

FSHN 381  
NEW Recipe Form

Project: Fruit and Vegetable Patty

Date: 11/22/2010

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Recipe Name: Green Split Pea Patty

Serving Size (g): 171

Number of Servings: 9

Ingredients List

Ingredients	Weight (gram)	Household Measurement (tsp, etc)
Water	672	3 cup
Green Split Peas (cooked)	336	1 ½ cup
Carrot	168	¾ cup
Celery	112	½ cup
Chickpea Flour	56	¼ cup
Potato Starch	56	¼ cup
Tomato (Canned)	56	¼ cup
Apple (Puree)	28	2 Tbsp
Canola Oil	28	2 Tbsp
Garlic Powder	7	½ Tbsp
Onion Flakes	7	½ Tbsp
Onion Powder	7	½ Tbsp
Salt	3	½ tsp
Pepper	3	½ tsp

Procedure:

1. Rinse and wash dried split peas, drain after washing.
2. Heat ½ a tablespoon of oil in a medium sauce pan.
3. Cut the carrots and celery into small pieces.
4. Place the carrots and celery into the sauce pan and cook for 2 minutes, while stirring.
5. Add the dried split peas to sauce pan.
6. Cook the carrots, celery and split peas for 1 minute, stir constantly.
7. Add the cooked carrots, celery, and split peas to 3 cups of boiling water for 1 minute.
8. Reduce the temperature to a low simmer, cover and cook approximately for 30 minutes or until peas are soft.
9. Strain cooked peas using a colander or any kitchen utensil that has straining capabilities.
10. Spread the cooked peas on a flat clean baking sheet or plate so they can cool evenly.

11. Peel the apples and puree in a food processor or blender, drain the excess water using a small strainer.
12. Finely chop the tomato into small (1/4 inch) pieces.
13. Blend the split peas in a food processor.
14. Combine the pureed apples, sliced tomatoes and pureed split peas in a mixing bowl.
15. Mix all the remaining ingredients together in the mixing bowl. Season to taste with salt and pepper.
16. Form mixture into 4 inch diameter and 1/2 inch thick patties.
17. Cook in a preheated 450 degree oven for ten minutes or internal temperature reaches 170 degrees.
18. If the patties are NOT golden brown on the outside, switch the oven setting to the broiler setting and cook for 1-2 minutes for desired color.

### Sensory Evaluation Results:

42% of sensory evaluators said they would eat the patty “rarely”. 16% said they would “never” eat the product. Based on sensory evaluation results, it is an unacceptable patty for seniors.

### Nutrition:

Nutrition Facts	
Serving Size (171g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	23%
Sugars 9g	
Protein 6g	
Vitamin A 80%	• Vitamin C 25%
Calcium 6%	• Iron 10%