

K-12 Recipe Book

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Ingredients

- 12 Conestoga™ Thaw & Bake Whole Grain Roll Dough ([210500](#))
- 1 pkg Pioneer® Cheddar Cheese Sauce Mix ([94358](#)), prepared
- 2 c warm water
- 1/4 c baking soda
- 1 Tbsp salt
- 4 Tbsp butter, melted



Instructions

1. Thaw Conestoga Roll Dough for 45 minutes.
2. Cut each dough ball in half and roll the halves into balls.
3. Whisk baking soda into warm water in a bowl.
4. Dip each dough ball into the water mixture and place on a parchment lined baking sheet.
5. Sprinkle each dough ball with salt and bake at 400°F (convection) for 10 minutes, or until browned.
6. Brush baked pretzel bites with melted butter and serve with the prepared Pioneer Cheddar Cheese Sauce Mix

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Item 210500



Creditable grain amount
Item 210500: 2.25 per svg

Item 94358



Nutrition Information

24 servings | Serving Size: 140g /60mL
(1 pretzel + .25 cup dip)

Calories	150	
Total Fat	7g	9%DV
Saturated Fat	3g	15%DV
Trans Fat	0g	
Cholesterol	10mg	3%DV
Sodium	1390mg	60%DV
Total Carbohydrate	20g	7%DV
Dietary Fiber	2g	7%DV
Total Sugars	5g	
Added Sugars	3g	6%DV
Protein	5g	10%DV
Vitamin D	0mcg	
Calcium	57mg	4%DV
Iron	0.6mg	4%DV
Potassium	113mg	2%DV

Ingredients

- 24 oz Conestoga™ Instant Low Sodium Peppered Gravy ([99484](#))
- 1/4 c vegetable oil
- 3½ c chopped onion
- 3 c chopped green pepper
- 9 c canned northern white beans, drained
- 2 qt chopped, cooked chicken breast
- 2 tsp ground cumin



Instructions

1. Heat oil in a large skillet until hot and saute onions and peppers until soft and lightly browned.
2. Prepare Conestoga™ Instant Low Sodium Peppered Gravy Mix in a soup pot according to package directions.
3. Stir in cooked onions and peppers, beans, chicken and cumin.
4. Cook over medium heat, stirring frequently until chili is heated through.

Item 99484



Nutrition Information

20 servings | Serving Size: 233g
(estimated 1 cup)

Calories	276	
Total Fat	6.4g	8%DV
Saturated Fat	1.7g	9%DV
Trans Fat	0g	
Cholesterol	48mg	16%DV
Sodium	132mg	6%DV
Total Carbohydrate	29g	10%DV
Dietary Fiber	5.8g	21%DV
Total Sugars	2.9g	
Added Sugars	0g	
Protein	26g	52%DV
Vitamin D	0.1mcg	1%DV
Calcium	93mg	7%DV
Iron	3.9mg	22%DV
Potassium	716mg	15%DV

Ingredients

- 1 pkg Conestoga™ Instant Low Sodium Peppered Gravy Mix ([99484](#)), prepared
- 12 Conestoga™ Whole Grain Simple Split Biscuit Dough ([3078](#))
- 1¼ c diced ham
- 1¼ c cheddar cheese, shredded
- 1 Tbsp neutral oil (vegetable)
- 2 tsp everything bagel seasoning (+ extra for topping)



Instructions

1. Remove Conestoga biscuit dough from the freezer and thaw for 45 minutes.
2. Grease a standard muffin tin liberally or line the tin with muffin liners and preheat the oven to 375°F (convection).
3. Cut thawed biscuits into small bite size pieces.
4. Place the cut biscuit dough into a large bowl and toss with oil.
5. Add ham, cheese, and everything bagel seasoning into the bowl and toss with the cut biscuit dough.
6. Separate the mixture evenly into 12 muffin tins, about 1/3 cup of mixture.
7. Top each Pull Apart Bite with everything bagel seasoning.
8. Bake for 10-15 minutes, or until brown, rotate halfway through.
9. Prepare Conestoga Instant Low Sodium Peppered Gravy Mix per package instructions, remove from heat, and set aside.
10. Allow Pull Apart Bites to cool for 5 minutes and serve with prepared gravy.

