



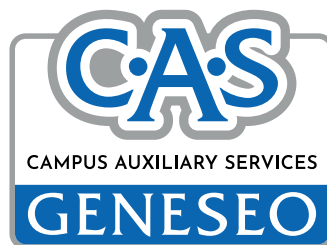
**LOTUS**

# **CRUCIFEROUS CRUNCH STIR FRY**

**GLUTEN-FRIENDLY AND DAIRY-FREE STIR FRY  
–EASILY MADE VEGAN!**

ANTIOXIDANT RICH • HIGH PROTEIN • BLOOD SUGAR SUPPORTING

**2025 NACUFS NUTRITION AWARDS:**  
Special Diet Recipe of the Year





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# HEALTH & NUTRITION

## A PLANT-POWERED APPROACH TO DIABETES PREVENTION AND HEALTH

Type 2 diabetes is a growing health concern, but diet plays a key role in prevention and management of the disease. Plant-based meals—those rich in fiber, whole grains, legumes, nuts, seeds, fruits, and vegetables—help regulate blood sugar, reduce inflammation, and improve insulin sensitivity. Meals like our Cruciferous Crunch Stir Fry also support healthy weight management, which is strongly linked to a lower risk of developing diabetes.

Research consistently shows that individuals who follow predominantly plant-based diets have a lower incidence of type 2 diabetes. For those already diagnosed, transitioning toward more plant-based meals can help improve blood glucose control and overall health outcomes. Other benefits include:

### Higher intake of:

- Dietary Fiber
- Vitamins C, E, and folate
- Magnesium and potassium
- Antioxidants and phytochemicals
- Lower proportion of calories from saturated fat
- Decreased consumption of processed meats

### Lower or reduce:

- Blood cholesterol levels
- Low-density lipoprotein levels
- Blood pressure
- Risk of obesity, heart disease, hypertension, cancer, type 2 diabetes, and premature death



### CRUCIFEROUS CRUNCH STIR FRY

*Recipe approved  
by our Nutrition &  
Wellness Manager*



# HEALTH & NUTRITION

## NUTRITIONIST-APPROVED CRUCIFEROUS CRUNCH STIR FRY

**GF** **DF** **C**

*Antioxidant Rich, High Protein, Blood Sugar Supporting—Easily Made Vegan*

### Allergen Key

**GF** **VT** **VG** **DF** **C** **N**

Gluten-Friendly Vegetarian Vegan Dairy-Free Contains Coconut May Contain Nuts

## Nutrition Facts

1 serving per container  
**Serving size 1 Serving (0.0g)**

**Amount Per Serving**  
**Calories 770**

**% Daily Value\***

**Total Fat** 42g **54%**

Saturated Fat 22g **110%**

Trans Fat 0g

**Cholesterol** 375mg **125%**

**Sodium** 960mg **42%**

**Total Carbohydrate** 70g **25%**

Dietary Fiber 15g **54%**

Total Sugars 24g

Includes <1g Added Sugars **1%**

**Protein** 31g

Vitamin D 2.2mcg 10%

Calcium 270mg 20%

Iron 14.5mg 80%

Potassium 1430mg 30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: STIR-FRY (EGG, BROCCOLI, CAULIFLOWER, BROWN RICE, SOYBEANS, RED PEPPERS, PINEAPPLE JUICE (PINEAPPLE JUICE, WATER, PINEAPPLE JUICE CONCENTRATE), CABBAGE, PEAS, CARROTS), COCONUT CURRY SAUCE (COCONUT MILK (COCONUT EXTRACT, WATER, GUAR GUM, SUCROSE ESTER, SODIUM CARBOXY METHYL CELLULOSE, XANTHAN GUM), YELLOW ONION, WATER, TOMATO PUREE (VINE-RIPENED FRESH TOMATOES, SALT AND NATURALLY DERIVED CITRIC ACID.), OIL BLEND (CANOLA OIL, OLIVE OIL), GARLIC, CURRY POWDER, GINGER, CUMIN, SEA SALT, PAPRIKA, SAUTEED VEGETABLE PUREE MIX (CARROTS, ONION, CELERY), SALT, SUGAR, MALTODEXTRIN, CORN OIL, LESS THAN 2% OF YEAST EXTRACT, WATER, POTATO STARCH, XANTHAN GUM, NATURAL FLAVORS, CARROT JUICE CONCENTRATE., GARAM MASALA (BLACK PEPPER, WHITE PEPPER, CLOVES, CINNAMON, NUTMEG, CARDAMOM, BAY LEAF, CUMIN), BLACK PEPPER, TURMERIC, CORIANDER), VEGETABLE BROTH (WATER, SAUTEED VEGETABLE PUREE MIX (CARROTS, ONION, CELERY), SALT, SUGAR, MALTODEXTRIN, CORN OIL, LESS THAN 2% OF YEAST EXTRACT, WATER, POTATO STARCH, XANTHAN GUM, NATURAL FLAVORS, CARROT JUICE CONCENTRATE.)

