SELECTION AND EVALUATION OF RECIPES IN VEGETARIAN COOKING SCHOOLS
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SELECTING AND EVALUATING RECIPES

What draws you to a recipe?

WHAT IS THE PURPOSE OF THE RECIPE?

Have a specific objective
To demonstrate a specific health principle using an:
Entree
Soup
Healthful dessert
Evaluate the degree to which the objective was achieved.

DESK CHECK THE RECIPE, DOES THE RECIPE MEET YOUR STANDARDS?

GIVEN YOUR RECIPE, CONSIDER:

Number of ingredients used.
Is it a familiar recipe?
Not expensive
Ingredients readily available
Does it add variety to your recipe collection?
Specify the number of servings and serving size.

RECIPE GUIDELINES

Palatable
Eye appealing
Nutrient dense
Ingredients readily available
Economical
Reasonable portion size
STANDARDS FOR RECIPES: GENERAL

- Know the role of each ingredient
- Use canola oil or olive oil
- Use preparation methods that limit fat, sodium, and sugar
- Prepare the recipe in a way that will conserve water soluble vitamins
- Choose nutrient dense foods
- One half egg per serving

STANDARDS FOR RECIPES: ENTREES

- Vegetarian
- 14 grams protein per portion
- Use spices sparingly, don’t overwhelm the flavor of the predominate ingredient.
- Increase flavor of the entree by reducing vegetables by long slow cooking to concentrate flavors

STANDARDS FOR RECIPES: SALADS

- Use dark green leafy vegetables as the base.
- Focus on adding nutrients to salad.
- Avoid raw egg, wine, vinegar, and anchovies in the dressing.
- Choose healthful dressings, such as olive oil and lemon

STANDARDS FOR RECIPES: DESSERTS

- Limit sugar to 2 teaspoons of sugar per serving
- Emphasize fruits and low calorie desserts
- Minimize fat

CHOOSE A RECIPE FORMAT THAT WILL BE EASY TO FOLLOW

ACTIVE FORM
Beaten Biscuits

Take one quart of flour, lard the size of a hen's egg, one teaspoon of salt. Make into a moderately stiff dough with sweet milk. Beat for one half hour. Make out in the hand or cut with the biscuit cutter. Stick with a fork and bake in the hot oven, yet not sufficiently hot to blister the biscuit.