



Plus It Up: Nutrient Dense Food and Menu Solutions to Meet Health and Nutrition Needs



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Thank you & Questions

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Savory Corn Muffin Recipe



| Ingredients | Weight | Measure |
|--|---------------|---------|
| Eggs, large, beaten | 100 g / 3.5oz | 2 each |
| Buttermilk, low-fat | 240 g / 8.5oz | 1 cup |
| Gold Medal Corn Muffin Mix 11442 | 1 lb 4 oz | 1/4 box |
| Zucchini, shredded | 3 oz | 1/2 cup |
| Bell Pepper, minced | 3 oz | 1/2 cup |
| Chives, fresh, minced | | 1/4 cup |

Preparation:

- 1) Preheat convection oven to 325 or standard oven to 375. *Note temperature is lower than plain muffin package instructions*
- 2) In a medium mixing bowl, whisk together eggs and buttermilk. Add Gold Medal Corn Muffin Mix and stir just until moistened.
- 3) Fold in zucchini, pepper and chives and stir until incorporated but DO NOT OVERMIX.
- 4) Deposit #16 scoop of batter into greased or paper-lined muffin pans.
Bake as directed below until cooked through and slightly golden brown on top.

| BAKE: | TEMP | TIME |
|------------------|-------|---------------|
| Convection Oven* | 325°F | 16-19 minutes |
| Standard Oven | 375°F | 26-29 minutes |

*Rotate pans baked in convection oven one-half turn (180°) after 7 minutes of baking.

Biscuit Chicken Pot Pie



| Ingredients | Weight | Measure |
|--|--------------|-------------------|
| Chicken Stock | 2 lbs | 4 cups |
| Potato, small dice | 7.5 oz | 1.5 cups |
| Sweet Potato, small dice | 6.7 oz | 1.5 cups |
| Celery, sliced, 1/4" | 4 oz | 1 cup |
| Salt | | 1 tsp |
| Black Pepper, ground | | 1/4 tsp |
| Chicken Breast, raw, boneless skinless, 1" cubes | 2 lbs | (cooked wt 20 oz) |
| Or Chicken Breast, diced precooked, frozen | 1 lb 4 oz | xx |
| Oil, Vegetable | 1 oz | 2 TB |
| Onion, small dice | 9.5 oz | 2 cups |
| Flour, all-purpose | 1.5 oz | 1/4 cup |
| Milk, Skim | 4 oz | 1/2 cup |
| Cannellini Beans, drained, rinsed (2 - 15.5 oz cans) | 1 lb 1.5 oz | 3 cups |
| Vegetable Blend, Frozen Peas & Carrots | 10 oz | 2.125 cups |
| Yogurt, Non-fat Greek, Plain | 4 oz | 1/2 cup |
| Thyme, fresh, minced | | 2 TB |
| Sage, fresh, chopped | | 2 TB |
| Parsley, chopped | | 1/4 cup |
| Pillsbury Southern-style 2.2oz Biscuit Dough 06252 | 1 lb 10.4 oz | 12 each |

Preparation:

PREP: Preheat oven

FILLING:

- 1) In a medium sauce pot, add stock, potato, sweet potato, celery, salt and pepper. Bring to boil the reduce heat and simmer, covered, to cook for 10 minutes.
- 2) Add chicken, return to a boil; reduce heat and simmer additional 5 minutes.
- 3) In a second medium sauce pot, add oil over medium heat. Add onion and cook until soft, 6-8 minutes.
- 4) Sprinkle in flour, stir and cook 1-2 minutes. Add milk and mix well.
- 5) Add chicken stock and potato mixture to onion mixture and mix well. Bring to a boil the reduce to a simmer and cook until thickened, 15-20 minutes.6) Remove from heat and mix in the drained beans, peas and carrots, yogurt and fresh herbs. Mix well.

