

## Bananas Foster French Toast



### Ingredients:

12 oz Liquid Egg

½ cup Skim Milk

¾ tsp Ground Cinnamon

8 slices Texas Bread

8 oz Caramelized Bananas

In a large container combine eggs, milk and cinnamon. Set aside and keep refrigerated until ready to use. It is a good idea if you are going to have the batter out on a breakfast station to keep a ice bath underneath the container to allow it to keep its temperature <40 F.

Dip each piece of bread into the batter and place on a flat top or a non stick pan/griddle. Allow to cook over medium heat for 3-5 minutes on each side until the golden brown.

Cut each piece of French toast into triangles. Serve 4 Triangles of French toast with 2 oz. of banana sauce.

## Parmesan Potato Wedges



### Ingredients:

10 Potatoes

1&1/2 tsp Granulated Garlic

1 tsp Minced Rosemary

¼ cup Grated Parmesan Cheese

½ tsp Ground Black Pepper

2 tbsp Canola Oil

Thoroughly scrub potatoes in produce sink. On produce cutting board, cut potatoes in half and quarter each half, you will yield about 8 wedges per potato. Or use a lemon wedger for each half yielding about 12 wedges per potato

In large bowl combine the garlic, rosemary, black pepper, parmesan. Toss potatoes with oil until coated, continue tossing with spice mixture.

Spray sheet pan with cooking spray, spread potatoes in even layer, bake at 400F for 20 minutes until golden brown and crispy.

## Sautéed Green Beans and Cherry Tomatoes



### Ingredients:

2 oz Chopped Red Onions

2 Peeled Garlic Cloves

11&1/2 oz Fresh Green Beans

¼ cup, 1 tbsp Boiling Water

½ cup, 2 tbsp Halved Cherry Tomatoes

1/8 tsp Kosher Salt

1/8 tsp Ground Black Pepper

1 tbsp, ¼ tsp Canola Oil

In a large skillet over medium heat, add oil. Saute the onion for 7 to 10 minutes, or until softened and beginning to turn golden. Add garlic and saute for 1 minute. Add green beans and water, cover, and cook for 5 to 7 minutes or until crisp- tender, stirring occasionally. Add tomatoes and saute for 1 minute. Season with salt and pepper.

## Buttermilk Fried Chicken



### Ingredients:

- 4 Chicken Drumsticks
- 4 Chicken Thighs
- 1&1/3 cup Low Fat Buttermilk
- 2 tbsp Tobasco Sauce
- 1 cup All Purpose Flour
- 1&1/4 tsp Kosher Salt
- 3/4 tsp Ground Black Pepper
- 1&1/4 tsp Ground Paprika
- 3/4 tsp Garlic Powder
- 3/4 tsp Poultry Seasoning

Place chicken in a container and pour in buttermilk and tabasco sauce. Chicken should be fully submerged in the milk. Marinate overnight in the refrigerator.

Combine flour, salt, pepper, paprika, garlic powder, and poultry seasoning. Remove chicken pieces from the buttermilk, shaking off excess liquid. Coat with flour mixture. Fry chicken in a 350F degree oil until crispy and brown, approximately 5 minutes. Place browned chicken on a paper lined pan and bake in a 350F degree oven until internal temperature reaches 155 degrees, 20 - 30 minutes.

## Thai Turkey Meatballs



### Ingredients:

8 oz Ground Turkey

1&1/2 tsp Minced Ginger Root

¾ tsp Minced Garlic Cloves

1 tbsp Minced Cilantro Green

1 tbsp Green Onions

½ tsp Kosher Salt

In a medium bowl mix turkey, ginger, cilantro, green onion, salt and the garlic. Form into 1 ounce balls and place on a sheet pan sprayed with pan release. Bake at 350 degrees for 25 minutes or until measured 165 degrees on an instant read thermometer.

## Chili Lime Chicken



### Ingredients:

1 lb, 3 oz Skinless Boneless Chicken Breast  
3&1/2 tsp Canola Oil  
1/8 tsp Kosher Salt  
1/8 tsp Gound Black Pepper  
¼ tsp Dijon Mustard  
2&3/4 tsp Fresh Lime Juice  
¼ tsp Ground Cumin  
¾ tsp Chopped Oregano  
1&1/2 tsp Chopped Cilantro  
1/8 oz Chipotle Peppers

In a large skillet, heat canola oil over medium high heat. Sear chicken on both sides until golden brown and internal temperature reaches 165F. Cool slightly and shred chicken with a meat fork until it resembles a pulled meat consistency. Hold warm until ready to use.

Combine the canola oil, lime juice, salt, pepper, chipotle peppers, cumin, and dijon mustard in a blender. Blend until smooth and one color, there should be no oil in the top. Mix in the chopped cilantro and chopped oregano.

Place the shredded chicken into 2" deep 1/2 size hotel pans. Add 1 cup of the cooking liquid to the pan with the meat, then spoon 1/2 cup of the prepared sauce over the chicken and toss together, garnish with 1 tbsp of chopped cilantro.