



LENTIL TOSTADA WITH POBLANO CORN SALSA & NAPA SLAW

2024 NACUFS NUTRITION AWARDS:
Special Diet Recipe of the Year

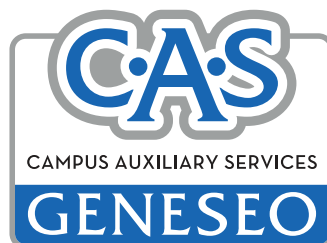


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ESSAY

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 Lentil Tostada with Roasted Poblano Corn Salsa and Napa Lime Slaw.

Layered with textures, this recipe features a crispy fried corn tortilla topped with seasoned, stewed lentils and a medley of fire-roasted poblano and bell peppers with corn and garlic in a chili lime dressing. The poblano corn salsa sits on top of shredded napa cabbage tossed with soy-free vegan mayo, lime juice, and scallions. The ingredients to highlight are the lentils, which are high in fiber and plant-based protein, napa cabbage, a nutrient-dense cruciferous family vegetable with powerful anti-inflammatory antioxidant compounds, and 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 vegetables used in this recipe. For example, the red peppers used in this recipe get their color from carotenoids, a class of phytonutrients with antioxidant and anti-inflammatory properties. Without the fats from olive oil however, carotenoids are not able to be absorbed and utilized by the body. This recipe is naturally vegan and allergen free with the tostada fried in a dedicated vegan and allergen-free fryer.

This dish is promoted on our online menu. The online menu is a frequently viewed digital menu that 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 vegan/vegetarian station, Arugula, 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 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



Lentil Tostada with Roasted Poblano Corn Salsa & Napa Lime Slaw

GF VG DF

Allergen Key



Nutrition Facts

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

Amount Per Serving
Calories 360

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1510mg	66%
Total Carbohydrate 59g	21%
Dietary Fiber 14g	50%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 6mg	35%
Potassium 1280mg	25%

* 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: CORN, POBLANO PEPPER, CABBAGE, TORTILLA (CORN MASA FLOUR, WATER, CONTAINS 2% OR LESS OF: CELLULOSE GUM, GUAR GUM, ENZYMES, AND PROPIONIC ACID, BENZOIC ACID AND PHOSPHORIC ACID (TO MAINTAIN FRESHNESS)), GREEN ONIONS, LENTILS, ONION, RED PEPPERS, OLIVE OIL, VEGAN MAYONNAISE (EXPELLER-PRESSED HIGH-OLEIC SAFFLOWER OIL, FILTERED WATER, BROWN RICE SYRUP, APPLE CIDER VINEGAR, PEA PROTEIN, SEA SALT, MUSTARD FLOUR, LEMON JUICE CONCENTRATE.), LIME JUICE, CILANTRO, TACO SEASONING (PAPRIKA, SALT, CHILI POWDER, SUGAR, ONION, BLACK PEPPER, CUMIN, SPICES), KOSHER SALT, OLD BAY SEASONING (CELERY SALT (SALT, CELERY SEED), SPICES (INCLUDING RED PEPPER AND BLACK PEPPER) AND PAPRIKA), GARLIC, SUGAR

RECIPE



LENTIL TOSTADA WITH ROASTED POBLANO CORN SALSA & NAPA LIME SLAW

CRISPY FRIED CORN TORTILLA TOPPED WITH SEASONED, STEWED LENTILS, NAPA LIME SLAW, & A FIRE ROASTED MEDLEY OF PEPPERS, CORN, & GARLIC WITH CHILI LIME DRESSING



