas to make this delicious [hummus](#). Add a whole-grain tortilla or whole-grain tortilla chips and a half cup of raw veggies for a healthy cold lunch option. Or make this [Buffalo Chickpea Bowl](#), which credits as 2 ounce equivalent of grains and meat/meat alternates over ½ cup veggies. For guidance on crediting hummus, refer to the Connecticut State Department of Education's (CSDE) resource, [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#).
- Use frozen carrots to make [Orange-Glazed Carrots](#).
- Add salsa to corn and serve hot or cold or make this [Tex Mex Corn Salad](#) to use up excess corn.
- Use chicken in [Buffalo Chicken Tot Bake](#) or any of the recipes from [10 Ideas for Using USDA Foods Chicken](#). Or try the USDA's recipe, [Nachos with Diced Chicken](#).
- Use chicken strips or grilled chicken fillets in [Chicken Curry](#) or this [Chicken Stir Fry](#).
- Use up excess ground beef or beef crumbles in [Chili Con Carne](#) or make this [Mexicali Taco Boat](#) highlighting beef crumbles and fries or sweet potato fries. The [handy chart](#) at the bottom of the webpage provides guidance on how to substitute beef crumbles for raw ground beef.
- Use extra sliced cheese by adding a [Tuscan Grilled Cheese](#) to the lunch menu (use 2 or 3 slices of cheese for a cheesier version) or adding a cheese slice to chicken sandwiches for extra calcium and protein.

For more recipe ideas, visit the Institute of Child Nutrition's [Child Nutrition Recipe Box](#), the Culinary Nutrition Associates' [Healthy School Recipes](#) webpage, and the "[Recipes for Child Nutrition Programs](#)" section of the CSDE's [Menu Planning for Child Nutrition Programs](#) webpage.

For more information on USDA Foods, visit the CSDE's [Food Distribution Program \(USDA Foods\)](#) webpage or contact the [FDP program staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/fdp/recipes_using_usda_foods.pdf.

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