



SPICY BLACK BEAN AND QUINOA BURGER WITH MANGO SALSA

2024 NACUFS NUTRITION AWARDS:
Special Diet Recipe of the Year



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ESSAY

Campus Auxiliary Services, Inc. at SUNY Geneseo known as 'CAS' on campus, operates three dining complexes, each with pay-one-price locations that offer all-you-care-to-eat style services. Customers can find several distinct stations, like dedicated vegan/vegetarian, Clean Eats (top 9 allergen free), gluten-friendly, dairy free, and kosher stations. We have three professionally trained Head Chefs, a Sushi Chef, and a Culinary Support Center (CSC) Manager who work with our Nutrition & Wellness Manager to design diverse and inclusive menus. These menus include special diet recipes composed of economically sourced fresh and local ingredients, like our Spicy Black Bean and Quinoa Burger with Mango Salsa.

This unique recipe blends a variety of textures from the fluffy interior of the black beans and quinoa to the crispy exterior balanced by the sweet refreshing textures of the succulent mango salsa. These burgers are bursting with plant-powered protein from black beans and quinoa, and offer slow digesting carbohydrates, which are ideal for maintaining healthy blood sugar levels. Quinoa is classified as a whole grain but is technically a seed. Because it's a seed, it is particularly high in plant-based protein, fiber, and several key nutrients like the B vitamins and magnesium. Unlike other plant-proteins, quinoa is a complete protein, meaning that it contains all 9 of the essential amino acids that our bodies cannot make on their own. These burgers are naturally vegan, and contain the full spectrum of phytonutrient diversity. From the yellow mango, to the green cilantro, red onion, to orange peppers, the recipe naturally contains a wide variety of colors, each containing different nutritional benefits. The burgers are also made with extra virgin olive oil (EVOO), the antioxidant-packed, heart-healthy fat associated with a range of health benefits from improved cardiovascular health to cancer protection. In addition to EVOO's health benefits, the healthy fats from this oil actually assist in the proper absorption of many of the fat-soluble phytonutrients that are found in the various colorful fruits and vegetables used in this recipe.

We featured this vegan dish using our highly visited online menu. The online menu has filtering and search capabilities, and identifies the top 9 allergens while also indicating whether a dish is vegan or vegetarian. We highlighted this dish on our digital menu display at the Roots (vegan) station and promoted this in all of our locations using digital signage. We featured this recipe for World Vegan Month to help draw awareness to vegan and plant-based dining on campus. In addition, we coordinated social media posts and advertised the recipe in our e-newsletter, called Food for Thought, which is sent bi-weekly to students, faculty, and staff. We held a couple of tasting events meant to engage students and provided smaller portions of the burger with the mango salsa for those who wanted to sample it. We created a survey and used this event to help elicit feedback. With every submission, the individual gained entry into our raffle for a chance to win a prize as incentive for completing the survey.

HEALTH & NUTRITION



Spicy Black Bean and Quinoa Burger with Mango Salsa



(Gluten-Friendly Option with GF Roll Available)

Allergen Key



Gluten-Friendly Vegetarian Vegan Dairy-Free Contains Coconut May Contain Nuts

Nutrition Facts

1 serving per container
Serving size 1 Burger (0.0g)

Amount Per Serving
Calories 510

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 950mg **41%**

Total Carbohydrate 99g **36%**

Dietary Fiber 14g **50%**

Total Sugars 10g

Includes 2g Added Sugars **4%**

Protein 19g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 5.8mg **30%**

Potassium 580mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BLACK BEANS, HARD ROLL (ENRICHED FLOUR (BROMATED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, POTASSIUM BROMATE, THIAMINE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED, AND/OR CANOLA OILS), SALT, SOY FLOUR, DIACETYLTARTARIC ACID ESTERS OF MONO-DIGLYCERIDES (DATEM), MONO-DIGLYCERIDES, ASCORBIC ACID, ENZYME.), MANGOS, QUINOA, ONION, BELL PEPPER, RED PEPPERS, CILANTRO, RICE FLOUR, BBQ SAUCE (HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, PINEAPPLE JUICE CONCENTRATE, NATURAL SMOKE FLAVOR, SPICE, CARAMEL COLOR, MOLASSES, SODIUM BENZOATE (PRESERVATIVE), GARLIC, MUSTARD FLOUR, CORN SYRUP, SUGAR, TAMARIND, NATURAL FLAVOR, CELERY SEED), LIME JUICE, OLIVE OIL, KOSHER SALT, GARLIC, CAJUN SEASONING (SEA SALT, GARLIC, ONION, CAYENNE, BLACK PEPPER, RED PEPPER, CITRIC ACID, THYME, SPICE, NATURAL COLOR, <2% CANOLA OIL), JALAPENOS

RECIPE



SPICY BLACK BEAN AND QUINOA BURGER WITH MANGO SALSA

PAN FRIED CRISPY BEAN AND QUINOA PATTY WITH A SWEET KICK



(Gluten-Friendly Options Available)

YIELD: 25 **#OF SERVINGS:** 25 **SERVING Size:** 1 each

ITEM CODE	AMOUNT	INGREDIENT
38671	1 can	Beans Black In Brine (Turtle) Packer
38828	2 cup	Quinoa Premium White GF Del Destino
28700	0.5 cup	Flour Rice Untreated GF Gold Medal
26435	0.25 cup	Juice Lime Unsweetened Pet Realime
33453	1 tbsp	Spice Cajun Seasoning Rub Lg Bottle Front St. Market
28905	0.25 cup	Sauce BBQ Sweet Baby Rays GF
37243	0.25 cup	Oil Olive 25EVOO/75 Canola Pet Daniele
DI1201S	25 each	Small Hard Roll Twist
23002	2.5 lbs	Frt Mango Chunk IQF Cornerstone
a110	2 tbsp	Garlic Peeled (China) (18.00 Each)
a141	1 ea	Peppers Orange XI(Mex)
a139	1 ea	Peppers Red XI (Mex)
37505	1 tbsp	Spice Salt Kosher Coarse Flake Bottle Front St. Market



Diced Onion, Garlic, Peppers, and Mango



Mixed Seasonings & Black Bean Quinoa



Dress with Olive Oil



Steam Black Bean Quinoa Until Tender

EQUIPMENT

- Chef Knife
- Cut Glove
- Cutting Board
- Mixing Bowl
- 2-Inch Hotel Pan
- Strainer
- Mixing Bowl
- 4 oz Scoop

PROCESS

1. Dice red onion, peppers, jalapeño (keep some seeds for heat), mince garlic
2. In a mixing bowl, mix mango, garlic, cilantro, and peppers
3. Chill for service. Serve cold
4. Steam quinoa at 250 degrees until just tender, approximately 15-20 minutes. Reserve

View additional steps on next page.

PROCESS

(Continued...)

5. Drain and rinse beans. Add into large mixing bowl
6. In same bowl, add in flour, lime juice, cajun seasoning, BBQ sauce, and cooked, cooled quinoa
7. Mix well, breaking up beans and incorporating flour
8. Form into 4 oz patties, and sear in oil on both sides until golden brown. Hold hot for service
9. Place on bun, top with 2 oz cold mango salsa

HACCP:

Maintain at or above 140°F during display/service

Monitor: Check food temperatures at least once every 1 to 2 hours. Record these temperatures in the temperature log

Corrective Action: Reheat food that has been held below 140°F for less than 2 hours to at least 165°F. Discard food that has been held below 140°F for more than 2 hours



Drain and Rinse Beans and Add to Large Mixing Bowl



Form into 4 oz Patties



Sear in Oil on Both Sides Until Golden Brown



Top with 2 oz Cold Mango Salsa

FOOD HOLDING TEMPERATURE LOG

LOCATION: Red Jacket Dining Hall

SERVICE PERIOD: Dinner

STATION: Roots Day 8

DATE: 11/12/23

PRODUCT/ITEM	EQUIPMENT	TIME			INITIALS	CORRECTIVE ACTION
		6:00 PM	7:00 PM	8:00 PM		
Black bean burger	Hot well	160°	145°	150°	MGK	N/A
Mango salsa → cold	Cold well	38°	39°	40°	MGK	↓
Pasta salad - cold	Cold well	40°	35°	39°	MGK	↓

COLD FOOD HOLDING STANDARDS

Hold cold food at 41 degrees F or below.