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

ITEM CODE	AMOUNT	INGREDIENT
21536	1 lb	Bean Dried Lentils Jack Rabbit
26175	25 each	Tortilla Corn White Soft 5.5" GF Mission Foods
34429	0.25 cup	Spice Taco Seasoning Jug Front St Marke
37505	1 tbsp	Spice Salt Kosher Coarse Flake Bottle Front St. Market
A135	1 bunch	Parsley Cilantro (Calif) 1.50 Ea
N/A	5 cups	Water
CSC315	1 lb	Onions, Yellow Diced
2344	2 lbs	Peppers Poblano Fresh PFS Fresh
CSC321	1 lb	Peppers, Red Diced
26435	1 oz	Juice Lime Unsweetened Pet Realime
A110	0.25 cup	Garlic Peeled (China) (18.00 Each)
37063	0.5 cup	Oil Olive Extra Virgin Pet Daniele
9057	1.5 oz	Old Bay Seasoning No MSG McCormick
37505	1 tbsp	Spice Salt Kosher Coarse Flake Bottle Front St. Market
a128	2 lbs	Napa (Texas)
51659	0.5 cup	Mayonnaise Vegan Soy-Free Follow Your Heart
26435	0.25 cup	Juice Lime Unsweetened Pet Realime
37505	1 tbsp	Spice Salt Kosher Coarse Flake Bottle Front St. Market
20377	2 tbsp	Sugar Granulated 50# Efg Packer
A132	2 ct	Onions Green (Calif)



Lentils in Water with Seasonings



Fry Corn Tortillas (Vegan, Gluten-Friendly Fryer)



Chop Cilantro



Keep Lentils Hot for Service

EQUIPMENT

- Chef Knife
- Cut Glove
- Cutting Board
- Mixing Bowl
- Measuring Cup
- Whisk
- Tong
- Tbsp Measurer
- Spatula
- Induction Ready Pot
- Sheet Trays

PROCESS

1. Place lentils, water, taco seasoning, and salt into pot over medium-high heat and bring to a boil, turn down to medium and cook for 50 min or until soft
2. Keep lentils hot for service

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

3. Fry corn tortillas in fryer for 90 sec or until light brown
4. Chop cilantro and put into 1/6 pan to hold cold for service
5. Char peppers on all sides, take charred skin off, deseed and dice small

View additional steps on next page.



Chop Scallions, and Dice Onions, Sweet Peppers, and Mince Garlic



Mix Lime Juice Garlic, Olive Oil, Old Bay, and Salt in Mixing Bowl



Place Corn, Onion, Poblano and Bell Pepper, with Lime Juice Mixture



Plated Dish

PROCESS

(Continued...)

-
6. Dice onions, dice sweet peppers, chop scallions, mince garlic
-
7. Put lime juice, garlic, olive oil, Old Bay, and salt in mixing bowl and mix together.
-
8. Spray sheet tray with pan spray and place corn, onion, poblano, bell pepper, lime juice mixture onto sheet tray, mix to combine, and roast at 400°F for 15 minutes
-
9. Chill and hold cold for service

HACCP:

Maintan at or below 41°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: Rapidly chill the food using an appropriate cooling method if the temperature is found to be above 41°F within a 2-hour span. Discard food if it has been above 41°F for longer than 2 hours or if time-frame can not be determined

-
10. Wash Napa cabbage, then shred
-
11. Chop scallions
-
12. Add mayo, sugar, salt, and lime juice to mixing bowl and whisk together
-
13. Add dressing to cabbage and mix, add scallions and toss until combined
-

Letchworth Temp Line Check

NOTES

ARUGULA	DATE	TIME	TEMP	ACTIONS TAKEN
Corn Poblano	11-8-23	4pm	143°	
Lentil	11-8-23	4pm	164°	
Slaw	11-8-23	4pm	38°	
SOUPS	DATE	TIME	TEMP	ACTIONS TAKEN
Spring Veg	11-8-23	4pm	150°	
Minestrone	11-8-23	4pm	156°	
ROMA	DATE	TIME	TEMP	ACTIONS TAKEN
Chz pizza	11-8-23	4pm	161°	
meat w/s	11-8-23	4pm	173°	
egg noodles	11-8-23	4pm	153°	
STREUSEL	DATE	TIME	TEMP	ACTIONS TAKEN
NABALI	DATE	TIME	TEMP	ACTIONS TAKEN
CLEAN EATS	DATE	TIME	TEMP	ACTIONS TAKEN
CHEF'S TABLE	DATE	TIME	TEMP	ACTIONS TAKEN