Item 3078



Creditable grain amount
Item 3078: 2.25 per svg

Item 99484



Nutrition Information | 12 servings
Serving Size: 140g | per pull apart

Calories	390	
Total Fat	18g	23%DV
Saturated Fat	8g	40%DV
Trans Fat	0mg	
Cholesterol	20mg	7%DV
Sodium	1080g	47%DV
Total Carbohydrate	47g	16%DV
Dietary Fiber	2g	7%DV
Total Sugars	4g	
Added Sugars	3g	6%DV
Protein	10g	20%DV
Vitamin D	0.2mcg	2%DV
Calcium	169mg	15%DV
Iron	1.8mg	10%DV
Potassium	262mg	6%DV

Ingredients

- 1 pkg Conestoga™ Instant Low Sodium Brown Gravy ([99486](#))
- 4 qt water
- 5 lb chicken thighs, boneless, skinless (or chicken cutlets)
- 2 Tbsp vegetable oil
- 1/4 c Cajun seasoning
- 2 c onion, chopped
- 1 c celery stalks, diced
- 1 c green bell pepper, diced
- 4 Tbsp olive oil
- 28 oz diced tomatoes, canned, drained
- 1 Tbsp Worcestershire sauce
- 2½ lb okra, frozen chopped (optional)



Instructions

1. Preheat convection oven to 350°F.
2. Toss chicken in oil and Cajun seasoning. Bake on greased (non-stick spray) small sheet tray until internal temperature reaches 165°F. Cool slightly, then dice.
3. Prepare gravy according to package directions, using 4 qt. of water, set aside.
4. Sauté onion, celery, and bell pepper in oil until slightly soft.
5. Add vegetables, diced chicken, tomatoes, Worcestershire sauce, and okra (if using) to prepared gravy.
6. Simmer over low heat for 30 minutes, stirring occasionally.

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Nutrition Information | 32 servings
Serving Size: 245mL | (estimated 1 cup)

Calories	240	
Total Fat	10g	13%DV
Saturated Fat	3g	15%DV
Trans Fat	0g	
Cholesterol	85mg	28%DV
Sodium	870mg	38%DV
Total Carbohydrate	21g	7%DV
Dietary Fiber	1g	4%DV
Total Sugars	2g	
Added Sugars	0g	
Protein	18g	36%DV
Vitamin D	0.3mcg	2%DV
Calcium	49mg	4%DV
Iron	1.4mg	8%DV
Potassium	299mg	6%DV

Ingredients

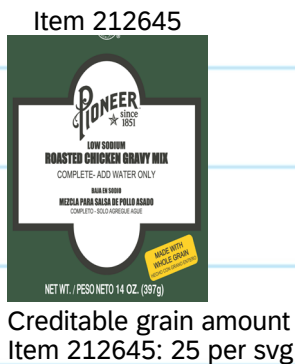
- 1 pkg Pioneer® Whole Grain Low Sodium Roasted Chicken Gravy ([212645](#))
- 3 lb chicken breast
- 3 oz lemon juice
- 16 oz sour cream
- 1 tsp lemon zest
- 1/4 c parsley, minced
- salt, pepper



Instructions

1. Preheat convection oven to 400°F.
2. Slice chicken breast in half lengthwise. Lightly season with salt and pepper.
3. Roast halved chicken breast in oven until internal temperature reaches 165°F, about 8-12 minutes. Cool chicken and dice.
4. Prepare Pioneer® Whole Grain Low Sodium Roasted Chicken Gravy according to package instructions. Reserve 1 qt of gravy.
5. Combine 1 quart prepared gravy mix, lemon juice and sour cream. Whisk until fully incorporated.
6. Simmer gravy mix for 5 minutes. Add lemon zest, minced parsley and roasted chicken.

Chef's Tip: Serve with fettuccine, penne, bowtie pasta or other whole grain noodle.



Nutrition Information

12 servings | Serving Size: 241g (4 oz chicken in sauce)

Calories	291	
Total Fat	12g	15%DV
Saturated Fat	5g	25%DV
Trans Fat	0g	
Cholesterol	119mg	40%DV
Sodium	286mg	12%DV
Total Carbohydrate	6.3g	2%DV
Dietary Fiber	0.2g	1%DV
Total Sugars	1.4g	
Added Sugars	0g	
Protein	38g	76%DV
Vitamin D	0.1mcg	1%DV
Calcium	66mg	5%DV
Iron	1.4mg	8%DV
Potassium	396mg	8%DV