CONTAINS: EGG, SOY



# RECIPE

## NUTRITIONIST-APPROVED CRUCIFEROUS CRUNCH STIR FRY



Edamame, 2 Whole Eggs, Red Pepper, Cabbage (Purple), Peas, Broccoli, Carrots, Pineapple, ½ Cauliflower Rice, ½ Brown Rice, Veggie Broth, Coconut Curry Sauce, and Sesame Seeds

*Antioxidant Rich, High Protein, Blood Sugar Support—Easily Made Vegan*

**YIELD: 25 #OF SERVINGS: 25 SERVING Size: 1 each**

ITEM CODE	AMOUNT	INGREDIENT
34273	3 lb	VEG Edamame Shelled IQF
28681	50 ea	Egg Hard Cooked Fresh Peeled
CSC321	3 lb	Red Peppers Diced
A16	1.5 lb	Red Cabbage Shredded
46952	1.5 lb	VEG Green Peas IQF
10328	4.5 lb	VEG Broccoli Floret IQF
A13	1.5 lb	Carrots Shredded
40414	3 lb	Pineapple Tidbits in Juice
56413	4 lb	Cauliflower Rice IQF
39360	4 lb	Rice Brown Parboiled WG 25 LB
	20 cups	Water
View Sub-Recipes	12.5 cups	Coconut Curry Sauce
	12.5 cups	Vegetable Broth

# EQUIPMENT

- Chef Knife
- Cut Glove
- Cutting Board
- Can Opener
- 4-Inch Hotel Pan
- Liquid Measuring Cup
- Seamer
- Sheet Trays
- Cooler
- Plastic Tongs
- Wok Pan
- Metal Spoon

# PROCESS

1. Cut the hard boiled eggs in half.
2. Open the can of pineapple and drain out the liquid.
3. Keep all ingredients in cooler below 41°F so they can be held in the cold well.
4. Measure rice and place into a 4-inch hotel pan.
5. Measure out the water and pour over the rice. Stir to combine well.
6. Place the pan of rice into steamer. Cook for 45 min.
7. Remove rice from steamer and spread out onto sheet trays.
8. Place in cooler until temperature is 41°F or below.
9. To make the stir-fry, add measured ingredients to a wok and cook until the vegetables are tender and heated through.
10. Serve immediately.

## HACCP:

**Critical Control Point:** After cooking, food must be 70°F or below within two hours. Record time and temperature of food when finished cooking. Record temperature of food after two hours.

**Corrective Action:** If food has not cooled to 70°F or below within 2 hours, it must be discarded.

**Critical Control Point:** Food must be further cooled from 70°F to 41°F or below in the next four hours. Record temperature of food after four hours.

