

Gooding School District

Recipe: 000031 Bean Cookie - challenge

Recipe Source: gooding
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Whole Grain Rocket Bars

Number of Portions: 168
 Size of Portion: 2.5 oz

016026 BEANS,GREAT NORTHERN,MATURE SEEDS,CND.....	2 1/4 LB	Puree or blend beans until smooth.
004331 SHORTENING,VEG,TYPE I-COMMOD..... 002050 VANILLA EXTRACT..... 001123 EGG,WHOLE,RAW,FRESH..... 019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 900173 Applesauce, commodity.....	16 OZ 3 TBSP 2 CUP 1 1/2 LB 1 3/4 LB 1 LB	Place sugars into mixer and turn on low add shortening, vanilla eggs apple sauce & beans.
900185 Flour, all purpose..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 020038 OATS..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT, TABLE.....	1 LB 3 LB 2 1/4 LB 2 1/4 TBSP 1 TBSP	IN SEPARATE BOWL: Mix 2.25 cups of white flour and 2.25 cups of wheat flour with Baking Soda, Salt and Oats. Stir and add to mixer. Add remaining flour and mix well.
900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODITY.... 019080 CANDIES,SEMISWEET CHOC.....	2 CUP 1 CUP,mini chips	Add Cranberries and Chocolate chips. ** you can substitute dried cherries for chocolate chips**
		Using a #40 Scoop, portion onto Sprayed paper lined cookie sheets 4X6. Bake at 350° Cook 5 minutes, rotate pans and cook an addition 4-5 minutes. (Total cooking time 9-10 minutes) COOKIE BARS: Spray full size sheet pans with pan release spray. Spread dough onto pans and bake at 325° for 20-25 minutes. Cut 5x10 for 50 servings.

Calories	142	Iron	1.05 mg	Protein	3.27 g	9.20%	Calories from Prot
Cholesterol	12 mg	Calcium	15.27 mg	Carbohydrates	24.35 g	68.57%	Calories from Carb
Sodium	99 mg	Vitamin A	14.8 IU	Total Fat	3.90 g	24.68%	Calories from T Fat
Dietary Fiber	2.04 g	Vitamin A	5.5 RE	Saturated Fat	1.05 g	6.68%	Calories from S Fat
		Vitamin C	0.13 mg	Trans. Fat	N/A* g	%	Calories from Trans. Fat

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	016026	BEANS,GREAT NORTHERN,MATURE SEEDS,			
I	004331	SHORTENING,VEG,TYPE I-COMMOD			
I	002050	VANILLA EXTRACT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	019335	SUGARS,GRANULATED			
I	019334	SUGARS,BROWN			
I	900173	Applesauce, commodity			
I	900185	Flour, all purpose			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020038	OATS			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT, TABLE			
I	900072	CRANBERRIES, WHOLE, SLICED DRIED-COM			
I	019080	CANDIES,SEMISWEET CHOC			