Ingredients

- 1 pkg Pioneer® Whole Grain Muffin Mix ([212665](#))
- 1 c brown sugar
- 1¼ c all-purpose Flour
- 1 tsp ground cinnamon
- 1¾ c margarine
- 2 c water
- 2 c unsweetened applesauce
- 6 c chopped apple, skin on (~4 medium sized)



Instructions

1. Preheat oven to 400°F (350°F for convection oven). Spray insides of muffin tins with non-stick cooking spray.
2. Combine brown sugar, flour, cinnamon and margarine in a medium bowl until mixture forms a streusel; set aside.
3. Place water and applesauce in mixing bowl. Add muffin mix to bowl. Mix with paddle attachment on low speed #1 for 30 seconds.
4. Add chopped apple. Mix for an additional 1 minute. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula.
5. Fill each muffin mold with 3 ounces batter (by weight) using a #12 scoop or until within ½ inch of the top. Sprinkle with 1 tablespoon reserved streusel mixture.
6. Bake for 25 minutes or until cooked through (20 minutes for convection).
7. Remove from oven and allow to cool slightly before removing from pans.

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Creditable grain amount
Item 212665: 1.75 per svq

Nutrition Information

64 servings | Serving Size: 61 g (1 muffin)

Calories	370	
Total Fat	8.9g	11%DV
Saturated Fat	3.5g	18%DV
Trans Fat	0.5g	
Cholesterol	0mg	
Sodium	371mg	16%DV
Total Carbohydrate	67g	22%DV
Dietary Fiber	3.3g	12%DV
Total Sugars	37g	
Added Sugars	34g	68%DV
Protein	5.3g	11%DV
Vitamin D	0mcg	
Calcium	76mg	6%DV
Iron	2mg	11%DV
Potassium	196mg	4%DV

Ingredients

- 1 pkg Pioneer® Original Buttermilk Pancake & Waffle Mix ([94110](#))
- 1 pkg Pioneer® Pre-Dip Batter Mix ([216558](#))
- 1 pkg Pioneer® All Purpose Batter & Breading Mix ([216555](#))
- 3½ c water
- 12 oz chicken, cut in 1/2 oz pieces
- 1 c maple syrup



Instructions

1. Prepare Pioneer Original Buttermilk Pancake & Waffle Mix according to package instructions for small batch and set aside in the fridge.
2. Prepare Pioneer Pre-Dip Batter Mix according to package instructions, using ½ lb. of mix and the water.
3. Add 2 cups of Pioneer All Purpose Batter & Breading Mix into a large bowl and dredge the chicken into the pre-dip and then follow immediately into the breading mix.
4. Fry the chicken pieces in a fryer at 350°F for 5-7 minutes or until chicken reaches an internal temperature of 165°F. Set fried chicken pieces aside.
5. Grease 2 standard muffin tins.
6. Remove pancake & waffle batter from fridge and scoop 1 ounce of batter into each muffin cup.
7. Place 1 piece of fried chicken into each muffin cup, on top of the pancake & waffle batter.
8. Bake at 375°F (convection) for 10-12 minutes, or until golden brown.
9. Remove from oven and let cool for 5 minutes.
10. Serve with syrup for dipping.



Creditable grain amount
Item 94110: 2 per svlg

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Nutrition Information		
24 servings Serving Size: 140g (1 pc)		
Calories	260	
Total Fat	2g	3%DV
Saturated Fat	1g	5%DV
Trans Fat	0g	
Cholesterol	10mg	3%DV
Sodium	840mg	37%DV
Total Carbohydrate	50g	17%DV
Dietary Fiber	1g	4%DV
Total Sugars	14g	
Added Sugars	14g	28%DV
Protein	9g	18%DV
Vitamin D	0mcg	
Calcium	116mg	10%DV
Iron	2.3mg	15%DV
Potassium	141mg	4%DV

Ingredients

- 1 pkg Pioneer® Whole Grain Cornbread Mix ([212643](#))
- 5 ripe bananas
- 3 c blueberries
- 8½ c water
- 59 muffin liners (or food release)



Instructions

1. Preheat convection oven to 350°F or 425°F traditional oven.
2. Prepare muffin pans by spraying with food release or lining with muffin cups.
3. Mash bananas in the bottom of a large mixing bowl or large bowl of a stand mixer.
4. Pour 8 ½ cups of cool water into mixing bowl. Add Pioneer Whole Grain Cornbread Mix.
5. Mix with a paddle attachment on low speed #1 for 30 seconds.
6. Scrape down the sides of the bowl and paddle with rubber spatula.
7. Add blueberries and mix with paddle attachment on low speed #1 for additional 30 seconds.
8. Pour batter into prepared muffin pans, filling to 1/4” of the top.
9. Bake for 15-17 minutes (18-20 minutes in conventional oven). Cool muffins before removing from pans.