**Corrective Action:** If food has not cooled to below 41°F or below within the next four hours, it must be discarded.



Ingredients are kept in cold well



Place the pan of rice into the steamer



Add the measured ingredients to a wok



Cook until vegetables are tender and heated through



## SUB-RECIPE

### COCONUT CURRY SAUCE

GF VG DF C

**RICH AROMATIC AND CREAMY SAUCE**

**YIELD:** 12.5 cups **#OF SERVINGS:** 25 **SERVING Size:** 4 oz

ITEM CODE	AMOUNT	INGREDIENT
37243	0.75 cup	Olive Oil 25EVOO/75CANOLA PET
A109	0.5 cup	Garlic Peeled (CHINA) (19.00 each)
A110	0.25 cup	Ginger Root (China)
csc315	2.5 lbs	Onions, yellow diced
50018	1 can	Milk Coconut #10
8219	0.5 Tbsp 1 QT	Base Vegetable Sauteed NO MSG & GF water
7144	2.5 cup	Tomato Puree Extra Heavy 1.06
35201	1 Tbsp	Spice Sea Salt Course
36692	1 Tbsp	Spice Pepper BLK 25-MESH Gourmet
55364	0.25 cup	GARAM MASALA POWDER
33492	0.625 cup	Spice Curry Powder LG Bottle Mild
33491	0.25 cup	Spice Cumin Seed Ground LG Bottle
14178	2 Tbsp	Spice Coriander Ground 14 OZ
34643	2 Tbsp	Spice Paprika Spanish 60 ASTA
31797	1 Tbsp	Spice Turmeric Ground Bottle

# EQUIPMENT

- Knife
- Cut Glove
- Cutting Board
- Robot Coupe
- Large Sauce Pot
- Metal Spoon
- Measuring Cups
- Measuring Spoons
- Whisk
- 2" Hotel Pans
- Ladle
- Cooler
- Pour Bottles

# PROCESS

1. Dice the onion. Mince the garlic in the Robot Coupe. Peel and mince the ginger in the Robot Coupe.
2. Heat oil in a large pot over medium-high heat.
3. Add diced onion, minced garlic, minced ginger. Cook for 2 minutes until onion is a bit tinged & gold.
4. Add all the spices and stir for one minute.
5. Add coconut milk and tomato purée. Mix the vegetable base with water, add to the pot, and stir to combine.
6. Bring to a simmer and adjust heat so it's simmering energetically.
7. Simmer for 10 minutes until sauce has thickened.
8. Add the salt and pepper last, adjusting to taste.
9. Place the finished sauce into two-inch hotel pans and place into the cooler to let cool.
10. The sauce must be below 41° F before placing it into pour bottles in the cold well for service.

## HACCP:

**Critical Control Point:** After cooking, food must be 70°F or below within two hours. Record time and temperature of food when finished cooking. Record temperature of food after two hours.

**Corrective Action:** If food has not cooled to 70°F or below within 2 hours, it must be discarded.

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Dice onion, mince garlic, and peel and mince ginger



Add diced onion, minced garlic, and minced ginger



Add all the spices and stir for one minute



Simmer until sauce has thickened



# SUB-RECIPE

## VEGETABLE BROTH

PLANT-BASED, SAVORY, NUTRIENT-RICH BASE



YIELD: 25 #OF SERVINGS: 25 SERVING Size: 4 oz

ITEM CODE	AMOUNT	INGREDIENT
8219	3 oz	BASE VEGETABLE SAUTEED NO MSG & GF
	3 QT	water

## EQUIPMENT

- Liquid Measuring Cup
- Mixing Bowl
- Whisk
- Cooler
- Pour Bottles

## PROCESS

1. Measure out the water and vegetable base and place them into a mixing bowl.
2. With a whisk, mix until the base is well combined.
3. Store in the cooler so that the base is under 41° F.
4. Place the broth into pour bottles and place into the cold well for service.

### HACCP:

**Critical Control Point:** After cooking, food must be 70°F or below within two hours. Record time and temperature of food when finished cooking. Record temperature of food after two hours.

**Corrective Action:** If food has not cooled to 70°F or below within 2 hours, it must be discarded.

**Critical Control Point:** Food must be further cooled from 70°F to 41°F or below in the next four hours. Record temperature of food after four hours.

**Corrective Action:** If food has not cooled to below 41°F or below within the next four hours, it must be discarded.

# TEMP LOG

LOCATION: MJ

SERVICE PERIOD:

STATION: Lotus

DATE: 11/24/25

		TIME			CORRECTIVE ACTION
		11am	1pm	3pm	
Sanitizer Bucket Filled and Checked	Test at time above	✓	✓	✓	
Product/Item	Take at time above				
Veggie Broth		32	35	21	
Broccoli		35	30	30	
Hard Boiled Eggs		37	33	21	
Tofu		35	37	29	
Shrimp		36	33	31	
Ginger Chicken		37	30	34	
Pork Belly		32	30	39	
Rice		40	29	37	
Rice Noodles		35	31	31	
INITIALS		MS	MS/AD	AD	
Pho		176	180	182	
Beef		38	36	36	
Cooler Temps	Take at 8:30 am	38	36	40	
Cooler A					
Cooler B					
Cooler C					

### COLD FOOD HOLDING STANDARDS

Hold cold food at 41 degrees F or below.

#### ACTION FOR FOODS BELOW STANDARD:

"1" Quickly cool food that has been held above 41 degrees F for less than 2 hours.

"2" Discard food that has been held above 41 degrees F for more than 2 hours.

"M" Inform Chef/Supervisor.

### HOT FOOD HOLDING STANDARDS

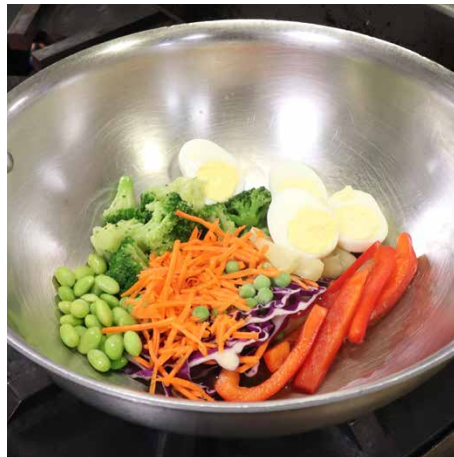
Hold hot food at 140 degrees F or above.

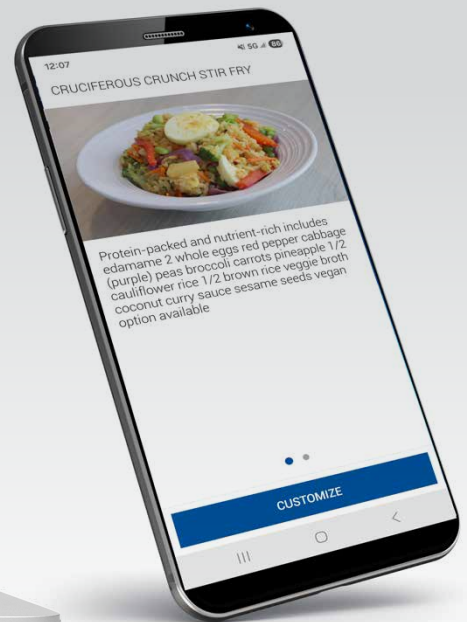
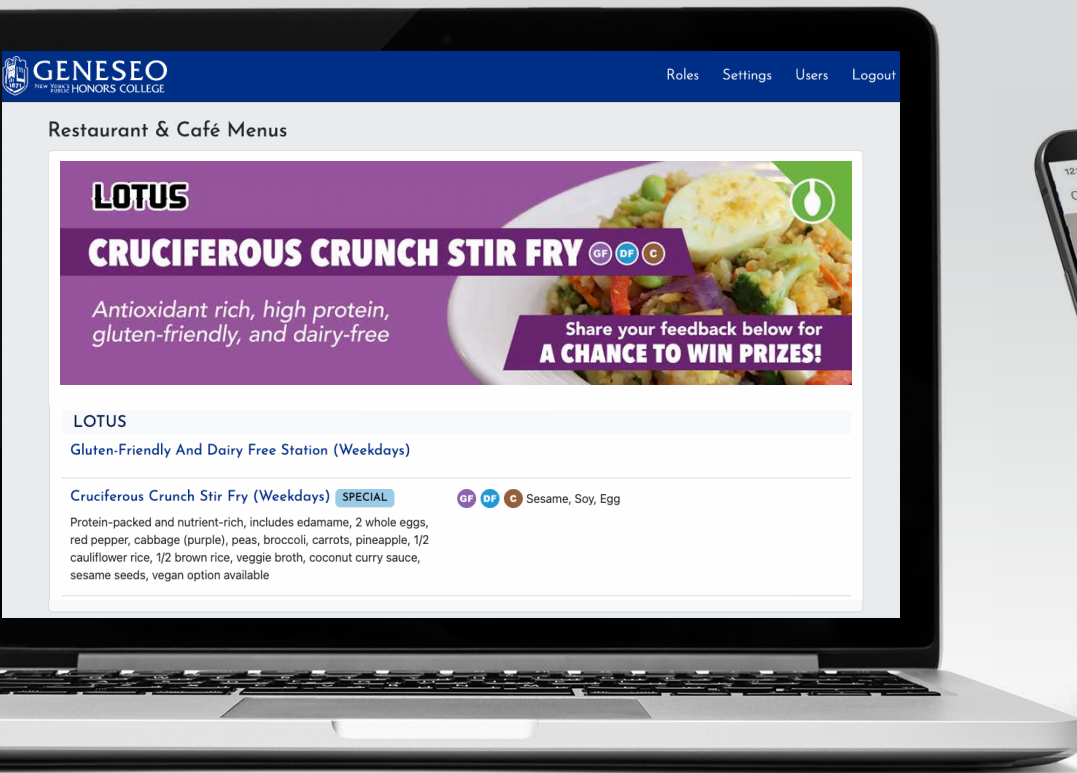
#### ACTION FOR FOODS BELOW STANDARD:

"3" Reheat food that has been held below 140 degrees F for less than 2 hours to 165 degrees F.

"4" Discard food that has been held below 140 degrees F for more than 2 hours.

"M" Inform Chef/Supervisor.





# MENUS

## ONLINE, MOBILE, PRINT

The Cruciferous Crunch Stir Fry is featured regularly in our three-week menu cycle. It is prepared and served at our gluten-friendly and dairy-free station, called Lotus, located within the pay-one-price, all-you-care-to-eat Mary Jemison Dining Complex. All promotional signage identifies the dining location and station where the dish is available.

Menus are displayed on signage at the station and are also accessible through our online menu and mobile app. The top nine allergens are listed alongside each menu item. In addition, every station features a QR code that links to our online menu, which provides more detailed allergen information.



# ADVERTISING & PROMOTION



## DIGITAL & PRINT

**LOTUS**

**CRUCIFEROUS CRUNCH STIR FRY** GF DF C

Antioxidant rich, high protein, gluten-friendly, and dairy-free

Share your feedback below for **A CHANCE TO WIN!**

**LOTUS**

**CRUCIFEROUS CRUNCH STIR FRY** GF DF C

Antioxidant rich, high protein, gluten-friendly, and dairy-free

Edamame, hard-boiled egg, red pepper, purple cabbage, peas, broccoli, carrots, pineapple, cauliflower rice, brown rice, veggie broth, coconut curry sauce, sesame seeds

Recipe approved by our Nutrition & Wellness Manager

Share your feedback for **A CHANCE TO WIN!**

Prize choices include bluetooth speakers and a wireless karaoke machine!

Take Survey

**LOTUS**

**CRUCIFEROUS CRUNCH STIR FRY** GF DF C

Antioxidant rich, high protein, gluten-friendly, and dairy-free

Edamame, hard-boiled egg, red pepper, purple cabbage, peas, broccoli, carrots, pineapple, cauliflower rice, brown rice, veggie broth, sesame seeds, coconut curry sauce

Recipe approved by our Nutrition & Wellness Manager

Share your feedback for **A CHANCE TO WIN!**

Prize choices include bluetooth speakers and a wireless karaoke machine!

Take Survey

Leveraging multiple touchpoints, we ensure that customers are aware of our products and offerings, including dynamic digital displays, engaging social media posts, targeted email communications, print signage, and listings on our website and online menus.