ASSEMBLY:

- 1) Deposit hot filling into 4"" half hotel pan prepared with pan spray.
- 2) Top with 12 frozen biscuits, evenly spaced. Spray a piece of foil with pan spray and cover pan tightly.
- 3) In Convection Oven, bake 20 minutes covered, then uncover, turn pan and bake additional 18-22 minutes or until biscuits are 185°F internal temp and are golden brown. In Standard Oven, bake 30 minutes covered, then uncover and bake additional 30-40 minutes or until biscuits are 185°F internal temp and are golden brown. Filling should be internal temperature of 165°F or higher. Serve immediately or hot hold at 140°F or higher through service

| BAKE: | TEMP | TIME |
|------------------|-------|---------------|
| Convection Oven* | 300°F | 38-44 minutes |
| Standard Oven | 350°F | 60-70 minutes |

*Rotate pans baked in convection oven one-half turn (180°) after 20 minutes of baking. Alternate Oven: Bake covered filling in combi oven set at 350°F for 30 minutes until filling is thoroughly heated then top with thawed biscuits, recover with foil and bake at 350 for an additional 30 minutes. Biscuits should be steamed through and not gummy or stringy on the bottom. For additional color, bake uncovered an additional 5-8 at 350°F combi."

Savory Veggie Biscuit Pot Pie



| Ingredients | Weight | Measure |
|--|--------------|----------|
| Oil, Vegetable | 2 oz | 1/4 cup |
| Cabbage, 1" dice | 12 oz | 4 cups |
| Mushrooms, Bella or White, quartered | 8.25 oz | 3 cups |
| Onions, med dice | 9.75 oz | 2 cups |
| Vegetable Stock or Low-sodium Chicken stock | 2 lbs | 4 cups |
| Flour, all-purpose | 1.5 oz | 1/4 cup |
| Carrots, med dice | 4 oz | 1 cup |
| Celery, med dice | 4 oz | 1 cup |
| Parsnips, med dice | 1.75 oz | 1/2 cup |
| Turnips, med dice | 2 oz | 1/2 cup |
| Rutabaga, med dice | 2 oz | 1/2 cup |
| Potato, small dice | 7.5 oz | 1.5 cups |
| Sweet Potato, small dice | 7 oz | 1.5 cups |
| Salt | | 1 tsp |
| Black Pepper, ground | | 1/4 tsp |
| Cannellini Beans, drained, rinsed (2 - 15.5 oz cans) | 1 lb 1.5 oz | 3 cups |
| Milk, Skim Evaporated | 4 oz | 1/2 cup |
| Yogurt, Non-fat Greek, Plain | 4.5 oz | 1/2 cup |
| Thyme, dry | | 1 tsp |
| Sage, dry | | 1 tsp |
| Parsley, chopped | | 1/4 cup |
| Pillsbury Southern-style 2.2oz Biscuit Dough 06252 | 1 lb 10.4 oz | 12 each |

Preparation:

PREP: Preheat oven

FILLING:

- 1) In 7-qt or larger sauce pot over medium heat, add oil, cabbage, mushrooms and onions. Cook 10-12 minutes until the vegetables are wilted and beginning to brown.
- 2) Sprinkle in the flour, stir and cook 3-5 minutes until the flour starts to toast.
- 3) Add the stock, carrots, celery, parsnips, turnips, rutabagas and both potatoes. Bring to a boil, then reduce heat and simmer 20-30 minutes until vegetable are tender.
- 4) Add salt and pepper and drained beans. Bring to boil, the reduce heat and simmer for additional 5-10 minutes.
- 5) Remove from heat and mix in the milk, yogurt and herbs. Mix well. Taste and adjust seasoning if needed.

ASSEMBLY:

- 1) Deposit hot filling into 2" half hotel pan prepared with pan spray.
- 2) Top with 12 frozen biscuits, evenly spaced.
- 3) Bake as directed until biscuits are golden brown and filling is internal temperature of 165°F or higher. Serve immediately or hot hold at 140°F or higher through service.

| BAKE: | TEMP | TIME |
|------------------|-------|---------------|
| Convection Oven* | 300°F | 25-28 minutes |
| Standard Oven | 350°F | 35-40 minutes |

*Rotate pans baked in convection oven one-half turn (180°) after 15 minutes of baking.