

BAKED BEANS (CANNED)



VEGETABLES (BEANS/PEAS)

MEAL COMPONENT CONTRIBUTION:

1/2 cup of beans/peas vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Baked, Vegetarian, Low Sodium, #253	4 #10 can(s) + 3 1/4 cup(s)
Onions, Chopped, Dehydrated, #278	5 1/4 ounce(s)
Mustard, Powder, Dry, #332	1/4 cup(s)
Sugar, Brown, #405	3 cup(s), packed
Water, Municipal, Mississippi	1 quart(s)
Paste, Tomato, #10 Can, #266	2 cup(s)
Ham, Cooked, Smoked, Boneless, #25	8 ounce(s)

DIRECTIONS

- Pour canned beans into 12" x 20" x 4" steamtable pans. For 100 servings, use 2 half-size steamtable pans.
- Combine onions, dry mustard, brown sugar, water, tomato paste, and ham. Blend well.
- Pour 2 pounds and 11 ounces of mixture over beans in each steamtable pan.
Stir to combine.
Cover pans.
- To bake:
 - Conventional oven: 350 degrees F for 2 1/4 hours.
 - Convection oven: 325 degrees F for 1 1/4 hours.
 Remove cover during last half hour of baking to brown beans.
 CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with 4 ounce ladle or 4 ounce spoodle per serving. Each portion provides 1/2 cup of beans/peas vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Baked beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	162	Dietary Fiber	5.77 g	Sodium	180.29 mg	Sat. Fat	0.15 g
Carbohydrates	36.53 g	Protein	7.01 g	Total Fat	0.72 g	Trans Fat	0.00 g

BAKED BEANS W/SPICE BLEND (CANNED)


MEAL COMPONENT CONTRIBUTION:

1/2 cup beans/peas vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Baked, Vegetarian, Low Sodium, #253	4 #10 can(s) + 3 1/4 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Onions, Chopped, Dehydrated, #278	3/4 cup(s)
Mustard, Powder, Dry, #332	2 tablespoon(s)
Sauce, BBQ, Hickory Smoke, #287	1/2 quart(s)
Water, Municipal, Mississippi	2 cup(s)
Spice Blend MS, Creole, No Salt, #563	2 tablespoon(s)
Pepper, Black, Ground, #336	1 teaspoon(s)

DIRECTIONS

- Open canned beans.
Pour into 12" x 20" x 4" steamtable pans that have been sprayed with pan release spray.
- Add onions, mustard powder, BBQ sauce, water, black pepper, and Creole spice blend to beans.
Stir lightly to until mixed. Cover pans with aluminum foil.
- To bake:
Conventional oven: 350 degrees F for 1 1/2 hours.
Convection oven: 350 degrees F for 45 minutes.
During last 30 minutes of baking remove foil to encourage browning.
- Portion with 4 ounce ladle or 4 ounce spoodle per serving. Each portion provides 1/2 cup of beans/peas.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Baked beans must be counted as either a vegetable or meat/meat alternate and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	131	Dietary Fiber	5.43 g	Sodium	180.26 mg	Sat. Fat	0.10 g
Carbohydrates	29.72 g	Protein	6.30 g	Total Fat	0.55 g	Trans Fat	0.00 g

LIMA BEANS (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Lima, Baby,Frozen, Boiled, Drained, #63	18 pound(s) + 8 ounce(s)
Margarine, Bulk, #119	8 ounce(s)
Salt, Table, #343	3 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam beans:

Place frozen beans in solid steamtable pans (12 "x20 "x2 1/2 ").

Steam for 4-5 minutes.

To boil beans:

Bring water to a boil. For 100 servings, use approximately 1-3 quarts of water.

Add frozen beans and cook 12-14 minutes.

Drain and place in steamtable pans (12 "x20 "x2 1/2 ") for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt margarine. Combine salt and melted margarine and distribute evenly over cooked vegetables.

Cover pans with plastic wrap and store in warmer until ready for service.

Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of of starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	104	Dietary Fiber	5.03 g	Sodium	254.35 mg	Sat. Fat	0.87 g
Carbohydrates	16.32 g	Protein	5.58 g	Total Fat	2.03 g	Trans Fat	0.00 g

SEASONED LIMA BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

1/2 cup serving beans/peas vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Lima, Mature, Low Sodium, #10 Can, #246	5 #10 can(s)
Margarine, Bulk, #119	6 ounce(s)
Liquid Smoke, Quart, #290	3 ounce(s)
Base, Bacon, Low Sodium, #349	1 tablespoon(s)

DIRECTIONS

- Open cans and drain off half the liquid.
- Pour beans and remaining liquid into a stockpot, braising pan, or steam-jacketed kettle.
- Add margarine, liquid smoke, and bacon base.
Heat only long enough to bring to serving temperature.
Do not allow to boil.
- Drain vegetables and place in steamtable pans for service. Serve immediately or place in warming unit until ready for service.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with 4 ounce spoodle or #8 scoop for 1/2 cup serving. Each portion provides 1/2 cup of beans/peas vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Mature lima beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	145	Dietary Fiber	6.00 g	Sodium	185.57 mg	Sat. Fat	0.62 g
Carbohydrates	21.66 g	Protein	7.25 g	Total Fat	1.97 g	Trans Fat	0.00 g

BLACK-EYED PEAS (CANNED)



VEGETABLES (BEANS/PEAS)

MEAL COMPONENT CONTRIBUTION:

1/2 cup beans/peas vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Blackeyed, Low Sodium, #10 Can, #247	5 #10 can(s) + 6 1/2 cup(s)
Liquid Smoke, Quart, #290	3 ounce(s)
Base, Bacon, Low Sodium, #349	1 tablespoon(s)

DIRECTIONS

- Open cans and drain off half the liquid.
Pour vegetables and remaining liquid into a stockpot or steam-jacketed kettle.
- Add liquid smoke and bacon base to peas.
Heat only long enough to bring to serving temperature.
Do not allow to boil.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Drain vegetables and place in serving pans.
Serve immediately or cover and place in warmer until ready for service.
Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of beans/peas vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Dried black-eyed peas must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components at the same meal.

NUTRIENTS PER SERVING

Calories	166	Dietary Fiber	6.87 g	Sodium	196.60 mg	Sat. Fat	0.01 g
Carbohydrates	28.92 g	Protein	12.41 g	Total Fat	0.72 g	Trans Fat	0.00 g

RANCH-STYLE BLACK BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

1/2 cup beans/peas vegetable

NUMBER OF PORTIONS: 75 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 75 SERVINGS)
Beans, Black, Turtle, Dry, #10 Can, #250	4 #10 can(s)
Onions, Frozen, Chopped, #72	2 cup(s)
Tomatoes, Diced, #10 Can, #265	1 #10 can(s)
Chili Powder, #329	1/3 cup(s)
Pepper, Black, Ground, #336	1 1/2 teaspoon(s)
Garlic Powder, #331	2 teaspoon(s)

DIRECTIONS

1. Drain and rinse black beans.
2. Combine onions, tomatoes, and spices.
Simmer 15 minutes.
Add beans.
Heat only long enough to bring to serving temperature.
Do not allow to boil.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
3. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service.
Portion with #8 scoop or 4 ounce spoodle per serving. Each portion provides 1/2 cup of beans/peas vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Black beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	158	Dietary Fiber	12.01 g	Sodium	252.63 mg	Sat. Fat	0.16 g
Carbohydrates	28.77 g	Protein	10.42 g	Total Fat	0.63 g	Trans Fat	0.00 g

TEX-MEX BEANS (CANNED)



VEGETABLES (BEANS/PEAS)

MEAL COMPONENT CONTRIBUTION:

1/2 cup bean/peas vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Onions, Frozen, Chopped, #72	1 pound(s)
Bell Peppers, Green, Whole, Fresh, #641	2 pound(s) + 4 ounce(s)
Beans, Black, Turtle, Dry, #10 Can, #250	1 #10 can(s) + 6 1/2 cup(s)
Beans, Canned, Kidney, Low Sodium, #251	1 #10 can(s) + 6 1/2 cup(s)
Beans, Pinto, Dry, Low Sodium, #10 Can, #252	1 #10 can(s) + 6 1/2 cup(s)
Water, Municipal, Mississippi	2 quart(s)
Tomatoes, Diced, #10 Can, #265	1 #10 can(s)
Salsa, Mild, Bulk, #269	1 quart(s)
Mustard, Prepared, Yellow, Bulk, #282	8 ounce(s)
Salt, Table, #343	1 tablespoon(s)
Liquid Smoke, Quart, #290	3 ounce(s)
Spice Blend MS, Southwest, No Salt, #562	1 tablespoon(s)

DIRECTIONS

1. Cook onions and green peppers until tender in steamer or small steam-jacketed kettle.
2. Drain canned beans in colander and rinse under cool running water to remove starchy liquid.
3. Combine water, tomatoes, salsa, mustard, salt, and liquid smoke in a steamtable pan (12" x 20" x 4"). Add beans, onions and green peppers.
For 100 servings, use 2 steamtable pans.
Cover pan tightly with foil.
4. To bake:
Conventional oven: 350 degrees F for 45 minutes to 1 hour.
Convection oven: 350 degrees F for 45 minutes.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Serve immediately or cover and place in warmer until ready for service.
Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of beans/peas vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

TEX-MEX BEANS (CANNED)

MISCELLANEOUS NOTES

Beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	126	Dietary Fiber	8.42 g	Sodium	343.35 mg	Sat. Fat	0.15 g
Carbohydrates	22.85 g	Protein	7.52 g	Total Fat	0.80 g	Trans Fat	0.00 g

HERBED BROCCOLI AND CAULIFLOWER

MEAL COMPONENT CONTRIBUTION:

1/4 cup dark green vegetable, 1/4 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service



VEGETABLES (DARK GREEN) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Margarine, Bulk, #119	8 ounce(s)
Lemon Juice, Canned/Bottled, #398	1/4 cup(s)
Onions, Frozen, Chopped, #72	3/4 cup(s) + 2 tablespoon(s)
Garlic Powder, #331	1 tablespoon(s)
Parsley, Dried, Chopped, #316	2 tablespoon(s)
Basil Leaves, Dried, #322	1 tablespoon(s)
Pepper, Black, Ground, #336	1/2 teaspoon(s)
Onion Powder, #326	2 teaspoon(s)
Cheese, Parmesan, Grated, #85	4 ounce(s)
Bun, Hamburger, WGR, #549	5 1/4 bun(s)
Broccoli, Frozen, Stalks, Cooked, #65	5 pound(s) + 8 ounce(s)
Cauliflower, Frozen, #62	5 pound(s)

DIRECTIONS

- If breadcrumbs have not been prepared, toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
Cool before preparing crumbs.
Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Heat margarine in a stock pot until browned.
Turn off heat and add lemon juice. Stir until blended.
- Add onions (diced 1/4 inch thick), garlic powder, basil, parsley, pepper, onion powder, parmesan cheese, and bread crumbs to melted margarine.
Mix and set aside.
- Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 1/2").
Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender.
Drain water from pans.
- Combine 3 pounds of cooked broccoli and 2 1/2 pounds of cooked cauliflower in each steamtable pan (12" x 20" x 2 1/2") which has been lightly sprayed with pan release spray.
For 50 servings, use 2 pans.
- Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.
- Portion with #8 scoop per serving. Each portion provides 1/4 cup of dark green vegetable and 1/4 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

HERBED BROCCOLI AND CAULIFLOWER

PRODUCTION NOTES

For best results use perforated pan to steam vegetables.