MGR. Initials



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 Lentil Tostada with Corn and Poblano Salsa and Napa Lime Slaw is a regularly served option on our three-week menu rotation. It was prepared and served out of our vegan/vegetarian station, *Arugula*, which is location in our Letchworth 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, and the footer includes a disclaimer for fried items that may contain cross contamination. We used a designated vegan, allergen-free frier. Each menu also includes a QR code linking to our online menu that provides additional allergen information.



Pay-One-Price Letchworth

DINNER

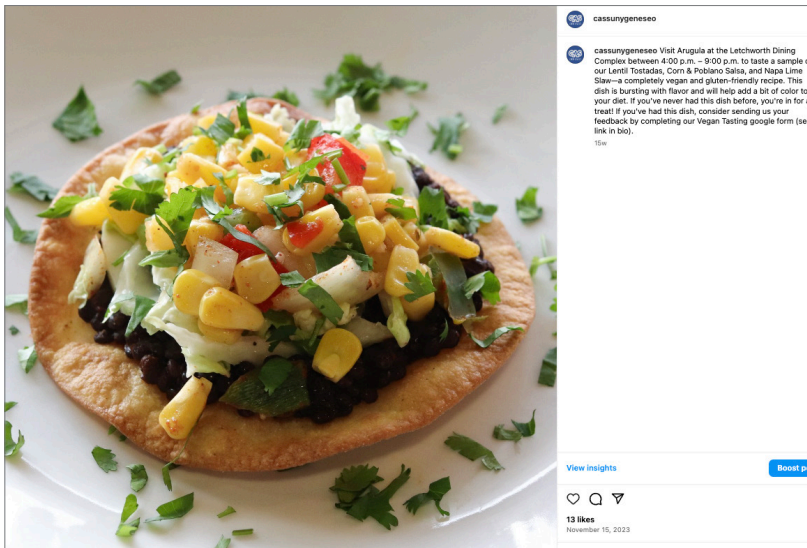
ARUGULA

Lentil Tostada SPECIAL	VG, Corn
Crispy fried corn tortilla topped with seasoned, stewed lentils	
Corn And Poblano Salsa SPECIAL	GF, VG, DF, Corn
A medley of fire roasted poblano peppers, corn, bell peppers, and garlic tossed with a chili lime dressing	
Napa Lime Slaw SPECIAL	GF, VG, DF
Shredded napa cabbage tossed with soy-free vegan mayo, lime juice, and scallion	
Salad And Grain Bowl Bar (Daily)	
A selection of hearty and healthy grains, fresh greens, vegetables, toppings, and dressings. GF, VG, DF Options Available	
Veggie Burger (Daily)	GF, VG