ACTION FOR FOODS BELOW STANDARD:

- "1" Quickly cool food that has been held above 41 degrees F for less than 2 hours.
- "2" Discard food that has been held above 41 degrees F for more than 2 hours.
- "M" Inform Chef/Supervisor.

HOT FOOD HOLDING STANDARDS

Hold hot food at 140 degrees F or above.

ACTION FOR FOODS BELOW STANDARD:

- "3" Reheat food that has been held below 140 degrees F for less than 2 hours to 165 degrees F.
- "4" Discard food that has been held below 140 degrees F for more than 2 hours.
- "M" Inform Chef/Supervisor.



PRINCIPLES OF HEALTHY SUSTAINABLE MENUS OR PLANT-BASED MENUS

A diet rich in fruits, vegetables, legumes, and whole grains decreases the risk of many cancers. A plant-based diet improves the health of your gut, which helps you absorb nutrients from food that support your immune system and reduce inflammation. Additionally, a plant-based diet is more sustainable for the environment.

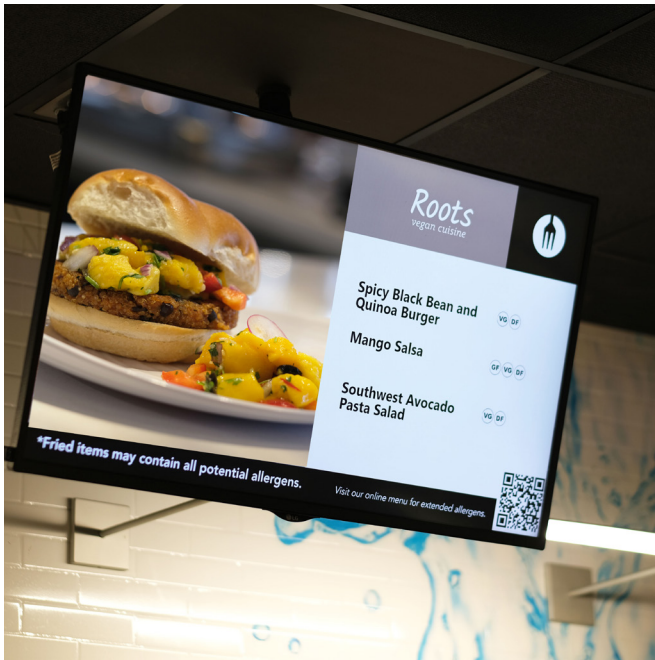
Tend to have higher intake of:

- Dietary Fiber
- Vitamins C, E, and folate
- Magnesium and potassium
- Antioxidants and phytochemicals
- Lower proportion of calories from saturated fat
- Decreased consumption of processed meats

Tend to lower or reduce:

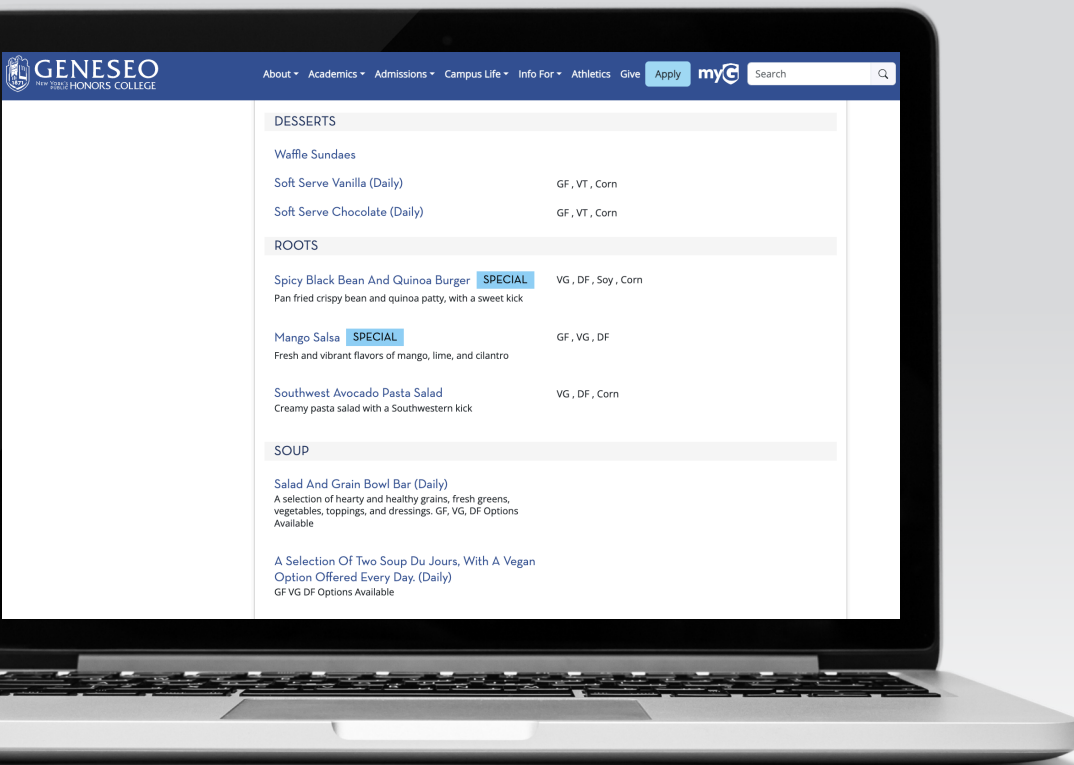
- Blood cholesterol levels
- Low-density lipoprotein levels
- Blood pressure
- Risk of obesity, heart disease, hypertension, cancer, type 2 diabetes, and premature death

DIGITAL & ONLINE MENU



The Spicy Black Bean Quinoa Burger with Mango Salsa was served regularly on our three-week menu rotation. It was prepared and served out of our dedicated vegan station, *Roots*, which is located in our Red Jacket Dining Complex. All promotional signage indicates the dining location and station where the dish is served.

Menus are presented on digital displays at each station, viewable on our online menu, and sometimes accompanied by printed signage. The top nine allergens are indicated beside each item. Each menu also includes a QR code linking to our more frequently used online menu, which provides additional allergen information.



ADVERTISING & PROMOTION

Social Media



In celebration of World Vegan Month, we promoted some of our nutritionally inspired, chef recommended, vegan dishes that are regularly offered on our three-week menu rotation.

ADVERTISING & PROMOTION

Email



Campus Auxiliary Services Food for Thought

November 16, 2023



NACUFS Customer Survey | Check Your Inbox!

Take our Customer Satisfaction Survey today! The NACUFS 2023 Survey is provided to students, faculty, and staff by the National Association of College and University Food Services (NACUFS) from November 9–20.



RJ | Spicy Black Bean & Quinoa Burger

This pan-fried quinoa and black bean spiced patties are served on a bun and topped with a delicious mango salsa. Not only is this dish vegan, but there's also a gluten-friendly option available! If you had a chance to try this, please submit your feedback [here](#).



World Centric | For a Better World

Campus Auxiliary Services is one of the 78 non profit organizations partnered with World Centric that impacts over 99,000 people by actively reducing waste by using their compostable utensils! World Centric is a nonprofit organization set on creating a more sustainable future through alleviating social and environmental inequality, reducing waste, and encouraging fair labor practices.