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	82	Dietary Fiber	3.09 g	Sodium	236.68 mg	Sat. Fat	2.08 g
Carbohydrates	7.84 g	Protein	3.95 g	Total Fat	4.57 g	Trans Fat	0.00 g

CHEESY BROCCOLI (FROZEN)



VEGETABLES (DARK GREEN)

MEAL COMPONENT CONTRIBUTION:

1/2 cup dark green vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Broccoli, Frozen, Stalks, Cooked, #65	21 pound(s)
Sauce, Cheese, Nacho Flavor, Bulk, #293	2 quart(s)
Water, Municipal, Mississippi	1 quart(s)

DIRECTIONS

1. COOKING METHODS

To steam broccoli:

- Place frozen broccoli in solid steamtable pans.
- Steam for 2-3 minutes. Drain water from broccoli.

To boil broccoli:

- Bring water to a boil. (For 100 servings, use 1-3 quart of water.)
- Add frozen broccoli and cook for 15-20 minutes. Drain broccoli and place in steamtable pans for service.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

- In mixing bowl, combine cheese sauce and hot water to achieve pouring consistency.
- Pour approximately 1 1/2 cups of cheese sauce over each pan of cooked broccoli.
- Serve immediately or cover with plastic wrap and place in warmer until ready for service. Measure a 1/2 cup portion to determine how many spears to serve with portion tongs. Portion 1/2 cup for each serving. Each serving provides 1/2 cup of dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	52	Dietary Fiber	2.86 g	Sodium	202.35 mg	Sat. Fat	0.34 g
Carbohydrates	7.03 g	Protein	3.27 g	Total Fat	2.02 g	Trans Fat	0.00 g

BROCCOLI, CHEESE & RICE CASSEROLE

MEAL COMPONENT CONTRIBUTION:

1/2 oz. eq. meat/meat alternate, 1/2 oz. eq. whole grain, 1/2 cup dark green vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	1 pound(s) + 8 ounce(s)
Water, Hot, Municipal	1 quart(s) + 1 cup(s)
Salt, Table, #343	1 teaspoon(s)
Bun, Hamburger, WGR, #549	7 bun(s)
Milk, Dry, Nonfat Powder, #376	1 cup(s)
Water, Municipal, Mississippi	3 cup(s)
Broccoli, Frozen, Chopped, #64	10 pound(s) + 8 ounce(s)
Soup, Cream of Mushroom, Low Sodium, #353	1/2 50 ounce can(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 9 ounce(s)
Onions, Chopped, Dehydrated, #278	1/4 cup(s)
Garlic Powder, #331	1 1/2 tablespoon(s)
Pepper, Black, Ground, #336	1 teaspoon(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Margarine, Bulk, #119	2 ounce(s)

DIRECTIONS

- To prepare rice:
 - Place brown rice in each 12" x 20" x 4" deep steamtable pan. Add 1 quart and 1 cup of hot water to the pan.
 - Add salt to each pan and mix.
 - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

- To prepare breadcrumbs:
 - Toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
 - Cool before preparing crumbs.
 - Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Prepare dry milk according to instructions on package.
- Combine cooked rice, broccoli, undiluted soup, milk, cheese, onions, garlic powder, and pepper in a large bowl.
- Pour 4 quarts and 1 cup of mixture into each full-size steamtable pan (12' x 20" x 2 1/2"), which has been lightly coated with pan release spray. For 50 servings, use 2 steamtable pans.

BROCCOLI, CHEESE & RICE CASSEROLE

DIRECTIONS

6. To prepare topping:

- Combine melted margarine and bread crumbs.
- Mix to coat bread crumbs well.

Sprinkle crumbs evenly over each pan, approximately 2 cups per pan.

7. To bake:

Conventional Oven: 350 degrees F for 30 minutes.

Convection Oven: 300 degrees F for 20 minutes.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

8. Serve immediately.

Portion with a #6 scoop (2/3 cup) per serving. Each portion provides 1/2 oz. eq. of meat/meat alternate, 1/2 oz. eq. whole grain, and 1/2 cup dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	174	Dietary Fiber	3.66 g	Sodium	370.51 mg	Sat. Fat	3.57 g
Carbohydrates	22.10 g	Protein	8.77 g	Total Fat	6.41 g	Trans Fat	0.00 g

STEAMED BROCCOLI SPEARS (FROZEN)


MEAL COMPONENT CONTRIBUTION:

1/2 cup dark green vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Broccoli, Frozen, Stalks, Cooked, #65	18 pound(s)
Margarine, Bulk, #119	8 ounce(s), melted
Salt, Table, #343	1 tablespoon(s)

DIRECTIONS
1. COOKING METHODS

To steam broccoli:

- Place frozen broccoli in perforated steamtable pans.
- Steam for 5 minutes.

To boil broccoli:

- Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
- Add frozen broccoli and cook for 8-10 minutes.

- Place cooked broccoli in a solid steamtable pan. Pour melted margarine and salt over broccoli.
- Serve immediately or cover with plastic wrap and place in warmer until ready for service.
- Measure a 1/2 cup serving to determine how many spears to serve. Portion 1/2 cup with spoon or tongs per serving. Each portion provides 1/2 cup dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	39	Dietary Fiber	2.45 g	Sodium	108.15 mg	Sat. Fat	0.82 g
Carbohydrates	4.38 g	Protein	2.53 g	Total Fat	1.87 g	Trans Fat	0.00 g

SEASONED CABBAGE (FRESH)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cabbage, Fresh, Whole Head, #623	21 pound(s)
Margarine, Bulk, #119	8 ounce(s)
Pepper, White, Ground, #337	3 tablespoon(s)
Base, Chicken, Low Sodium, #348	4 ounce(s)

DIRECTIONS

1. Remove wilted outer leaves and wash cabbage. Crisp in cold water if wilted. Cut cabbage into wedges and remove center core, or shred coarsely.

2. COOKING METHODS

To steam cabbage:

- Place cabbage in solid steamtable pans (12"X20"X2 1/2").
- Steam for 4 minutes.
- Drain liquid from pans.
- Transfer into serving pans.

To boil cabbage:

- Bring water to a boil. (For 100 servings, use 1 - 3 quarts of water.)
- Add cabbage and cook for 10-12 minutes.
- Drain liquid from pans.
- Transfer into serving pans.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

3. Melt margarine and add pepper and chicken base. Distribute evenly among pans of cooked cabbage.
4. Serve immediately or cover and place in warmer until ready for service. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	44	Dietary Fiber	2.45 g	Sodium	56.52 mg	Sat. Fat	0.89 g
Carbohydrates	5.86 g	Protein	1.50 g	Total Fat	2.05 g	Trans Fat	0.00 g

STEAMED CABBAGE (FRESH)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cabbage, Fresh, Whole Head, #623	21 pound(s)
Margarine, Bulk, #119	8 ounce(s), melted
Salt, Table, #343	2 tablespoon(s)

DIRECTIONS

- Remove wilted outer leaves and wash cabbage.
Crisp in cold water if wilted.
Cut cabbage into wedges and remove center core, or shred coarsely.
- COOKING METHODS**
To steam cabbage:
 - Place cabbage in solid steamtable pans (12"X20"X 2 1/2").
 - Steam for 4 minutes.
 - Drain off liquid.
 - Transfer into serving pans.
 To boil cabbage:
 - Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
 - Add cabbage and cook for 10-12 minutes.
 - Drain off liquid.
 - Pour in serving pans.
- Add melted margarine and salt.
Distribute evenly over cooked cabbage in pans.
- Serve immediately or cover and place in warmer until ready for service.
Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	40	Dietary Fiber	2.38 g	Sodium	176.34 mg	Sat. Fat	0.84 g
Carbohydrates	5.52 g	Protein	1.22 g	Total Fat	1.87 g	Trans Fat	0.00 g

BABY CARROTS WITH DRESSING (FRESH)



MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Carrots, Raw, Mini, Peeled, #602	8 pound(s)
Dressing, Fat Free Ranch, 12 gram, #419	25 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	25 packet(s)

DIRECTIONS

- Place individual serving containers on sheet pans (18" x26"x1"). Measure 1/2 cup of baby carrots and place in individual portion container. Cover and refrigerate.
 CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Portion 1/2 cup carrots with 1 package of fat free dressing per serving. Each portion provides 1/2 cup of red/orange vegetable.
 CCP: Hold under refrigeration (41 degrees F or lower). Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	45	Dietary Fiber	2.03 g	Sodium	170.08 mg	Sat. Fat	0.03 g
Carbohydrates	9.95 g	Protein	0.67 g	Total Fat	0.17 g	Trans Fat	0.00 g

GLAZED CARROTS (FROZEN)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #66	19 pound(s)
Margarine, Bulk, #119	8 ounce(s)
Sugar, Brown, #405	1 cup(s), packed
Salt, Table, #343	1 teaspoon(s)
Parsley, Dried, Chopped, #316	2 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam carrots:

- Place frozen carrots in solid steamtable pans (12" X 20" X 2 1/2").
- Steam for 3 minutes.
- Drain liquid from pan.

To boil carrots:

- Bring water to a boil. (For 100 servings, use approximately 1 quart of water.)
- Add frozen carrots and cook for 10-20 minutes.
- Drain and place in solid 12" x 20" x 2 1/2" steamtable pan.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Combine margarine, brown sugar, salt, and parsley (optional). Bring to a boil. Remove from heat. Pour mixture evenly over each pan of cooked carrots.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service. Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Parsley is an optional seasoning.

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	56	Dietary Fiber	3.03 g	Sodium	92.90 mg	Sat. Fat	0.82 g
Carbohydrates	9.28 g	Protein	1.03 g	Total Fat	1.87 g	Trans Fat	0.00 g

CARROT, PEPPER STRIP & BROCCOLI

MEAL COMPONENT CONTRIBUTION:

1/4 cup red/orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (DARK GREEN) : VEGETABLES (OTHER) :
VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Fresh, Raw, Sticks, 4"x1/4"	7 pound(s) + 8 ounce(s)
Broccoli, Fresh Florets, #600	7 pound(s) + 8 ounce(s)
Bell Peppers, Green, Whole, Fresh, #641	5 pound(s)
Dressing, Fat Free, 1000 Island, 1.5 ounce, #193	50 packet(s)
Dressing, Fat Free Italian, 1.5 ounce, #192	50 packet(s)

DIRECTIONS

- Wash produce under cool running water, then drain.
Slice peppers into strips.
- Place individual serving containers on sheet pans (18" x26"x1").
Place 1/4 cup of carrots, 1/8 cup of pepper strips and 1/8 cup of broccoli to each container.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Serve one fat free dressing packet with each individual container of vegetables.
Each portion provides 1/4 cup of red/orange vegetable, 1/8 cup of dark green vegetable, and 1/8 cup of other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	68	Dietary Fiber	3.08 g	Sodium	431.96 mg	Sat. Fat	0.05 g
Carbohydrates	15.63 g	Protein	1.72 g	Total Fat	0.27 g	Trans Fat	0.00 g

LEMON-GLAZED CARROTS (FROZEN)


MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #66	19 pound(s)
Margarine, Bulk, #119	8 ounce(s)
Lemon Juice, Canned/Bottled, #398	1 cup(s)
Nutmeg, Ground, #333	1/4 cup(s)
Salt, Table, #343	3 tablespoon(s)

DIRECTIONS
1. COOKING METHODS

To steam carrots:

- Place frozen carrots in solid steamtable pans.
- Steam for 3-4 minutes.

To boil vegetables:

- Bring water to boil. (For 100 servings, use 1 quart of water.)
- Add frozen carrots and cook for 10-20 minutes.
- Drain and place in solid 12" x 20" x 2 1/2" steamtable pan.

2. Melt margarine.

Add lemon juice, nutmeg, and salt to melted margarine.

Boil gently, uncovered, for 1 minute.

Pour glaze evenly over drained cooked carrots and stir gently to prevent breaking carrots.

Cover pans with plastic wrap and store in warmer until ready for service.

3. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	49	Dietary Fiber	3.08 g	Sodium	281.42 mg	Sat. Fat	0.90 g
Carbohydrates	7.41 g	Protein	1.05 g	Total Fat	1.99 g	Trans Fat	0.00 g

CARROT, CELERY, CUCUMBER W/DRESSING

MEAL COMPONENT CONTRIBUTION:

1/4 cup red/orange vegetable, 1/4 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Raw, Mini, Peeled, #602	7 pound(s)
Celery, Raw, Sticks, Cupped 4" , MS #605	3 pound(s) + 4 ounce(s)
Cucumber with Peel, Whole, Fresh, #635	7 pound(s)
Dressing, Fat Free Ranch, 12 gram, #419	50 packet(s)
Dressing, Fat Free, 1000 Island, 1.5 ounce, #193	50 packet(s)

DIRECTIONS

- Wash cucumbers under cool running water, then drain. Slice.
If carrots and celery sticks are not prewashed, wash under cool running water and drain.
- Portion 1/2 cup carrot sticks in individual serving containers. Add 1/8 cup each of celery sticks and sliced cucumbers to each container.
Place one fat free dressing packet in container with vegetables.
Cover tightly with plastic wrap and store under refrigeration until ready to serve.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Place on refrigerated line for service.
Portion one container of vegetables and one packet of dressing per serving. Each portion provides 1/4 cup of red/orange vegetable and 1/4 cup of other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	35	Dietary Fiber	1.28 g	Sodium	154.34 mg	Sat. Fat	0.03 g
Carbohydrates	7.63 g	Protein	0.60 g	Total Fat	0.14 g	Trans Fat	0.00 g

STEAMED CARROTS (FROZEN)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #66	19 pound(s)
Margarine, Bulk, #119	8 ounce(s), melted
Salt, Table, #343	1 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam carrots:

- Place frozen carrots in solid steamtable pans.
- Steam for 3 minutes.

To boil carrots:

- Bring water to boil. (For 100 servings, use approximately 1 quart of water to cover.)
- Add frozen carrots and cook for 10-20 minutes.
- Transfer into solid steamtable pans.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine and salt over carrots.

Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	47	Dietary Fiber	3.02 g	Sodium	139.40 mg	Sat. Fat	0.83 g
Carbohydrates	7.11 g	Protein	1.03 g	Total Fat	1.88 g	Trans Fat	0.00 g

BABY CARROTS (FRESH)



MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Carrotines, Snack Pack, 3 Ounce Bag, Fresh #636	50 bag(s)

DIRECTIONS

1. Portion one 3-ounce bag per serving. Each portion provides 1/2 cup of red/orange vegetable.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	30	Dietary Fiber	2.46 g	Sodium	66.00 mg	Sat. Fat	0.02 g
Carbohydrates	6.93 g	Protein	0.54 g	Total Fat	0.10 g	Trans Fat	0.00 g

CORN ON THE COB (3") (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** two cobbettes

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Frozen, Cobette, 3 inch	200 cobette(s) (3")
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS

- Cooking Methods:**
 To steam corn:

 - Place frozen corn cobs in steamtable pans.
 - Steam for 6 minutes. Remove from steamer and if needed, separate cobs and steam an additional 6 minutes.
 To boil corn:

 - Bring water to a boil.
 - Add frozen corn cobs and bring back to boil. Water should barely cover.
 - Cook for 15-20 minutes.
- Pour melted margarine over cooked corn. Cover with plastic wrap and hold in warmer until ready for service.
- Portion two 3" cobbettes with tongs per serving. Each portion provides 1/2 cup starchy vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	94	Dietary Fiber	2.40 g	Sodium	21.82 mg	Sat. Fat	0.90 g
Carbohydrates	18.42 g	Protein	2.56 g	Total Fat	2.40 g	Trans Fat	0.00 g

CORN ON THE COB (5") (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 5" ear

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Cob, 5", #67	100 cob(s) (5")
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS

- Cooking Methods:**
 To steam corn:

 - Place frozen corn cobs in steamtable pans.
 - Steam for 6 minutes. Remove from steamer and if needed, separate cobs and steam an additional 6 minutes.
 To boil corn:

 - Bring water to a boil.
 - Add frozen corn cobs and bring back to boil. Water should barely cover.
 - Cook for 15-20 minutes.
- Pour melted margarine over cooked corn. Cover with plastic wrap and hold in warmer until ready for service.
- Portion one 5" ear with tongs per serving. Each portion provides 1/2 cup of starchy vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	92	Dietary Fiber	1.08 g	Sodium	28.65 mg	Sat. Fat	0.81 g
Carbohydrates	18.41 g	Protein	2.71 g	Total Fat	2.59 g	Trans Fat	0.00 g

CORN PUDDING (CANNED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Milk, Dry, Nonfat Powder, #376	1 1/3 cup(s)
Water, Municipal, Mississippi	1 quart(s)
Flour, All Purpose, Enriched, #358	12 ounce(s)
Eggs, Whole, Liquid, Frozen, #115	1 1/4 quart(s) + 1 cup(s)
Margarine, Bulk, #119	8 ounce(s)
Salt, Table, #343	1 teaspoon(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Mustard, Powder, Dry, #332	1/4 cup(s)
Corn, Yellow, Canned, Cream Style, #10 Can, #255	2 #10 can(s) + 7 2/3 cup(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	2 #10 can(s) + 2 1/8 cup(s)
Onions, Frozen, Chopped, #72	1/2 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- Combine milk, flour, eggs, margarine, salt, pepper, and dry mustard in mixer bowl. Mix for 3 minutes on low speed.
- Drain whole kernel corn. Add whole kernel corn, cream style corn, and onions to liquid mixture. Mix for 2 minutes on low speed.
- Spray each pan with food release spray. Pour 9 pounds and 9 ounces (1 gallon and 2 cups) into each steamtable pan (12" x20" x 2 1/2") sprayed with food release spray. For 100 servings, use 4 steamtable pans.
- Bake until lightly browned.
Convection Oven: 325 degrees F for 40-45 minutes.
Conventional Oven: 375 degrees F for 50-60 minutes.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Cut each pan 5x5 for 25 pieces per pan. Serve immediately or place in warmer until ready for service. Portion 1 piece for each serving. Each portion provides 1/2 cup starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

CORN PUDDING (CANNED)

NUTRIENTS PER SERVING

Calories	162	Dietary Fiber	2.36 g	Sodium	364.13 mg	Sat. Fat	1.34 g
Carbohydrates	30.22 g	Protein	5.65 g	Total Fat	3.94 g	Trans Fat	0.00 g

CREAM-STYLE CORN (CANNED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Yellow, Canned, Cream Style, #10 Can, #255	4 1/2 #10 can(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS**1. COOKING METHODS**

To steam corn:

- Place corn and margarine in solid steamtable pans.
- Steam for 2 minutes.

To heat:

- Pour corn and margarine into a stockpot or steam-jacketed kettle.
- Heat only long enough to bring to serving temperature. Do not allow to boil.
- Pour corn in serving pans.

2. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

3. Portion with #8 scoop per serving. Each portion provides 1/2 cup serving of starchy vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	114	Dietary Fiber	1.62 g	Sodium	403.22 mg	Sat. Fat	0.90 g
Carbohydrates	24.52 g	Protein	2.35 g	Total Fat	2.35 g	Trans Fat	0.00 g

CUCUMBER STICKS WITH DIP (FRESH)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Cucumber with Peel, Whole, Fresh, #635	10 pound(s) + 8 ounce(s)
Dressing, Fat Free Ranch, 12 gram, #419	50 packet(s)

DIRECTIONS

1. Wash and peel cucumbers.
Cut into 3" x 3/4" sticks.
2. Cover and place in refrigerator until ready for service.
Portion six cucumber sticks in a serving cup with one packet of dressing per serving. Each portion provides 1/2 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	24	Dietary Fiber	0.48 g	Sodium	126.91 mg	Sat. Fat	0.04 g
Carbohydrates	5.46 g	Protein	0.62 g	Total Fat	0.10 g	Trans Fat	0.00 g

MEXICALI CORN

VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	5 1/4 #10 can(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s) + 5 ounce(s)
Onions, Frozen, Chopped, #72	3 cup(s)
Pimentos, Diced, Canned, #276	1 1/3 cup(s)
Margarine, Bulk, #119	6 ounce(s)
Chili Powder, #329	1 tablespoon(s) + 1 teaspoon(s)
Cumin Seed, Ground, #319	1 tablespoon(s)
Paprika, Ground, Domestic, #335	2 teaspoon(s)
Onion Powder, #326	2 teaspoon(s)

DIRECTIONS

1. Cooking methods for canned corn:

To steam:

- Drain and discard approximately 2 cups of the liquid from each can.
- Place corn, green pepper, and onions in steamtable pan (12' x 20" x 2 1/2").
- Stir to combine.
- Steam for 2 minutes.
- Pour into serving pans.

To heat:

- Drain and discard half the liquid from each can. Place corn with remaining liquid, green pepper, and onions in stock pot or steam-jacketed kettle.
- Stir to combine.
- Heat, uncovered, for 5-10 minutes. Drain.
- Pour into serving pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Add pimentos, margarine, and seasonings. Stir lightly to combine.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	145	Dietary Fiber	3.29 g	Sodium	189.58 mg	Sat. Fat	0.88 g
Carbohydrates	30.67 g	Protein	4.35 g	Total Fat	2.87 g	Trans Fat	0.00 g

WHOLE KERNEL CORN (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Sweet, Yellow, Frozen, Kernels, #68	18 pound(s) + 4 ounce(s)
Margarine, Bulk, #119	8 ounce(s), melted

DIRECTIONS1. **COOKING METHODS**

To steam corn:

- Place frozen corn in solid steamtable pans.
- Steam for 2 minutes.
- Transfer to solid steamtable pan.

To boil corn:

- Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
- Add frozen corn and cook for 6-8 minutes.
- Transfer to solid steamtable pan.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine over cooked corn.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup starchy vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	89	Dietary Fiber	1.99 g	Sodium	20.30 mg	Sat. Fat	0.91 g
Carbohydrates	17.22 g	Protein	2.50 g	Total Fat	2.42 g	Trans Fat	0.00 g

WHOLE KERNEL CORN (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	5 #10 can(s) + 3 1/4 cup(s)
Margarine, Bulk, #119	1 cup(s)

DIRECTIONS**1. COOKING METHODS**

To steam corn:

- Place canned corn in solid steamtable pans.
- Steam for 2 minutes.

To boil corn:

- Place canned corn in pot.
- Cook for 6-8 minutes. Add water if needed.
- Transfer corn to solid steamtable pan.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt margarine and pour over cooked corn. Stir gently to combine.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	101	Dietary Fiber	1.99 g	Sodium	132.83 mg	Sat. Fat	0.99 g
Carbohydrates	19.66 g	Protein	2.76 g	Total Fat	2.75 g	Trans Fat	0.00 g

CREOLE GREEN BEANS (CANNED)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Cut Green, Canned, Low Sodium, #10 Can, #249	3 #10 can(s)
Tomatoes, Diced, #10 Can, #265	1 1/2 #10 can(s) + 6 1/2 cup(s)
Onion Powder, #326	1 tablespoon(s) + 1 teaspoon(s)
Garlic Powder, #331	1 tablespoon(s) + 1 teaspoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s) + 1 teaspoon(s)
Spice Blend MS, Creole, No Salt, #563	1 tablespoon(s) + 1 teaspoon(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS

- Open cans of green beans and tomatoes.
Drain green beans and combine with diced tomatoes.
- COOKING METHODS**
To steam vegetables:
 - Place vegetables, tomatoes, margarine, and seasonings in steamtable pans.
 - Steam for 5 minutes.
 To heat vegetables:
 - Place vegetables in stockpot or steam-jacketed kettle with other ingredients.
 - Heat only long enough to bring to serving temperature. Do not allow to boil.
 - Transfer to steamtable pans.
 CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve immediately or cover with plastic wrap and place in warmer until ready for service.
Portion with perforated a 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	42	Dietary Fiber	1.76 g	Sodium	174.78 mg	Sat. Fat	0.85 g
Carbohydrates	4.42 g	Protein	1.50 g	Total Fat	1.96 g	Trans Fat	0.00 g

GREEN BEAN CASSEROLE (CANNED)



MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bun, Hamburger, WGR, #549	3 1/2 bun(s)
Beans, Cut Green, Canned, Low Sodium, #10 Can, #249	4 #10 can(s) + 8 2/3 cup(s)
Soup, Cream of Mushroom, Low Sodium, #353	2 50 ounce can(s)
Milk, Reduced Fat, 2% Milkfat, Bulk	1 1/2 quart(s)
Cheese, American, Grated/Shredded, #60	8 ounce(s)

DIRECTIONS

- To make breadcrumbs:
Toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool before preparing crumbs.
Break buns into pieces and place in food processor or appropriate grinder.
Process bread until desired crumb size is obtained.
- Open canned green beans and drain, then place beans in half-size steamtable pans (12"x10"x 2 1/2").
- Combine soup and milk.
Pour soup mixture over beans and stir gently.
- Top with bread crumbs.
Sprinkle grated cheese over beans and bread crumbs.
- To bake:
Conventional oven: 350 degrees F for 20 minutes.
Convection oven: 325 degrees F for 20 minutes .
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove from oven and serve immediately or cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.
Portion with a #8 scoop or a 4 ounce spoodle per serving. Each portion provides 1/2 cup of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

If using frozen green beans, place in stock pot with small amount of water, cover, and cook over medium heat until tender (15 minutes) or steam (8-10 minutes) before they are placed in the steamtable pans.

NUTRIENTS PER SERVING

Calories	61	Dietary Fiber	2.06 g	Sodium	244.59 mg	Sat. Fat	0.82 g
Carbohydrates	8.44 g	Protein	2.90 g	Total Fat	1.66 g	Trans Fat	0.00 g

GREEN BEANS (CANNED)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Cut Green, Canned, Low Sodium, #10 Can, #249	4 #10 can(s) + 9 cup(s)
Oil, Liquid for Fryer, #396	3/4 cup(s)
Base, Bacon, Low Sodium, #349	1 tablespoon(s)
Liquid Smoke, Quart, #290	1/2 ounce(s)

DIRECTIONS

1. COOKING METHODS

To steam green beans:

- Place green beans and other ingredients in steamtable pans.
- Stir carefully to avoid breaking beans.
- Steam for 4-6 minutes.

To boil green beans:

- Place green beans and other ingredients in stockpot or steam-jacketed kettle.
- Stir carefully to avoid breaking beans.
- Bring to a boil. (For 100 servings, use approximately 1 quart of water.)
- Reduce heat and simmer for 5-6 minutes. Place in steamtable pans for serving.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Serve immediately or cover with plastic wrap and place in warmer until ready for service. Portion with a perforated 4 ounce spoodle or a #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	41	Dietary Fiber	1.76 g	Sodium	92.49 mg	Sat. Fat	0.21 g
Carbohydrates	4.46 g	Protein	1.31 g	Total Fat	1.80 g	Trans Fat	0.00 g

SOUTHERN GREEN BEANS (CANNED)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Ham, Cooked, Smoked, Boneless, #25	1 pound(s)
Beans, Cut Green, Canned, Low Sodium, #10 Can, #249	4 #10 can(s) + 9 cup(s)
Oil, Liquid for Fryer, #396	1 tablespoon(s)
Onions, Frozen, Chopped, #72	1 cup(s)
Pepper, Black, Ground, #336	2 teaspoon(s)

DIRECTIONS

- Dice ham.
- COOKING METHODS:**

To steam green beans:

 - Place green beans and other ingredients in a solid steamtable pan.
 - Stir carefully to avoid breaking green beans.
 - Steam for 4-6 minutes.

To boil green beans:

 - Place green beans and other ingredients in stockpot or steam-jacked kettle.
 - Stir carefully to avoid breaking beans.
 - Bring to a boil.
 - Reduce heat and simmer for 5-6 minutes.
 - Place in steamtable pans for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve immediately or cover with plastic wrap and place in warmer until ready for service. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	31	Dietary Fiber	1.82 g	Sodium	134.91 mg	Sat. Fat	0.14 g
Carbohydrates	4.65 g	Protein	1.92 g	Total Fat	0.43 g	Trans Fat	0.00 g

GREEN BEANS WITH POTATOES (CANNED)

MEAL COMPONENT CONTRIBUTION:

1/8 cup starchy vegetable, 3/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service



VEGETABLES (OTHER) : VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Cut Green, Canned, Low Sodium, #10 Can, #249	4 #10 can(s)
Potato, Whole, White, Canned, #260	1 #10 can(s) + 3 1/2 cup(s)
Margarine, Bulk, #119	1 cup(s)
Onion Powder, #326	1 tablespoon(s) + 1 teaspoon(s)
Garlic Powder, #331	1 tablespoon(s) + 1 teaspoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s) + 1 teaspoon(s)

DIRECTIONS

- Open cans and drain green beans and potatoes. Combine green beans, potatoes, margarine, and seasonings in steamtable pans.

- COOKING METHODS

To steam vegetables:

- Place vegetables in solid steamtable pans.
- Steam 5 minutes.

To heat vegetables:

- Place vegetables in stockpot or steam-jacketed kettle. Add small amount of water.
- Heat only long enough to bring to serving temperature. Do not allow to boil.
- For service, place in steamtable pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

- Serve immediately or cover and place in warmer until ready for service. Portion with #8 scoop or 4 ounce spoodle per serving. Each portion provides 1/8 cup starchy vegetable and 3/8 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	53	Dietary Fiber	2.15 g	Sodium	151.18 mg	Sat. Fat	0.86 g
Carbohydrates	7.59 g	Protein	1.48 g	Total Fat	1.94 g	Trans Fat	0.00 g

SEASONED GREEN BEANS, WHOLE (FROZEN)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Green, Whole, Frozen	22 pound(s) + 8 ounce(s)
Garlic Powder, #331	1 tablespoon(s)
Onion Powder, #326	1 tablespoon(s) + 1 teaspoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s) + 1 teaspoon(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS

1. COOKING METHODS

To steam green beans:

- Place frozen green beans in solid steamtable pans.
- Mix seasonings together and sprinkle over beans.
- Steam for 2 minutes.

To boil green beans:

- Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
- Add frozen green beans and seasonings and cook for 6-8 minutes.
- Transfer to solid steamtable pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine over green beans. Cover and place in warmer until ready for service.

Portion with a perforated 4 ounce spoodle or a #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	44	Dietary Fiber	2.96 g	Sodium	18.90 mg	Sat. Fat	0.85 g
Carbohydrates	6.48 g	Protein	1.49 g	Total Fat	1.95 g	Trans Fat	0.00 g

SEASONED GREEN BEANS, CUT (FROZEN)


MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Green, Whole, Frozen, USDA	17 pound(s) + 8 ounce(s)
Onion Powder, #326	1 tablespoon(s) + 1 teaspoon(s)
Garlic Powder, #331	1 tablespoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s) + 1 teaspoon(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS
1. COOKING METHODS

To steam green beans:

- Place frozen green beans in solid steamtable pans.
- Mix seasonings and sprinkle over beans.
- Steam for 2 minutes.

To boil green beans:

- Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
- Add frozen green beans and seasonings and cook for 6-8 minutes.
- Transfer to solid steamtable pan.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine over green beans. Cover and place in warmer until ready for service.

3. Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	39	Dietary Fiber	2.42 g	Sodium	18.72 mg	Sat. Fat	0.84 g
Carbohydrates	5.31 g	Protein	1.22 g	Total Fat	1.92 g	Trans Fat	0.00 g

SEASONED GREEN BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Cut Green, Canned, Low Sodium, #10 Can, #249	5 #10 can(s)
Bay Leaf, Whole, #321	2 leaves
Onions, Frozen, Chopped, #72	6 ounce(s)
Oil, Liquid for Fryer, #396	1 cup(s)
Salt, Table, #343	2 teaspoon(s)
Pepper, Black, Ground, #336	2 teaspoon(s)

DIRECTIONS
1. COOKING METHODS

To steam green beans:

- Place green beans, bay leaf, and onion in steamtable pans.
- Steam for 4 - 6 minutes

To boil green beans:

- Place green beans, bay leaf, and onion in stockpot or steam-jacketed kettle.
- Bring to a boil.
- Reduce heat and simmer for 5 - 6 minutes.
- Transfer to steamtable pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Add oil, salt and pepper. Stir carefully to avoid breaking beans.
3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	47	Dietary Fiber	1.92 g	Sodium	140.94 mg	Sat. Fat	0.26 g
Carbohydrates	4.83 g	Protein	1.35 g	Total Fat	2.32 g	Trans Fat	0.00 g

SOUTHERN COLLARD GREENS (FROZEN)



MEAL COMPONENT CONTRIBUTION:

1/2 cup dark green vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	1 quart(s) + 1 cup(s)
Base, Beef, Low Sodium, #347	2 ounce(s)
Oil, Liquid for Fryer, #396	1/2 cup(s)
Liquid Smoke, Quart, #290	2 ounce(s)
Jalapenos, Peppers, Nacho, Sliced, #204	2 ounce(s)
Collard Greens, Frozen, Chopped, #112	11 pound(s)

DIRECTIONS

- Combine water, beef base, oil, and liquid smoke in cooking container. For spicier greens, add chopped jalapeno peppers.

- COOKING METHODS

To cook in steamer:

- Add greens to water mixture and cook from frozen state for about 30 minutes. Separate greens.
- Return to steamer and steam for an additional 20 to 30 minutes.

To boil:

- Add greens to water mixture and cook from frozen state. Cover and bring to a boil.
- Uncover briefly and separate greens with a fork. Cover again and simmer gently for 20-30 minutes.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

- Place in steamtable pans (12" x 20" x 2 1/2"). Serve immediately or cover with plastic wrap and place in warmer until ready for service.
Portion with #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides 1/2 cup of dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	61	Dietary Fiber	2.82 g	Sodium	105.63 mg	Sat. Fat	0.30 g
Carbohydrates	7.30 g	Protein	3.31 g	Total Fat	2.67 g	Trans Fat	0.00 g

SOUTHERN TURNIP GREENS (FROZEN)


MEAL COMPONENT CONTRIBUTION:

1/2 cup dark green vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	1 quart(s) + 1 cup(s)
Base, Beef, Low Sodium, #347	2 ounce(s)
Oil, Liquid for Fryer, #396	1/2 cup(s)
Liquid Smoke, Quart, #290	2 ounce(s)
Jalapenos, Peppers, Nacho, Sliced, #204	2 ounce(s)
Turnip Greens & Turnips, Frozen, Cooked, #70	10 pound(s) + 8 ounce(s)

DIRECTIONS

- Combine water, beef base, oil, and liquid smoke in cooking container. For spicier greens, add chopped jalapeno peppers.
 - Cooking methods:
 - To steam:
 - Add greens to water mixture and cook from frozen state for about 30 minutes. Separate greens, and add seasonings.
 - Place on stove top and cook for an additional 20 to 30 minutes.
 - To boil:
 - Add greens to water mixture and cook from frozen state. Cover and bring to a boil.
 - Uncover briefly and separate greens with a fork. Cover again and simmer gently for 20-30 minutes.
- CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place in steamtable pans (12" x 20" x 2 1/2"). Serve immediately or cover with plastic wrap and place in warmer until ready for service. Portion with #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides 1/2 cup serving of dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	57	Dietary Fiber	2.17 g	Sodium	87.84 mg	Sat. Fat	0.24 g
Carbohydrates	3.43 g	Protein	2.48 g	Total Fat	3.33 g	Trans Fat	0.00 g

SOUTHERN MUSTARD GREENS (FROZEN)


MEAL COMPONENT CONTRIBUTION:

1/2 cup serving of dark green vegetable

NUMBER OF PORTIONS: 54 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 54 SERVINGS)
Base, Beef, Low Sodium, #347	1 ounce(s)
Oil, Liquid for Fryer, #396	1/4 cup(s)
Jalapenos, Peppers, Nacho, Sliced, #204	1 ounce(s)
Mustard Greens, Frozen, Cooked, #69	9 pound(s)
Liquid Smoke, Quart, #290	1 ounce(s)

DIRECTIONS

- Combine water, beef base, and oil in cooking container. For spicier greens, add chopped jalapeno peppers.
- COOKING METHODS**
 To cook in steamer:
 - Add greens to water mixture and cook from frozen state for about 30 minutes. Separate greens and add liquid smoke.
 - Return to steamer and steam for an additional 20 to 30 minutes.
 To boil:
 - Add greens to water mixture and cook from frozen state. Cover and bring to a boil.
 - Uncover briefly and separate greens with a fork. Add liquid smoke. Cover again and simmer gently for 20-30 minutes.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place in steamtable pans (12" x 20" x 2 1/2"). Serve immediately or cover with plastic wrap and place in warmer until ready for service.
 Portion with #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides 1/2 cup of dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	34	Dietary Fiber	1.79 g	Sodium	52.15 mg	Sat. Fat	0.11 g
Carbohydrates	2.77 g	Protein	1.94 g	Total Fat	1.05 g	Trans Fat	0.00 g

STEAMED SPINACH (FROZEN)



VEGETABLES (DARK GREEN)

MEAL COMPONENT CONTRIBUTION:

1/2 cup serving of dark green vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Spinach, Frozen, Chopped, Cooked, #80	36 pound(s) + 4 ounce(s)
Margarine, Bulk, #119	8 ounce(s)
Salt, Table, #343	1 tablespoon(s)
Pepper, Black, Ground, #336	2 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam spinach:

- Place frozen spinach and other ingredients in solid steamtable pans.
- Steam for 5 minutes. Remove from steamer, separate thawed portion, or stir, and steam an additional 5 minutes or until tender. Drain well.

To boil spinach:

- Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
- Add frozen spinach and other ingredients and cook for 15-20 minutes or until tender. Transfer to solid steamtable pans.

2. Melt margarine and add to cooked spinach. Sprinkle salt and pepper over cooked spinach and stir to mix.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides 1/2 cup serving of dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	64	Dietary Fiber	4.80 g	Sodium	210.29 mg	Sat. Fat	0.88 g
Carbohydrates	7.01 g	Protein	5.98 g	Total Fat	2.72 g	Trans Fat	0.00 g

BAKED SWEET POTATOES WITH APPLES

MEAL COMPONENT CONTRIBUTION:

1/4 cup red/orange vegetable, 1/4 cup fruit

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE) : FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Potatoes, Sweet, Cut Pieces, #10 can, #261	1 #10 can(s) + 6 1/2 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Apples, Canned, Water Pack, Sliced, #231	1 #10 can(s)
Sugar, Brown, #405	11 ounce(s), packed
Cinnamon, Ground, #330	2 teaspoon(s)
Nutmeg, Ground, #333	2 teaspoon(s)
Margarine, Bulk, #119	5 1/4 ounce(s)
Water, Municipal, Mississippi	1 1/2 cup(s)

DIRECTIONS

- Place 1 quart and 3 1/2 cups of drained sweet potatoes in each full-size steamtable pan (12" x 20" x 2 1/2"), that has been sprayed with pan release spray. For 50 servings, use 2 steamtable pans.
- Add 1/2 #10 can of apples to sweet potatoes in each pan.
- Combine brown sugar, cinnamon, and nutmeg.
Sprinkle 3/4 cup sugar mixture over apple/sweet potato mixture in each pan.
Dot each pan with 1/3 cup margarine.
Add 3/4 cup water to each pan.
- To bake:
Conventional Oven: 350 degrees F for 25 - 30 minutes.
Convection Oven: 300 degrees F for 15 - 20 minutes.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with a #8 scoop or a perforated 4 ounce spoodle for each 1/2 cup per serving. Each portion provides 1/4 cup red/orange vegetable and 1/4 cup fruit.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	149	Dietary Fiber	2.20 g	Sodium	80.05 mg	Sat. Fat	1.13 g
Carbohydrates	30.46 g	Protein	1.79 g	Total Fat	2.57 g	Trans Fat	0.00 g

CALIFORNIA VEGETABLES (FROZEN)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Vegetables, California Blend, Frozen, #78	21 pound(s) + 4 ounce(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS

1. **COOKING METHODS**

To steam vegetables:

- Place frozen vegetables in solid steamtable pans.
- Steam for 5-7 minutes.
- Drain off liquid.