ITEMS TABLE

ADVERTISING & PROMOTION

Social Media

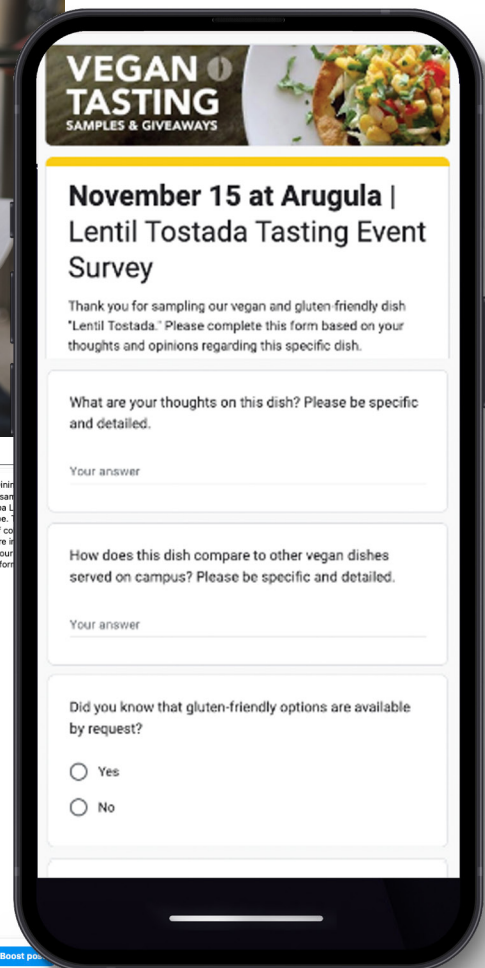
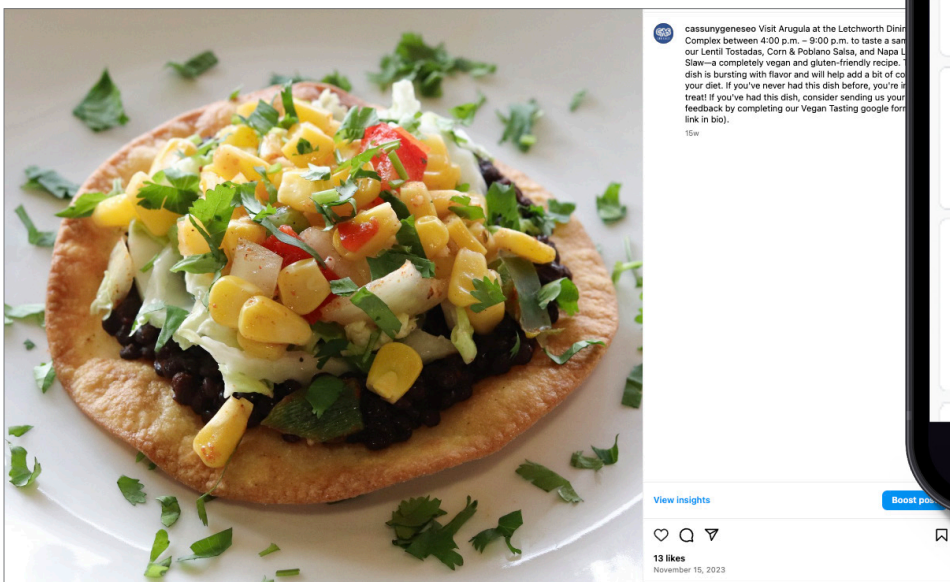
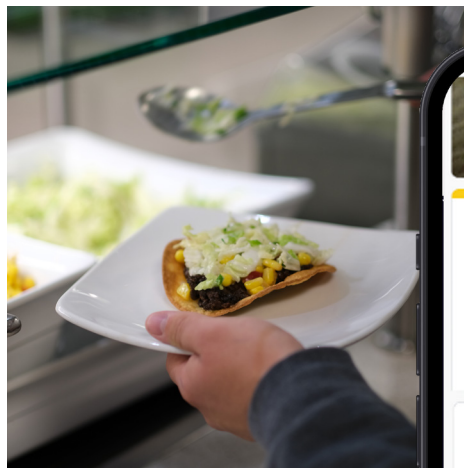


CAS offers delicious vegan options year-round. Our lentil tostada recipe is a popular vegan option, so we celebrated this as one of our featured dishes for World Vegan Month in November, 2023.



ADVERTISING & PROMOTION

National Vegan Month Tasting Event, Social Media, and Digital Signage



Above: Photos from a tasting event held to engage students and promote this recipe as one of our vegan, plant-based dishes during World Vegan Month. Students were encouraged to sample this dish and provide us with feedback through our online survey. We held a raffle to help us get student feedback and to encourage them to try this plant-based alternative.