We featured our Spicy Black Bean and Quinoa Burger with Mango salsa in our bi-weekly e-newsletter that reaches students, faculty, and staff. We coordinate this communication with scheduled social media posts, digital signage promotions, and a small tasting event to help us get student feedback.

ADVERTISING & PROMOTION

Engagement & Feedback

The majority of customers who tried the Spicy Black Bean and Quinoa Burger with Mango Salsa did not have a special dietary restriction, and the feedback indicated that most would eat this meal again and recommend it to a friend.

TESTIMONIALS

"It had a really sweet and spicy vibe. It was extremely good and would definitely eat [it] again."

"It's good, a little too spicy."

"I love it! I like that it uses quinoa instead of a meat substitute. The mango Salsa adds a freshness that balances out the burger and the flavors compliment each other."

"It was fresh and delicious"

"This is, by far, my favorite vegan dish on campus. I like that it uses ingredients that I don't usually eat at the dining halls, like quinoa and mango."

"It feels very healthy and fresh!"



ADVERTISING & PROMOTION



NOVEMBER IS
WORLD
VEGAN
MONTH

VEGAN TASTING

SAMPLES & GIVEAWAYS
5:00 P.M. - 6:30 P.M.

Roots
vegan cuisine

Special
SUN • NOV 12

SPICY BLACK BEAN AND QUINOA BURGER WITH MANGO SALSA

PAN-FRIED QUINOA AND BLACK BEAN SPICED PATTIES PAIRED WITH A SWEET MANGO SALSA

VG **DF**

(GLUTEN-FRIENDLY OPTIONS AVAILABLE)



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Roots
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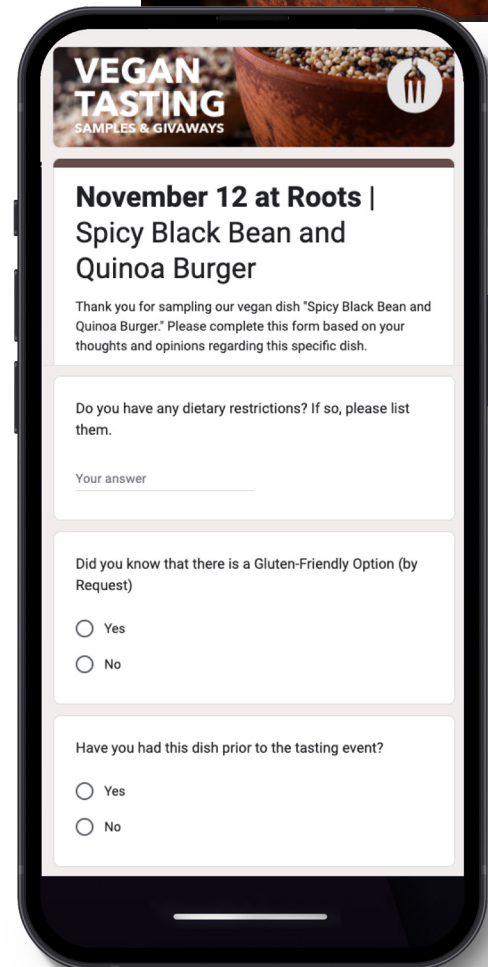
VG **DF**

(GLUTEN-FRIENDLY OPTIONS AVAILABLE)

NOVEMBER IS
WORLD
VEGAN
MONTH



GIVE US YOUR FEEDBACK & BE ENTERED TO WIN!



VEGAN TASTING
SAMPLES & GIVEAWAYS

November 12 at Roots | Spicy Black Bean and Quinoa Burger

Thank you for sampling our vegan dish "Spicy Black Bean and Quinoa Burger." Please complete this form based on your thoughts and opinions regarding this specific dish.

Do you have any dietary restrictions? If so, please list them.

Your answer _____

Did you know that there is a Gluten-Friendly Option (by Request)

Yes
 No

Have you had this dish prior to the tasting event?

Yes
 No

PLATED DISH