To boil vegetables:

- Bring water to a boil. (For 100 servings, use 1 - 3 quarts of water.)
- Add frozen vegetables and cook for 10 - 12 minutes.
- Drain off liquid.
- Transfer to steamtable pans.

Do not overcook.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt margarine and distribute evenly over cooked vegetables in pans.

3. Cover pans with plastic wrap and store in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	50	Dietary Fiber	2.27 g	Sodium	57.51 mg	Sat. Fat	0.81 g
Carbohydrates	5.67 g	Protein	2.27 g	Total Fat	1.78 g	Trans Fat	0.00 g

CHEESY BROCCOLI AND CAULIFLOWER

MEAL COMPONENT CONTRIBUTION:

1/4 cup serving dark green vegetable, 1/4 cup serving other vegetable



NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

VEGETABLES (DARK GREEN) : VEGETABLES (OTHER)

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Broccoli, Frozen, Chopped, #64	9 pound(s) + 12 ounce(s)
Cauliflower, Frozen, #62	9 pound(s) + 4 ounce(s)
Sauce, Mix, Cheese, Dry, #292	1/2 package(s)
Water, Hot, Municipal	2 quart(s)

DIRECTIONS

1. Combine frozen broccoli and cauliflower.

2. **COOKING METHODS**

To steam vegetables:

- Place frozen vegetables in solid steamtable pans.
- Steam for 2-4 minutes.
- Drain off liquid.

To boil vegetables:

- Bring water to boil. (For 100 servings, use 1-3 quarts of water.)
- Add frozen vegetables and cook for 12-15 minutes.
- Drain off liquid.
- Transfer to steamtable pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

3. In mixing bowl, combine cheese sauce and hot water to achieve a pouring consistency.

4. Pour approximately 1 quart of cheese sauce over each pan of cooked vegetables.

5. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/4 cup serving of dark green vegetables and 1/4 cup serving of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	38	Dietary Fiber	2.46 g	Sodium	242.50 mg	Sat. Fat	0.22 g
Carbohydrates	7.09 g	Protein	2.30 g	Total Fat	0.60 g	Trans Fat	0.00 g

CHEESY CALIFORNIA VEGETABLES



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Vegetables, California Blend, Frozen, #78	22 pound(s) + 8 ounce(s)
Sauce, Mix, Cheese, Dry, #292	1/2 package(s)
Water, Hot, Municipal	2 quart(s)

DIRECTIONS1. **COOKING METHODS**

To steam vegetables:

- Place frozen vegetables in solid steamtable pans.
- Steam for 3-4 minutes.
- Drain off liquid.

To boil vegetables:

- Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
- Add frozen vegetables and cook for 12-15 minutes.
- Drain off liquid.
- Transfer into steamtable pans for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Prepare cheese sauce according to package directions.

Pour approximately 1 quart of cheese sauce over each pan of cooked vegetables.

3. Cover pans with plastic wrap and store in warmer until ready for service.

Portion with a 4 ounce spoodle or a #8 scoop per serving. Each portion provides 1/2 cup of other vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	57	Dietary Fiber	2.51 g	Sodium	169.21 mg	Sat. Fat	0.19 g
Carbohydrates	9.67 g	Protein	2.89 g	Total Fat	0.38 g	Trans Fat	0.00 g

MIXED VEGETABLES (FROZEN)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Vegetables, Mixed, Frozen, #77	20 pound(s)
Salt, Table, #343	2 tablespoon(s)
Pepper, Black, Ground, #336	2 tablespoon(s)
Margarine, Bulk, #119	8 ounce(s), melted

DIRECTIONS

1. COOKING METHODS

To steam frozen vegetables:

- Place frozen vegetables, salt, and pepper in solid steamtable pans (12" X 20 X 2 1/2").
- Steam for 15 minutes or until vegetables are tender.

To boil frozen vegetables:

- Place frozen vegetables and all other ingredients in cooking utensil.
- Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
- Reduce heat to a simmer.
- Cook for 10-20 minutes or until vegetables are tender.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine over cooked vegetables. Mix vegetables and margarine.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	77	Dietary Fiber	3.06 g	Sodium	214.78 mg	Sat. Fat	0.81 g
Carbohydrates	12.18 g	Protein	3.04 g	Total Fat	1.79 g	Trans Fat	0.00 g

PEAS AND CARROTS (FROZEN)

MEAL COMPONENT CONTRIBUTION:

1/4 cup red/orange vegetable, 1/4 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service



VEGETABLES (STARCHY) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Green, Frozen, #74	10 pound(s)
Carrots, Baby, Frozen, Cooked, #66	10 pound(s) + 8 ounce(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS

1. Combine frozen peas and carrots.

2. **COOKING METHODS**

To steam vegetables:

- Place frozen vegetables in solid steamtable pans.
- Steam for 2-3 minutes.

To boil vegetables:

- Bring water to boil. (For 100 servings, use approximately 1-3 quarts water.)
- Add frozen vegetables and cook for 12-15 minutes.
- Transfer to solid steamtable pan.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process

3. Melt margarine and distribute evenly over steamtable pans of vegetables.

4. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/4 cup serving of red/orange vegetable and 1/4 cup serving of starchy vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	69	Dietary Fiber	4.16 g	Sodium	85.38 mg	Sat. Fat	0.84 g
Carbohydrates	10.40 g	Protein	2.90 g	Total Fat	1.96 g	Trans Fat	0.00 g

FIELD PEAS (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Water, Municipal, Mississippi	3 quart(s)
Salt, Table, #343	2 tablespoon(s)
Peas, Field, Frozen, #73	18 pound(s)

DIRECTIONS

- Heat water and salt to boiling in a braising pan, steam-jacketed kettle, or stock pot.
- Add frozen vegetables.
Return to a rolling boil and simmer for 30-45 minutes or until vegetables are tender. Make sure peas are slightly covered with water.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Drain peas and place in serving pans.
Serve immediately or cover and place in warmer until ready for service.
Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	121	Dietary Fiber	4.03 g	Sodium	157.44 mg	Sat. Fat	0.00 g
Carbohydrates	21.17 g	Protein	8.06 g	Total Fat	1.01 g	Trans Fat	0.00 g

GREEN PEAS (FROZEN)

VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Field, Frozen, #73	21 pound(s)
Margarine, Bulk, #119	8 ounce(s)
Pepper, Black, Ground, #336	2 tablespoon(s)
Salt, Table, #343	1 tablespoon(s)

DIRECTIONS1. **COOKING METHODS**

To steam peas:

- Place frozen peas and other ingredients in solid steamtable pans.
- Steam for 2 minutes.

To boil peas:

- Combine all ingredients . Bring water to a boil (use 1-3 quarts of water). Reduce heat to a simmer.
- Cook for 10-12 minutes or until peas or tender.
- Place in steamtable pans for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt margarine and pour over peas. Sprinkle with salt and pepper and mix gently to avoid breaking peas.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	91	Dietary Fiber	5.27 g	Sodium	171.48 mg	Sat. Fat	0.86 g
Carbohydrates	13.67 g	Protein	4.92 g	Total Fat	2.04 g	Trans Fat	0.00 g

GREEN PEAS (CANNED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Green, Canned, Low Sodium, #248	5 #10 can(s) + 2 quart(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS

1. **COOKING METHODS**

To steam peas:

- Place canned peas in solid steamtable pans.
- Steam for 2 minutes or until hot through.

To boil peas:

- Place canned peas in pot.
- Cook for 6-8 minutes.
- Transfer peas to solid steamtable pan.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt margarine and pour over cooked peas.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup serving of starchy vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	97	Dietary Fiber	4.79 g	Sodium	140.37 mg	Sat. Fat	0.94 g
Carbohydrates	14.26 g	Protein	4.66 g	Total Fat	2.29 g	Trans Fat	0.00 g

AU GRATIN POTATOES

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup starchy vegetable, 1/2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Buns, Hamburger, WGR, #564	22 3/4 bun(s)
Potatoes, Sliced, Dehydrated, #263	2 pound(s) + 1 ounce(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Onions, Chopped, Dehydrated, #278	2 ounce(s)
Water, Municipal, Mississippi	1 gallon(s) + 2 1/2 quart(s)
Flour, All Purpose, Enriched, #358	5 ounce(s)
Milk, Dry, Nonfat Powder, #376	1 pound(s)
Salt, Table, #343	1 1/2 teaspoon(s)
Pepper, Black, Ground, #336	1 teaspoon(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 10 ounce(s)
Margarine, Bulk, #119	4 ounce(s)

DIRECTIONS

- To prepare breadcrumbs:
 - Toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
 - Cool before preparing crumbs.
 - Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Place 1 pound (2 quarts + 1 2/3 cups) potatoes into each steamtable pan (12" x20" x2 1/2") that has been coated with food release spray. For 50 servings, use 2 steamtable pans.
- Sprinkle onions evenly over potatoes. For dehydrated onions, use 1 ounce (1/4 cup + 1 1/2 teaspoon) per pan.
- Heat water to rolling boil.
Combine flour, dry milk, salt, and pepper. Add slowly to boiling water while whipping until smooth.
- Add cheese to sauce and whip until well blended.
- Pour 3 quarts cheese sauce over each pan. Stir to combine.
- For topping, combine margarine and bread crumbs.
Mix to coat crumbs well.
Sprinkle crumbs evenly over each pan, approximately 8 ounces (1 2/3 cups) per pan.
- Bake until evenly golden brown on top:
Conventional Oven: 350 degrees F for 45 minutes - 1 hour.
Convection Oven: 300 degrees F for 35 - 45 minutes.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

AU GRATIN POTATOES

DIRECTIONS

9. Portion with a #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetables and 1/2 oz. eq. meat/meat alternate.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

If fresh onions are used in place of dehydrated onions, use 8 ounces (1 1/4 cups + 1 tablespoon) per pan. Use commodity products when available.