**Try the Cruciferous Crunch Stir Fry at Lotus**


Created by Nutrition & Wellness Manager Heather Carrera, DCN, MS, CNS, CDN, the Cruciferous Crunch Stir Fry is loaded with flavor and nutrients. It's vegetarian, gluten-friendly, and dairy-free (easily made vegan).

Learn more at the Lotus Station and share your feedback by scanning the QR code.

**VIDEO**

Already tried it? Submit your feedback.

[Share Feedback](#)



November 6, 2025

**CRUCIFEROUS CRUNCH STIR FRY**

Share your feedback for A CHANCE TO WIN!

**Celebrate Wellness with Our Cruciferous Crunch Stir Fry**

This November, in honor of National Diabetes Awareness Month and National Vegan Month, enjoy our new Cruciferous Crunch Stir Fry at Lotus Station (Mary Jemison).

Created by our Nutrition & Wellness Manager, Heather Carrera, DCN, MS, CNS, CDN, this colorful dish is vegetarian, gluten-friendly, and dairy-free—and it's designed to support steady energy and balanced blood sugar—perfect for busy students.

Take a quick survey to help us grow our wellness-focused dining options!


[Share Your Feedback](#)

Interested in joining our focus tasting group for the new Cruciferous Crunch Stir Fry?

Happening Monday, November 10



# ADVERTISING & PROMOTION



**cassunygenseo**  
Original audio

**cassunygenseo** 13w  
A Crunch That Cares 🌱🥗

In honor of National Diabetes Awareness Day, our Nutrition & Wellness Manager, Heather Carrera, hand-selected Cruciferous Crunch—a blood sugar-friendly dish that's vegetarian, gluten-friendly, and dairy-free. Served at Lotus—Gluten-Friendly, Dairy Free Stir Fry station.

Packed with nutrients and flavor, it's the perfect way to fuel your day while supporting balanced energy and focus. Try it and submit your feedback in our Lotus Survey—link on our Linktree, found in our bio.

[View insights](#) [Boost reel](#)

November 14, 2025

[Add a comment...](#)

**LOTUS**

**CRUCIFEROUS CRUNCH STIR FRY**



**cassunygenseo**

**cassunygenseo** 14w  
Celebrate Wellness at MJ Lotus Station!

Announcing our new Cruciferous Crunch Stir Fry—created by our Nutrition & Wellness Manager, Heather Carrera, DCN, MS, CNS, CDN

This November, for National Diabetes & World Vegan Awareness Month, enjoy a vegetarian, gluten-friendly, dairy-free (easily made vegan) stir fry packed with protein & nutrients to support steady energy and balanced blood sugar.

Share your thoughts! Take our quick survey to help shape future wellness-focused dining options.

[View insights](#) [Boost post](#)

November 6, 2025

[Add a comment...](#)

Share your feedback for A CHANCE TO WIN!



**cassunygenseo**

**cassunygenseo** Edited • 16w  
A Crunch Worth Celebrating 🥗🌱

In honor of National Vegetarian Month, we're soon introducing the Cruciferous Crunch Cruciferous Crunch Stir Fry—a flavorful, vegetarian, gluten-friendly, and dairy-free bowl hand-selected and approved by our Nutrition & Wellness Manager, Heather Carrera.

You'll be able to find it at Lotus—Gluten-Friendly, Dairy Free Stir Fry station in Mary Jemison. While it's served, check out the station signage for ingredient details and benefits, and don't forget to take our quick survey—your feedback helps us grow our wellness-focused dining options.

[View insights](#) [Boost post](#)

October 27, 2025

[Add a comment...](#)



LOTUS

CRUCIFEROUS CRUNCH STIR FRY

Share your feedback for A CHANCE TO WIN!

WHAT'S COOKING?

BEYOND MEAT

BEYOND TASTING

CELEBRATE WORLD VEGAN MONTH

FREE PLANT-BASED SAMPLES

MJ PLATES, SAUSAGE BURGERS, AND MORE!

11/5 AT MARY JEMISON

LOTUS

WHICH ARE YOU CHOOSING...