ADVERTISING & PROMOTION

Email



Campus Auxiliary Services

Food for Thought

September 21, 2023



Vegan/Vegetarian/Allergen-Friendly

Not only do we have dedicated [vegan/vegetarian](#) and [allergen-friendly](#) stations at many of our pay-one-price dining locations, but we also provide these items at other stations to allow those dining with specialized diets to find food with ease. Last week, for example, each of these dishes were served on the same day at the Letchworth Dining Complex. At Chef's Table, students could enjoy build-your-own street tacos with [vegan](#) and [allergen-friendly](#) options. A raffle and winners will be notified via email.

November is World Vegan Month

CAS hosted two tasting events featuring two delicious vegan dishes in celebration of World Vegan Month. These widely popular dishes appear regularly on our three-week menu rotation and are enjoyed by everyone. If you tried these, we are seeking your feedback by completing our brief surveys. You'll also be entered into our raffle. Please submit your feedback by Friday, November 17 for a chance to win.



LW | Lentil Tostada

Our lentil tostadas consist of a crispy fried corn tortilla topped with seasoned, stewed lentils, shredded napa cabbage that's tossed in soy-free vegan mayo, lime juice, and scallions. It's topped with a medley of fire roasted poblano peppers, corn, bell peppers, and garlic with a chili lime dressing. Submit feedback [here](#).

We highlight our vegan options on campus in our bi-weekly e-newsletter. This communication reaches students, faculty, and staff. We coordinate this communication with social media, digital signage promotions, and as part of a campaign for World Vegan Month.

ADVERTISING & PROMOTION

Engagement & Feedback

1/3 of our (mostly) first and second-year students who provided feedback on this recipe had a dietary restriction. They rated our dish an average of 8.6 out of 10, and 87% of those who took our survey were not vegan. 100% said they would eat it again and tell a friend.

STUDENT FEEDBACK

“Very good. Flavorful and a little spicy.”

“Very, very delicious. The flavor is amazing.”

“Very delicious masterpiece.”

“I really enjoyed this dish, especially the spices on the corn [and] the beans. No complaints!”

“The variety of foods within the one dish makes it very delicious ”

“Very flavorful and love the crunch! ”

“It feels very healthy and fresh!”



ADVERTISING & PROMOTION

Digital Signage, Social Media, and Print Signs



arugula

NOVEMBER IS
WORLD VEGAN MONTH

VEGAN & GF TASTING
SAMPLES & GIVEAWAYS
LETCHEWORTH • WED • NOV 12 • 5-6:30 P.M.

LENTIL TOSTADA

Crispy fried corn tortilla topped with seasoned, stewed lentils, napa lime slaw, & a fire roasted medley of peppers, corn, & garlic with chili lime dressing

GF VG DF



cassunigeneseo 1h

VEGAN & GF TASTING
LETCHEWORTH • WED • NOV 15

arugula

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

NOVEMBER IS
WORLD VEGAN MONTH

@SUNYGENESEO

Seen by 37



VEGAN & GF TASTING
SAMPLES & GIVEAWAYS
LETCHEWORTH • WED • NOV 12 • 5-6:30 P.M.

LENTIL TOSTADA

Crispy fried corn tortilla topped with seasoned, stewed lentils, napa lime slaw, & a fire roasted medley of peppers, corn, & garlic with chili lime dressing

GF VG DF

NOVEMBER IS
WORLD VEGAN MONTH

GIVE US YOUR FEEDBACK & BE ENTERED TO WIN!



ADVERTISING & PROMOTION

Digital Signage



 **arugula**

LENTIL TOSTADA

Crispy fried corn tortilla topped with seasoned, stewed lentils, napa lime slaw, & a fire roasted medley of peppers, corn, & garlic with chili lime dressing

WEDNESDAY, NOV 29
4:00 PM – 9:00 PM





arugula



 **VEGAN & GF TASTING**

SAMPLES & GIVEAWAYS
LETCHWORTH • WED • NOV 12 • 5–6:30 P.M.

LENTIL TOSTADA

Crispy fried corn tortilla topped with seasoned, stewed lentils, napa lime slaw, & a fire roasted medley of peppers, corn, & garlic with chili lime dressing

PLATED DISH