NUTRIENTS PER SERVING

Calories	249	Dietary Fiber	2.38 g	Sodium	474.19 mg	Sat. Fat	4.01 g
Carbohydrates	35.62 g	Protein	11.01 g	Total Fat	7.39 g	Trans Fat	0.00 g

SWEET POTATOES, MASHED (FROZEN)


MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 35 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 35 SERVINGS)
Sweet Potatoes, Frozen, Mashed	10 pound(s)
Sugar, Granulated, #404	3/4 cup(s)
Sugar, Brown, #405	1/2 cup(s), packed
Flavoring, Vanilla, Imitation, #380	1 tablespoon(s)
Salt, Table, #343	1 teaspoon(s)

DIRECTIONS

1. Thaw sweet potatoes in refrigerator overnight.
2. Place sweet potatoes in large mixing bowl and add other ingredients. Mix until all ingredients are incorporated.
3. Spray 4 inch steamtable pan with vegetable spray and add sweet potato mixture.
4. Bake at 350 degrees F for 25-35 minutes or until top is lightly browned.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion with a #8 scoop per serving. Each portion provides 1/2 cup of red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	158	Dietary Fiber	2.33 g	Sodium	78.42 mg	Sat. Fat	0.03 g
Carbohydrates	37.74 g	Protein	2.22 g	Total Fat	0.15 g	Trans Fat	0.00 g

BAKED POTATO WITH MARGARINE



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 potato**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, Baking, Fresh, 5-7 Oz., #627	100 potato(es) small
Margarine, PC, #120	100 PC pack(s)

DIRECTIONS

1. Wash potatoes and scrub with vegetable brush.
2. Baking instructions:
To Steam Potatoes:
 - Place in perforated baking pans and steam until done, approximately 1 hour and 15 minutes.
 To Bake Potatoes:
 - Place on baking sheet pan and cover lightly with aluminum foil or lid and bake at 400 degrees F for 2 hours and 30 minutes.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

3. Portion 1 potato with 1 PC of margarine per serving. Each portion provides 1/2 cup starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	148	Dietary Fiber	3.04 g	Sodium	43.80 mg	Sat. Fat	0.06 g
Carbohydrates	29.19 g	Protein	3.45 g	Total Fat	2.18 g	Trans Fat	0.00 g

SOUTHWEST MASHED SWEET POTATOES


MEAL COMPONENT CONTRIBUTION:

1/2 cup of red/orange vegetable

NUMBER OF PORTIONS: 35 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 35 SERVINGS)
Sweet Potatoes, Frozen, Mashed	10 pound(s)
Sugar, Brown, #405	3/4 cup(s), packed
Spice Blend MS, Southwest, No Salt, #562	1 1/2 tablespoon(s)
Onion Powder, #326	1/2 teaspoon(s)
Garlic Powder, #331	1/4 teaspoon(s)

DIRECTIONS

1. Thaw sweet potatoes in refrigerator overnight.
2. Place sweet potatoes in large mixing bowl and add other ingredients. Mix until all ingredients are incorporated.
3. Spray 4 inch steamtable pan with vegetable spray and add sweet potato mixture.
4. Bake at 350 degrees F for 25 - 35 minutes or until top is lightly browned.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion with a #8 scoop per serving. Each portion provides 1/2 cup of red /orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	148	Dietary Fiber	2.33 g	Sodium	11.47 mg	Sat. Fat	0.03 g
Carbohydrates	34.99 g	Protein	2.23 g	Total Fat	0.15 g	Trans Fat	0.00 g

BAKED SWEET POTATO WITH MARGARINE



MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 sweet potato

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Sweet Potato, Raw	100 large, (5" long)
Margarine, PC, #120	100 PC pack(s)

DIRECTIONS

1. Wash potatoes thoroughly. Scrub with vegetable brush.
2. To bake potatoes:
 To steam:
 - Place in perforated baking pans and steam approximately 1 hour and 15 minutes or until done.
 To bake:
 - Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400 degrees F for 1 hour and 30 minutes.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

3. Serve immediately or cover and place in warmer until ready for service.
 Portion 1 sweet potato and 1 margarine PC per serving. Each portion provides 1/2 cup red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	132	Dietary Fiber	3.90 g	Sodium	101.50 mg	Sat. Fat	0.02 g
Carbohydrates	26.16 g	Protein	2.04 g	Total Fat	2.07 g	Trans Fat	0.00 g

BAKED SWEET POTATO WITH MARGARINE

ILLUSTRATED STEPS FOR PREPARATION OF BAKED SWEET POTATO (FRESH) WITH MARGARINE

1.



One serving of baked sweet potato with margarine

MASHED POTATOES



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 78 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 78 SERVINGS)
Water, Municipal, Mississippi	2 gallon(s)
Margarine, Bulk, #119	8 ounce(s)
Salt, Table, #343	1 teaspoon(s)
Pepper, Black, Ground, #336	1 teaspoon(s)
Potatoes, Instant, Mashed, #262	1 package(s)

DIRECTIONS

1. Pour boiling water into mixer bowl.
2. Add margarine, pepper, and salt to hot water. (Pepper is optional). Using whip attachment, set mixer to "low" and slowly add potatoes.
3. Scrape down bowl and whip on "high" until fluffy, about 3 1/2 minutes. Hand mixing directions can be found on the package.
4. Transfer to 4 inch full size pans.
Cover and place in oven to heat to proper temperature. Place in warmer until ready for service.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	99	Dietary Fiber	1.30 g	Sodium	73.98 mg	Sat. Fat	1.24 g
Carbohydrates	16.25 g	Protein	1.53 g	Total Fat	3.05 g	Trans Fat	0.00 g

MASHED POTATOES WITH CHEESE



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 78 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 78 SERVINGS)
Water, Municipal, Mississippi	2 gallon(s)
Margarine, Bulk, #119	8 ounce(s)
Pepper, Black, Ground, #336	1 teaspoon(s)
Salt, Table, #343	1 teaspoon(s)
Potatoes, Instant, Mashed, #262	1 package(s)
Cheese, American, Grated/Shredded, #60	1 pound(s)

DIRECTIONS

- Pour boiling water into mixer bowl.
- Add margarine, pepper, and salt to water. Pepper is optional. Using whip attachment, set mixer to "low" and slowly add potatoes.
- Scrape down bowl and whip on "High" until fluffy, about an additional 3 1/2 minutes on high. Use of mixer is recommended.
Hand mixing instructions can be found on the package.
- Portion into two 4 inch full size pans. Sprinkle each pan with 2 cups shredded cheese. Cover and place in oven to heat to proper temperature. Place in warmer until ready for service.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	121	Dietary Fiber	1.30 g	Sodium	147.83 mg	Sat. Fat	2.47 g
Carbohydrates	16.46 g	Protein	2.77 g	Total Fat	4.90 g	Trans Fat	0.00 g

PARSLEY BUTTERED NEW POTATOES



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, White, Canned, #260	4 #10 can(s) + 2 quart(s)
Margarine, Bulk, #119	1 pound(s)
Salt, Table, #343	2 tablespoon(s)
Parsley, Dried, Chopped, #316	3 ounce(s)

DIRECTIONS

1. COOKING METHODS

To steam potatoes:

- Place potatoes in solid steamtable pans.
- Steam for 10-15 minutes. (If using solid steamtable pans, additional cooking may be required.)

To boil potatoes:

- Place potatoes in stock pot and bring to a boil.
- Reduce heat and simmer for 20 -25 minutes until potatoes are thoroughly heated.
- Transfer cooked potatoes to solid steamtable pans.

2. Melt margarine in a small saucepan.

3. Add salt and dried parsley to margarine. Simmer gently, uncovered, for 1 minute.

4. Pour mixture evenly over cooked potatoes and stir gently.

5. Cover pans with plastic wrap and store in warmer until ready for service.

Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	92	Dietary Fiber	2.47 g	Sodium	391.29 mg	Sat. Fat	1.67 g
Carbohydrates	13.51 g	Protein	1.54 g	Total Fat	3.80 g	Trans Fat	0.00 g

QUICK BAKED POTATO (FRESH)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 potato**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, Baking, Fresh, 5-7 Oz., #627	50 medium potato(es)
Oil, Liquid for Fryer, #396	1 cup(s)
Salt, Seasoned, #341	1/4 cup(s)

DIRECTIONS

- Wash potatoes and cut in half lengthwise, skin on.
- Spread 2 tablespoons (1 ounce) of oil in each steamtable pan.
Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.
Sprinkle seasoned salt over potatoes.
Turn potatoes cut-side down for browning.
- To bake:
Conventional oven: 450 degrees F for 25-30 minutes.
Convection oven: 425 degrees F for 20-25 minutes.
Bake until the surface is golden-brown.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove from oven. Cover pans and place in warmer until ready for service.
Portion 1 potato half per serving. Each portion provides 1/2 cup of starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	102	Dietary Fiber	1.90 g	Sodium	176.65 mg	Sat. Fat	0.26 g
Carbohydrates	18.29 g	Protein	2.16 g	Total Fat	2.29 g	Trans Fat	0.00 g

SCALLOPED POTATOES



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Bun, Hamburger, WGR, #549	5 1/2 bun(s)
Potatoes, Sliced, Dehydrated, #263	2 pound(s) + 6 ounce(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Margarine, Bulk, #119	6 ounce(s)
Onions, Chopped, Dehydrated, #278	1/2 cup(s)
Flour, All Purpose, Enriched, #358	6 3/4 ounce(s)
Milk, Dry, Nonfat Powder, #376	8 cup(s)
Water, Municipal, Mississippi	1 1/2 gallon(s)
Salt, Table, #343	2 tablespoon(s)
Pepper, Black, Ground, #336	1 1/2 teaspoon(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Margarine, Bulk, #119	4 ounce(s)

DIRECTIONS

- If breadcrumbs have not been prepared, toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
Cool before preparing crumbs.
Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Rehydrate potatoes according to package instructions or cover potatoes with hot tap water.
Let stand for 5 minutes.
Drain well.
- Place 2 pounds 10 ounces (3 quart) potatoes into each steamtable pan (12" x 20" x 2 1/2") coated with pan release spray.
For 50 servings, use 2 steamtable pans.
- Melt margarine.
Add onions and cook over medium heat for 5-10 minutes.
- Blend flour into margarine and onions.
Cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
- Prepare dry milk according to instructions on package.
- Slowly stir in milk, salt, pepper, and diced parsley flakes.
Blend well and cook over medium heat, stirring frequently until slightly thickened or for about 10-15 minutes.
- Pour 3 quarts of liquid mixture over potatoes in each pan. Stir to combine.
- Combine margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 8 ounces (1 2/3 cup) per pan.

