

Christine Carlson



mQlyYbwV

Entry details

Entry Name: Thai Red Curry Tofu & Butternut Squash with Cauliflower Rice

Institution Name: University of Arizona

Entry Completed By (*name and position*): Christine Carlson, Director Dining & Nutrition

Email Address: christinecarlson@arizona.edu

Phone Number: +15206215736

Address: 1303 E University Blvd Room 403

City: Tucson

State: AZ

Zip Code: 85721

Country: United States of America

Essay:

Students at the University of Arizona frequently request vegan dishes and international fare. Arizona Dining created a vegan dish that is Thai curry inspired called Thai Red Curry Tofu & Butternut Squash with Cauliflower Rice. The dish starts with a base of coconut milk and red curry paste sauteed with garlic, onion and tamari to ensure the dish is made without gluten. Butternut squash, bell peppers and tofu are added and simmered for 30 minutes. The other component of the dish is the Cauliflower Rice which starts with a sauté of carrots, celery and onions. Grated cauliflower is added along with bay leaves, thyme and vegetable base. It was important to offer a delicious dish with a variety of colors, textures and flavors. We chose to ensure not only the dish was vegan but made without gluten to accommodate those seeking gluten free options. The dish was featured in a sustainability campaign to also speak to those students interested in reducing their carbon footprint and choosing smarter environmental options. The campaign is called "Go Veggie" and offers data of the impact on the environment by choosing the dish. For this dish the campaign indicated "Go Veggie 2x a Week you can save enough energy to light a dorm room for a year". The campaign is one of positivity highlighting what to choose more often. Go Veggie was marketed through our digital totems, social media, website, table toppers and Meal Plan newsletter.

The dish accommodates vegan and gluten free requests. It is also rich in fiber and lighter in calorie by incorporating Cauliflower Rice instead of white or brown rice. The ingredients also offer phytochemicals and super food qualities to improve nutrient richness. Vegan options can be most affordable which makes for an advantageous option for


Dining. Cauliflower rice and brown rice was cost neutral. The use of tofu instead of steak or chicken reduced protein cost by 70%. The food cost of the composed dish was \$1.89.


The goal of featuring this dish was to meet dietary accommodation requests including vegan and gluten free along with sustainable education. Objectives were 1. Provide a delicious, appealing dish that is made without gluten, vegan and halal to allow all students to experience, 2. Educate students on sustainability and how small changes can be meaningful, 3. Offer a variety of textures, flavors and colors for a beautiful and flavorful dish and 4. Market in an innovated manner to raise awareness. The recipe provides productions steps with easy-to-follow directions with sub-recipes and includes HACCP guidelines. Nutrition analysis is included with serving sizes and icons indicating allergens and dietary preferences. Students were surveyed on the recipe and overall satisfaction is achieved 96% of students surveyed (n=508) indicated 5/5 stars for texture, color, temperature and flavor. One student commented "This is my favorite dish offered and I love that I can safely eat with my Celiac disease!" Another commented "My friends and I all think this is great as we are all vegan."

Log in to nacufs.awardsplatform.com to see complete entry attachments.

PDF
Thai Red Curry ... 187 KiB

PDF
HACCP.pdf 39 KiB


Attachment name
https://www.canva.com...


Attachment name
https://canva.link/bc0x...