



Culinary Challenge

Approved Ingredient List

LUNCH COMPETITION

| Meat and Meat Alternatives (M/MA) Recipes must have 2-3 M/MA units | Serving Size | Equivalent Units | Calories | Sodium (mg) | Sat Fat (g) |
|---|-------------------|--------------------------------|--|-------------|-------------|
| Chicken, Turkey, Fish (fresh or frozen) | 1 oz. | 1 M | Refer to the product label for nutrition information when available. The website VeryWellFit has an excellent nutrition facts calculator. The iTunes app Fillet for Chefs provides recipe costing. | | |
| Salmon, Tuna, Chicken (canned) | 1 oz. | 1 M | | | |
| Beef, ground (fresh or frozen, no more than 26% fat) | 1 oz. cooked | 1 M | | | |
| Turkey, ground (fresh or frozen) | 1 oz. cooked | 1 M | | | |
| Any canned bean – garbanzo, black, pinto, cannellini, etc. | 1/2 cup | 1 MA or 1/2 cup veg | | | |
| Refried Beans | 1/4 cup cooked | 1 MA or 1/2 cup veg | | | |
| Hummus | 2 tbsp | 1 MA | | | |
| Eggs | 1 Egg | 1 MA | | | |
| Edamame (frozen or dry roasted) shelled | 1/4 cup cooked | 1 MA or 1/2 cup veg | | | |
| Tofu | 1/4 cup | 1 MA | | | |
| Sunflower, Sesame or Pumpkin Seeds | 2 oz. | 1 MA | | | |
| Sunbutter Sunflower Spread | 2 tbsp | 1 MA | | | |
| Yogurt, nonfat, plain or flavored, Greek or non-Greek, sweetened or unsweetened | 1/2 cup | 1 MA | | | |
| Cheese | As a garnish only | Not as a stand-alone component | | | |

| Grains Recipes must have 2 grain units | Serving Size | Equivalent Units | Calories | Sodium (mg) | Sat Fat (g) |
|--|-----------------------------|------------------|--|-------------|-------------|
| Cereal Grains, such as barley or quinoa | 1 oz. dry or 1/2 cup cooked | 1 grain | Refer to the product label for nutrition information when available. The website VeryWellFit has an excellent nutrition facts calculator. The iTunes app Fillet for Chefs provides recipe costing. | | |
| Bulgar cracked wheat | 1 oz. dry or 1/2 cup cooked | 1 grain | | | |
| Brown Rice | 1 oz. dry or 1/2 cup cooked | 1 grain | | | |
| Pasta, whole grain | 1 oz. dry or 1/2 cup cooked | 1 grain | | | |
| Wraps or Tortillas, whole grain | 8-10 inch | 1 grain | | | |
| Croissants, whole grain | 2.2 oz. | 1 grain | | | |
| Flatbread, whole grain | 2.2 oz. | 1 grain | | | |

| Fruits and Vegetables Recipes must have at least 1/2 cup Fruit and at least 1/2 cup Vegetables | Serving Size | Equivalent Units | Calories | Sodium (mg) | Sat Fat (g) |
|---|--------------|--------------------------------|--|-------------|-------------|
| Any fresh, canned or frozen | 1/2 cup | 1/2 cup | Refer to the product label for nutrition information when available. The website VeryWellFit has an excellent nutrition facts calculator. The iTunes app Fillet for Chefs provides recipe costing. | | |
| Salad Greens | 1 cup | 1/2 cup | | | |
| Craisins or Seedless Raisins | 1/4 cup | 1/2 cup | | | |
| Jalapeno Peppers, canned, sliced | As needed | Not as a stand-alone component | | | |
| Beans and edamame may be counted as vegetables, but not as both protein (M/MA) and vegetables in the same dish. Refer to the Meat Alternative section for serving sizes and unit equivalents. | | | | | |

| Bases and Spices | Serving Size | Equivalent Units | Calories | Sodium (mg) | Sat Fat (g) |
|--|--------------|------------------|--|-------------|-------------|
| Custom brand or equal low sodium bases | | | Refer to the product label for nutrition information when available. The website VeryWellFit has an excellent nutrition facts calculator. The iTunes app Fillet for Chefs provides recipe costing. | | |
| Tabasco sauce | | | | | |
| Sriracha sauce | | | | | |
| Thai chili sauce | | | | | |
| Pan Asian dressing | | | | | |
| Honey | | | | | |
| Any spices used must limit sodium | | | | | |