

# Standardized Recipe Form

**Recipe Title:**

**Description:**

**Yield:**

**Preparation Time:**

**Serving Suggestion:**

**Cooking Time:**

**Temperature:**

**Equipment Needed:**

**Critical Control Points:**

## Contribution to Meal Pattern

**Meat or Meat Alternate (ounce equivalents):**

**Vegetable (cups):**

**Fruit (cups):**

**Grain (ounce equivalents):**

The contribution to the meal pattern for this recipe is based on the suggested serving size above.

## Vegetable Subgroups (in cups)

**Dark Green:**

**Starchy:**

**Other:**

**Red Orange:**

**Beans/Peas/  
Legumes:**

**Additional:**

## USDA Food Items

# Ingredients

## **Directions**

### **Nutritional Analysis (optional)**

**Calories, in K calories:**

**Carbohydrates, in grams:**

**Protein, in grams:**

**Sodium, in milligrams:**

**Saturated fat, in grams:**

**Trans fat, in grams:**

**Total fat, in grams:**