



Triple Berry Parfait with Fresh Berries

This parfait is a refreshing dish featuring Sonora wheat berries. It's a simple recipe made with yogurt, strawberries, blueberries. Served with a drizzle of honey.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Recipe adapted from Salt River Pima-Maricopa Community Schools

Preparation Time: 20 minutes
Cook Time: 45 minutes

NSLP/SBP crediting information:
 1 ½ cups provides 1 oz eq meat/meat alternate, 1 oz eq whole grain and ½ cup fruit

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		5 qt 1 cup		10 qt 2 cups	<ol style="list-style-type: none"> 1. Add water to pot and bring to a boil. 2. Reduce heat to medium, add white Sonora wheat berries, and lightly boil until berries are soft (approximately 45 minutes).
White Sonora wheat berries, dry	4 lb 4 oz		8 lb 8 oz		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					3. Remove from heat, drain and allow to cool.
					4. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
					5. Set aside for step 9.
					6. Portion 1 parfait in 16 oz cup per serving.
Blueberries, fresh*	4 lb 4 oz	3 qt ½ cup	8 lb 8oz	1 gal 2 qt 1 cup	7. Layer 1/2 cup cooked wheat berries, 1/4 cup blueberries, 1/4 cup strawberries and 1/2 cup yogurt in each parfait cup.
Strawberries, fresh, stems removed, sliced*	4 lb 4 oz	3 qt ½ cup	8 lb 8oz	1 gal 2 qt 1 cup	
Yogurt, vanilla, low-fat*	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	
Honey		1 cup 2 tsp		2 cups 4 tsp	8. Drizzle 1 tsp of honey on each parfait cup.
					9. Critical Control Point: Hold at 41°F or below.
					10. Serve 1 Triple Berry Parfait with Fresh Berries.



NUTRITION INFORMATION

For 1 Parfait (1 ½ cups)

NUTRIENTS	AMOUNT
Calories	303
<hr/>	
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	76 mg
Total Carbohydrate	61 g
Dietary Fiber	7 g
Total Sugars	18 g
Added Sugars included	
Protein	
<hr/>	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	230 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Strawberries, fresh	4 lb 9oz	9 lb 11oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3– Complex Food Preparation.

YIELD/VOLUME

50 Servings	100 Servings
Cooked Wheat Berry: 9.4 lb	Cooked Wheat Berry: 18.75 lb

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant