

## Discussion Guide Answers:

### Slide 32

1. Using the recipes provided with this discussion guide, **identify which ingredients are TCS**. If you have a large enough group, staff can pair off and then share what they find with the rest of the group.

#### **Pasta Salad:**

**TCS Ingredients:** Cooked pasta, chopped tomato; (Salad dressing may or may not be depending on pH and water activity but best practice is to keep cold once bottle is opened.).

Prepared pasta salad is a TCS food.

#### **Baked Potato with Cheesy Vegetables**

**TCS Ingredients:** Frozen or cooked vegetables, if raw chopped tomato is used that would be a tcs ingredient, shredded cheese and cottage cheese.

Once the recipe is cooked the baked potato alone and the entire recipe once put together are all tcs foods.

#### **Pita Bread Pizza**

**TCS Ingredients:** Pizza sauce once opened, cut tomatoes, (if used), shredded cabbage, lettuce or spinach (if used), any cooked or canned vegetables (if used) for example...if canned sliced mushrooms are used, they are a tcs ingredient once the can is opened, mozzarella cheese

Prepared pizza is a tcs food.

#### **Pink Tofu Shakes**

**TCS Ingredients:** tofu, milk

Prepared shake is a tcs food.

#### **Taco Rice Skillet**

**TCS Ingredients:** ground beef, chopped tomato, cheese, lettuce

Prepared recipe is a tcs food.

#### **Stir Fry**

**TCS Ingredients:** beef or chicken

Note: If cut raw tomato is used or if previously cooked vegetables are used, they are tcs ingredients

Once the recipe is prepared and the rice is cooked they are all tcs foods.

#### **Turkey Noodle Dinner**

**TCS Ingredients:** turkey, canned diced tomatoes, cheese

Prepared recipe is a tcs food.

#### **Quick Black Bean Salad**

**TCS Ingredients:** canned or frozen black beans, corn, and salsa are all tcs ingredients after opening

Prepared recipe is a tcs food.