Chef’s Tip: Sprinkle sparkling sugar or powdered sugar dust, or glaze with powdered sugar icing.



Creditable grain amount
Item 212643: 2 per svq

Nutrition Information

59 servings | Serving Size: 64g (1 muffin)

Calories	165	
Total Fat	4.4g	6%DV
Saturated Fat	2.2g	11%DV
Trans Fat	0g	
Cholesterol	0mg	
Sodium	434mg	19%DV
Total Carbohydrate	29g	10%DV
Dietary Fiber	1g	5%DV
Total Sugars	9.5g	
Added Sugars	6.5g	13%DV
Protein	2.3g	5%DV
Vitamin D	0mcg	
Calcium	82mg	6%DV
Iron	0.8mg	4%DV
Potassium	122mg	3%DV

Ingredients

- 1 pkg Pioneer® Whole Grain Cornbread Mix ([212643](#))
- 8½ c water
- 2 lb ground beef
- 2½ oz taco seasoning
- 1 c yellow onion, minced and sauteed
- 15 oz black beans, drained
- 30 oz corn, drained
- 10 oz diced tomatoes & green chiles, drained
- 3 c cheddar cheese, shredded (divided)



Instructions

1. Cook ground beef, drain fat. Place cooked beef into a bowl and stir with taco seasoning.
2. Add sauteed onions, beans, corn, tomatoes & chiles, and half of the shredded cheese (1 ½ cups) to the taco seasoned beef and mix, set aside.
3. Mix Pioneer Whole Grain Cornbread Mix with the water in a mixer with the paddle attachment for 1 minute on low speed, stopping half through to scrape the bowl.
4. Add beef and vegetable mixture to the batter and mix for an additional 30 seconds.
5. Grease muffin pans, add ~2 ounces of batter mixture to each pan.
6. Sprinkle each filled pan with cheddar cheese, using the other half of the cheese (remaining 1½ cups).
7. Bake for 12-15 minutes at 375°F (convection).
8. Cool for 5 minutes and serve warm.

Item 212643



Creditable grain amount
Item 212643: 2 per svg

Nutrition Information

70 servings | Serving Size: 85g (1 pc)

Calories	290	
Total Fat	10g	13%DV
Saturated Fat	5g	25%DV
Trans Fat	0g	
Cholesterol	15mg	5%DV
Sodium	790mg	34%DV
Total Carbohydrate	41g	14%DV
Dietary Fiber	2g	7%DV
Total Sugars	12g	
Added Sugars	9g	6%DV
Protein	8g	18%DV
Vitamin D	0mcg	
Calcium	151mg	10%DV
Iron	1.7mg	10%DV
Potassium	211mg	4%DV

Ingredients

- 24 Conestoga™ Classic Whole Grain Simple Split Biscuits ([215812](#))
- 6 Tbsp margarine
- 2 Tbsp pancake syrup
- 24 oz low sodium ham
- 12 American and skim milk cheese blend, slice



Instructions

1. Bake Conestoga™ Whole Grain Simple Split Biscuits according to instructions and cool.
2. Combine margarine and pancake syrup in a small bowl.
3. Split Conestoga™ Whole Grain Simple Split Biscuits and spread 1 ½ tsp maple mixture inside.
4. Layer 1 oz ham and 1/2 slice cheese on bottom of each biscuit.
5. Plate and serve.

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Item 215812



Creditable grain amount
Item 215812: 2.25 per svg

Nutrition Information

24 servings | Serving Size: 45g (1 slider)

Calories	320	
Total Fat	18g	23%DV
Saturated Fat	7.7g	39%DV
Trans Fat	0.6g	
Cholesterol	24mg	8%DV
Sodium	807mg	35%DV
Total Carbohydrate	29g	10%DV
Dietary Fiber	2g	7%DV
Total Sugars	4.3g	
Added Sugars	2.7g	5%DV
Protein	12g	24%DV
Vitamin D	0.9mcg	5%DV
Calcium	239mg	18%DV
Iron	2.2mg	12%DV
Potassium	319mg	7%DV