Cruciferous Crunch Stir Fry

Build Your Own Stir Fry

Build Your Own Bowl

Pico



# NUTRITION BLOG

## Eats & Insights: Diabetes Awareness Month: 7 Practical Tips for Steady Energy and Balanced Blood Sugar

Not all carbohydrates are created equal. Refined carbohydrates, like white bread, pastries, and

sweetened drinks, digest quickly and cause spikes in blood sugar followed by crashes. These fluctuations can lead to fatigue, irritability, and sugar cravings.

Whole grains—such as brown rice, quinoa, oats, and barley—digest more slowly. They provide a steady release of glucose, helping maintain consistent energy and focus throughout the day.



NOVEMBER 14, 2025 BY LTURNER

### Diabetes Awareness Month: 7 Practical Tips for Steady Energy and Balanced Blood Sugar

Written by Heather Carrera, Nutrition & Wellness Manager, Heather Carrera, DCN, MS, CNS, CDN

November is National Diabetes Month—a time to raise awareness about how our daily food choices affect blood sugar, energy, focus, and long-term health. For college students juggling classes, work, and social life, understanding how to keep blood sugar stable is essential—not just for preventing Type 2 Diabetes, but also for supporting mood, concentration, and healthy weight.

**Here are seven practical ways to support healthy blood sugar and boost overall wellness on campus.**

#### 1. Choose Whole Grains Over Refined Carbs

Not all carbohydrates are created equal. Refined carbohydrates, like white bread, pastries, and sweetened drinks, digest quickly and cause spikes in blood sugar followed by crashes. These fluctuations can lead to fatigue, irritability, and sugar cravings.

Whole grains—such as brown rice, quinoa, oats, and barley—digest more slowly. They provide a steady release of glucose, helping maintain consistent energy and focus throughout the day.

**Campus Tip:** At Lotus, our Gluten-Friendly and Dairy Free Stir Fry, try your stir-fry with brown rice or half brown rice, half cauliflower rice. This combination adds fiber for steady blood sugar and plenty of non-starchy veggies for volume and nutrients.

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#### Recent Posts

- [Eating for Heart Health](#)
- [How to Do Your Own End-of-Year Personal Health & Wellness Audit](#)
- [Diabetes Awareness Month: 7 Practical Tips for Steady Energy and Balanced Blood Sugar](#)
- [Eating for the Planet and Your Mind](#)
- [Sipping Smart This September: Coffee, Caffeine, and Your Stress Response](#)

#### Recent Comments

**A WordPress Commenter on FUEL TO WIN: Smart Nutrition for a Strong Season**

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FULL ARTICLE



# ENGAGEMENT & FEEDBACK

## TESTIMONIALS

"It was something new and exciting to try."

"Very delicious and good texture!"

"It was a different experience than other ones, it was something new and exciting to try."

"Very good. I really enjoy the lotus station."

"I LOVE stir fry here, I think it's one of the best food options on campus."

## SURVEY RESULTS

15.5% of respondents have a dietary restriction

75% favor rice bowls

88% felt this was a well-balanced meal

93% are satisfied with the convenience of these bowls

94% find these balanced and satisfying

63% said "yes" to wanting more nutritionist-approved dishes

94% thought it helpful to know the health benefits of the dish

**Positive Feedback and Preference:** Multiple respondents found the bowl to be "very good," "delicious," and "so much better" than other options, noting it was suitable due to the variety of additions available. Several indicated they "really enjoy the lotus station."

**Flavor, Appeal, and Diversity:** The bowls are praised for looking and tasting good, being diverse, having bold flavor combinations, having good texture and visually pleasing presentation.

**Nutritional Value and Dietary Needs:** Respondents appreciate the wide range of options, especially for getting protein without meat.

**CRUCIFEROUS CRUNCH STIR FRY** 🍴 🌱

Share your feedback  
A CHANCE TO

Cruciferous Crunch Stir Fry Feedback

Your input helps us keep offering meals that are convenient, nutritious, and allergen friendly.

\* Indicates required question

Email \*

Your email

Your campus role

First Year

Second Year

Third Year

Fourth Year

Graduate

Faculty/Staff

Do you have any dietary restrictions?

Your answer

# PHOTOS

