



Triple Berry Parfait with Fresh Strawberries and Blueberry Compote

This parfait is a refreshing dish featuring white Sonora wheat berries. It's a simple recipe made with yogurt, blueberry compote, and strawberries.

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: 90 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	
Blueberries, frozen*	4 lb 4oz	1 gal 1 qt 1 cup	8 lb 8 oz	2 gal 2 qt 2 cups	<ol style="list-style-type: none"> Heat blueberries, honey, and lemon juice in a saucepan on the stovetop until compote reaches 200°F or blueberries break down (approximately 30 minutes). Set compote mixture aside until cool. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
Honey		1 cup 2 tsp		2 cups 4 tsp	
Lemon juice		¾ cup ½ tsp		1 ½ cup 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					4. Set aside for step 13.
Water		5 qt 1 cup		10 qt 2 cups	5. Add water to pot and bring to a boil.
White Sonora wheat berries, dry	4 lb 4 oz		8 lb 8 oz		6. Reduce heat to medium, add white Sonora wheat berries, and lightly boil until berries are soft (approximately 45 minutes).
					7. Remove from heat, drain and allow to cool.
					8. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
					9. Set aside for step 13.
					10. Portion 1 parfait in 16 oz cup per serving.
Yogurt, vanilla, low-fat*	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	11. Layer 1/4 cup blueberry compote, 1/2 cup cooked wheat berries, 1/2 cup yogurt, and 1/4 cup strawberries 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	12. Critical Control Point: Hold at 41°F or below.
					13. Serve 1 Triple Berry Parfait with Fresh Strawberries and Blueberry Compote.



NUTRITION INFORMATION

For 1 Parfait (1 ½ cups)

NUTRIENTS	AMOUNT
Calories	301
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	76 mg
Total Carbohydrate	61 g
Dietary Fiber	7 g
Total Sugars	14 g
Added Sugars included	N/A g
Protein	10 g
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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 14oz	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 Berries: 9 lb 4 oz	Cooked Wheat Berries: 18 lb 12 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

