

Superfoods Tomato: *Fried Green Tomatoes (38627)*

Green tomatoes with cornmeal crust and pan fried

Portion: 1 slice

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
124.4	2.6	13.3	7	0.7	11.5	230	1.4

Step	Ingredients		4 Servings	16 Servings	32 Servings
1	Tomatoes, Fresh	AP	10 oz	2 lb, 8 oz	5 lb
	Kosher Salt	AP	1/4 tsp	1 tsp	2 tsp
	Ground Black Pepper	AP	1/8 tsp	1/4 tsp	1/2 tsp
	All Purpose Flour	AP	2 tbsp	1/2 cup	1 cup
	Fresh Egg	AP	1/4 ea	1 ea	2 ea
	Egg White, Pasteurized	AP	1-1/2 tbsp	6 tbsp	3/4 cup
	Yellow Cornmeal, Plain	AP	1/4 cup	1 cup	2 cup
2	Canola Oil	AP	4 tsp	1/3 cup	2/3 cup
	☞ SUB: Sun Dried Tomato Basil Pesto (22394.1)		1 tbsp	1/4 cup	1/2 cup
	Lite Mayonnaise	AP	1 tbsp	1/4 cup	1/2 cup

Step Method

1 Breading

Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.

Thickly slice tomatoes into 2 oz each, 2"thick slices, depending upon tomato size. Season both sides with salt and pepper. Place flour in one container; mix whole egg and egg white together in another container; and cornmeal in a 3rd container. Bread each slice of tomato first in the flour, shake off excess; then dip in egg, shake off excess; then in the cornmeal. Set aside.

2 Pan fry

Heat oil in a skillet (use more than called for in the recipe, nutrition analysis does not include excess) and pan fry each slice of breaded tomato until golden and crisp, about 2 minutes per side. Meanwhile, mix together the Sun Dried Tomato Pesto and mayonnaise for the sauce.

Portion size: 1slice tomato, 1/2 tbsp sauce. Hold hot for hot service.

For best results do not hold more than 15 minutes; serve immediately after cooking or hold at room temperature.

Recipe Notes:

Choose unripened and firm green tomatoes for this recipe.

Use extra flour, egg and cornmeal than called for in the recipe; there will be leftovers for easier breading. Nutrition analysis does not include excess.

Cost per Serving: 0.18

SRP: 0.42 (42%) to 0.59 (33%)





SUB: Sun Dried Tomato Basil Pesto (22394.1)

Rich tomato spread for pasta, burgers and sandwiches

Sub Recipe for Superfoods Tomato: Fried Green Tomatoes (38627)

Step	Ingredients		2 cups	4 cups	8 cups
1	Sun-Dried Tomato Halves	AP	3 oz	6 oz	12 oz
	Garlic Cloves, Peeled, Fresh	AP	2 ea	4 ea	8 ea
	Extra Virgin Olive Oil	AP	2 oz	4 oz	8 oz
	Lemon Juice, Fresh	AP	2 tbsp	1/4 cup	1/2 cup
	Crushed Red Pepper	AP	1/2 tsp	1 tsp	2 tsp
	Kosher Salt	AP	1 tsp	2 tsp	4 tsp
	Ground Black Pepper	AP	1/4 tsp	1/2 tsp	1 tsp
	Kalamata Olives, Pitted, Chopped	AP	3 oz	6 oz	12 oz
	Basil Leaf, Fresh	EP	1 oz	2 oz	4 oz
2	Roma Tomatoes, Fresh, Chopped	EP	9 oz	1 lb, 2 oz	2 lb, 4 oz

Step

Method

1 Combining ingredients

Refer to HACCP Plan Form HFS #004: Prepared Cold for Cold Service.

In a food processor, combine all ingredients (except Roma tomatoes) and process only until ingredients are chopped and combined.

2 Adding fresh roma tomatoes

Add Roma tomatoes to food processor and pulse a few times just to combine. Relish will be thick with small chunks. Hold cold for cold service.

Recipe Notes:

Vegetarian, Vegan

Cost per Serving: 0.25

Superfoods Tomato: Roasted Tomato Salsa (29031.2)

Charred tomatoes, chilies and onions pureed and seasoned with cilantro, garlic and lemon juice

Minimum Batch: 1

Portion: 2 tbsp

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
9.5	0.4	2.1	0.1	0	0	61.4	0.6

Step	Ingredients		4 Servings	20 Servings	40 Servings
1	Roma Tomatoes, Fresh	AP	4-3/4 oz	1 lb, 8 oz	3 lb
	Onions, Fresh, Quartered	EP	<1/4 ea	1 ea	2 ea
	Jalapeno Peppers, Fresh	EP	<1/4 ea	1 ea	2 ea
	Minced Garlic Cloves, Fresh	EP	<1/8 tsp	1/4 tsp	1/2 tsp
	Cilantro, Fresh, Chopped	EP	1 tbsp, 1-3/4 tsp	1/2 cup	1 cup
	Kosher Salt	AP	1/8 tsp	1/2 tsp	1 tsp
	Ground Black Pepper	AP	<1/8 tsp	1/8 tsp	1/4 tsp
	Lemon Juice, Fresh	AP	1/2 tsp	1 tbsp	2 tbsp

Step Method

- 1 Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.
Place whole tomatoes, quartered onions and whole jalapeno chilies on the grill or under a broiler. Turn the vegetables to char evenly. Place cooked vegetables in a blender or food processor and add garlic, cilantro, salt, black pepper and lemon juice. Puree to desired consistency - smooth to slightly chunky.
Portion size: 2 Tbsp. Hold cold for cold service.

Recipe Notes:

Vegetarian, Vegan

Cost per Serving: 0.11

SRP: 0.29 (42%) to 0.39 (33%)



Superfoods Tomato: Roasted Tomatoes (19386.4)

Tomatoes roasted with olive oil and fresh herbs.

Portion: 3 wedge

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
8.9	0.4	1.7	0.2	0	0	2.2	0.5

Step	Ingredients		4 Servings	32 Servings	64 Servings
2	Extra Virgin Olive Oil	AP	1/8 tsp	1 tsp	2 tsp
	Plum Tomatoes, Fresh	AP	3 ea	24 ea	48 ea
	Parsley, Fresh, Chopped	EP	1/8 tsp	1 tsp	2 tsp
	Basil, Fresh, Chopped	EP	1/8 tsp	1 tsp	2 tsp
	Oregano Bunch, Fresh, Chopped	EP	1/8 tsp	1 tsp	2 tsp
	Chives, Fresh, Chopped	EP	1/8 tsp	1 tsp	2 tsp
	Cilantro, Fresh, Chopped	EP	1/8 tsp	1 tsp	2 tsp

- Step** **Method**
- 1 Refer to HACCP plan Form HFS # 001 Prepared Hot for Hot Service or Refer to HACCP plan Form HFS # 002 Prepared Hot Chilled for Cold Storage.
 - 2 Preheat oven to 375F degrees. Slice roma tomatoes in 1/4 lengthwise and lay cut side up on a baking rack. Lightly mist with extra virgin olive oil spray and season with fresh herbs. Bake at 375F degrees for approximately 20 minutes or until tomatoes have shrunk slightly. Keep hot for hot service with internal temperature must reach 145F.
 - 3 Cold Storage
Place in a blast chiller and allow to cool completely. Chill until internal temperature reaches 41F or less within 4 hours. Cover and label with recipe name and expiration date, 2 days from the current date.
Portion size: 3 tomato wedges. Hold hot for hot service or Chill for Cold Storage.

Recipe Notes:

Vegetarian, Vegan

Cost per Serving: 0.10

SRP: 0.29 (42%) to 0.39 (33%)



Superfoods Tomato: Tossed Caprese Salad (27141.1)

Tossed salad with tomatoes, fresh mozzarella, basil and balsamic

Portion: 1 serving

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
224.9	10.7	4.3	18.7	6.9	33.6	566.8	1.2

Step	Ingredients		1 Servings	12 Servings	36 Servings
1	Spring Mix Salad	AP	1-1/2 oz	1 lb, 2 oz	3 lb, 6 oz
	Fresh Mozzarella Cheese	AP	1-1/2 oz	1 lb, 2 oz	3 lb, 6 oz
	Heirloom Tomatoes	AP	2 oz	1 lb, 8 oz	4 lb, 8 oz
	Basil,Fresh,Chopped	EP	2 tbsp	1-1/2 cup	1 qt, 1/2 cup
	Kosher Salt	AP	1/8 tsp	1-1/2 tsp	1-1/2 tbsp
	Ground Black Pepper	AP	1/8 tsp	1-1/2 tsp	1-1/2 tbsp
	Extra Virgin Olive Oil	AP	2 tsp	1/2 cup	1 cup, 6 tbsp
	Balsamic Vinegar	AP	1 tsp	4 tbsp	3/4 cup

Step Method

- 1 Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
Dice mozzarella cheese and heirloom tomatoes. Place all ingredients in a bowl and toss with oil and balsamic vinegar to dress the salad. Toss to order if possible. Portion size: 3 cups. Hold cold for cold service.

Recipe Notes:

Vegetarian

Cost per Serving: 1.42

SRP: 3.39 (42%) to 4.39 (33%)