SCALLOPED POTATOES

DIRECTIONS

10. Bake until golden brown on top:
 Conventional Oven: 350 degrees F for 45-60 minutes.
 Convection Oven: 300 degrees F for 35-45 minutes.
 CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
11. Cover and place in warmer until ready for service.
 Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetables.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Parsley flakes are an optional garnish, depending on student's preferences.

NUTRIENTS PER SERVING

Calories	187	Dietary Fiber	1.94 g	Sodium	432.98 mg	Sat. Fat	2.11 g
Carbohydrates	29.45 g	Protein	6.50 g	Total Fat	4.91 g	Trans Fat	0.00 g

CRINKLE CUT FRIES (BAKED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 30 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 30 SERVINGS)
Potatoes, French Fries, Crinkle Cut, #47	5 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- Place potatoes on sheet pan lined with pan liner or sprayed with pan release spray. Do not pan more than you can serve quickly. This product may become soggy. Batch cook to maintain quality.
- Bake according to oven (combi or convection) and package or case directions.
- Using a spatula, remove potatoes from sheet pans and place into half-size steamtable pans. Place under a heat lamp to keep potatoes crisp or cover with aluminum foil. Cut holes in foil and place in warmer.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Measure a 1/2 cup serving to determine how many fries to serve (usually 9-11 pieces, 2 1/4 ounces). Portion with spoon or tongs per serving. Each portion provides 1/2 cup of starchy vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	106	Dietary Fiber	1.28 g	Sodium	8.22 mg	Sat. Fat	0.82 g
Carbohydrates	17.36 g	Protein	2.13 g	Total Fat	3.13 g	Trans Fat	0.00 g

CRINKLE CUT FRIES (FRIED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 30 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 30 SERVINGS)
Potatoes, French Fries, Crinkle Cut, #47	5 pound(s)

DIRECTIONS

1. Fry potatoes according to fryer and package or case directions.
2. Place potatoes into half-size steamtable pans.
Place under a heat lamp to keep potatoes crisp or cover with aluminum foil. Cut holes in foil and place in warmer. (Be careful not to put any more in a pan than you can serve quickly. This product may become soggy.)
Batch cook to maintain quality.
3. Measure a 1/2 cup serving to determine how many fries to serve (usually 9-11 pieces, 2 1/4 ounces).
Portion with spoon or tongs per serving. Each portion provides 1/2 cup starchy vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	136	Dietary Fiber	1.32 g	Sodium	12.45 mg	Sat. Fat	1.10 g
Carbohydrates	17.97 g	Protein	2.20 g	Total Fat	5.80 g	Trans Fat	0.00 g

STRAIGHT CUT FRIES (FRIED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, French Fries, Straight Cut, #48	15 pound(s)
Salt, Table, #343	2 tablespoon(s)

DIRECTIONS

1. Heat vegetable oil in deep-fat fryer to 375 degrees F or according to package directions for fries.
2. Fry frozen potato cuts for 3 to 5 minutes, until golden brown, or according to package directions.
3. Sprinkle fries with salt.
4. Serve immediately. Batch cook to maintain maximum quality of fries.
Measure a 1/2 cup serving to determine how many fries to serve (usually 11 pieces, 2 1/2 ounces).
Portion with a spoon or tong per serving. Each portion provides 1/2 cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	121	Dietary Fiber	1.14 g	Sodium	120.70 mg	Sat. Fat	1.06 g
Carbohydrates	15.49 g	Protein	1.89 g	Total Fat	5.44 g	Trans Fat	0.00 g

STRAIGHT FRIES (BAKED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, French Fries, Straight Cut, #48	16 pound(s)

DIRECTIONS

- Place potatoes on sheet pan lined with pan liner or sprayed with pan release spray. Bake according to oven (combi or convection) and package or case.
- Using a spatula, remove potatoes from sheet pans and place into half-size steamtable pans. Place under a heat lamp to keep potatoes crisp, or cover with aluminum foil. Cut holes in foil and place in warmer. (Be careful not to put any more in a pan than you can serve quickly. This product may become soggy.) Batch cook to maintain quality.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

- Measure a 1/2 cup serving to determine how many fries to serve (usually 11 pieces, 2 1/2 ounces). Portion with a spoon or tong per serving. Each portion provides 1/2 cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	104	Dietary Fiber	1.21 g	Sodium	11.54 mg	Sat. Fat	0.88 g
Carbohydrates	16.53 g	Protein	2.02 g	Total Fat	3.26 g	Trans Fat	0.00 g

OVEN FRIES (BAKED)

VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, French Fries, Straight Cut, Bakeable, #19	18 pound(s)

DIRECTIONS

1. Place potatoes on sheet pan lined with pan liner or sprayed with pan release spray. Bake according to oven (combi or convection) and package or case directions. Do not pan more than you can serve quickly. This product may become soggy. Batch cook to maintain quality.

2. Using a spatula, remove potatoes from sheet pans and place into half-size steamtable pans. Place under a heat lamp to keep potatoes crisp, or cover with aluminum foil. Cut holes in aluminum foil and place in warmer.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

3. Serve immediately. Batch cook to maintain maximum quality of fries. Measure a 1/2 cup serving to determine how many fries to serve (usually 11 pieces, 2 1/4 ounces). Portion with a spoon or tong per serving. Each portion provides 1/2 cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	130	Dietary Fiber	2.09 g	Sodium	225.97 mg	Sat. Fat	0.41 g
Carbohydrates	21.43 g	Protein	2.06 g	Total Fat	3.98 g	Trans Fat	0.00 g

SEASONED POTATO WEDGES (BAKED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, Wedge Cut, Seasoned, #50	20 pound(s)
Salt, Table, #343	2 tablespoon(s)

DIRECTIONS

- Place potatoes on sheet pan lined with pan liner or sprayed with pan release spray. Bake according to oven (combi or convection) and package or case directions. Do not prepare any more than you can serve quickly. This product may become soggy when held. Batch cook to maintain quality.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer to steamtable pans for service. Sprinkle wedges with salt.
- Serve immediately. Batch cook to maintain maximum quality of fries.
- Measure a 1/2 cup serving to determine how many fries to serve (usually 6-7 wedges). Portion with a spoon or tong per serving. Each portion provides 1/2 cup starchy vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	152	Dietary Fiber	3.04 g	Sodium	488.56 mg	Sat. Fat	1.12 g
Carbohydrates	12.13 g	Protein	2.39 g	Total Fat	7.56 g	Trans Fat	0.00 g

OVEN BAKED POTATO WEDGES



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, Wedge Cut, Seasoned, #50	20 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- Place potatoes on sheet pan lined with pan liner or sprayed with pan release spray.
- Bake according to oven (combi or convection) and package or case directions.
Do not prepare any more than you can serve quickly. This product may become soggy when held. Batch cook to maintain quality.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Measure a 1/2 cup serving (usually 6-7) with a spoon or tongs. Portion 1/2 cup of wedges per serving. Each portion provides 1/2 cup starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	155	Dietary Fiber	3.09 g	Sodium	352.19 mg	Sat. Fat	1.13 g
Carbohydrates	12.86 g	Protein	2.47 g	Total Fat	7.59 g	Trans Fat	0.00 g

TATER TOTS (BAKED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, Nugget Shaped, #49	18 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

1. Keep potato rounds frozen until ready to cook. Place potatoes on sheet pan lined with pan liner or sprayed with pan release spray. Do not pan more than you can serve quickly. This product may become soggy. Batch cook to maintain quality.
2. Bake according to oven (combi or convection) and package or case directions.
3. Using a spatula, remove tater tots from sheet pans and place into half-size steamtable pans.
4. Place under a heat lamp to keep tater tots crisp or cover with aluminum foil. Cut holes in aluminum foil and place in warmer.

Measure a 1/2 cup serving to determine how many potato rounds to serve (about 7-8 potato rounds).
 Portion with a spoon or tong. Each portion provides 1/2 cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	161	Dietary Fiber	1.92 g	Sodium	292.00 mg	Sat. Fat	2.56 g
Carbohydrates	18.13 g	Protein	1.60 g	Total Fat	9.14 g	Trans Fat	0.00 g

TATER TOTS (FRIED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, Nugget Shaped, #49	20 pound(s)

DIRECTIONS

1. Fry potatoes according to fryer and package or case directions.
2. Transfer to steamtable pans for service.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes
3. Serve immediately.
 Batch cook to maintain maximum quality of potato rounds.
4. Measure a 1/2 cup serving to determine how many potato rounds to serve (about 7-8 potato rounds).
 Portion with a spoon or tong. Each portion provides 1/2 cup starchy vegetables.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	210	Dietary Fiber	2.13 g	Sodium	324.44 mg	Sat. Fat	3.17 g
Carbohydrates	20.14 g	Protein	1.78 g	Total Fat	13.33 g	Trans Fat	0.00 g

RANCH FRIES (BAKED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, French Fries, Straight Cut, #48	20 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Dressing, Ranch, Dry Mix, #201	8 ounce(s)

DIRECTIONS

- Place potatoes on sheet pan lined with pan liner sprayed with pan release spray. Sprinkle with ranch dressing and toss lightly to evenly coat all potatoes.
- Bake according to oven (combi or convection) and package or case directions.
- Use a spatula to remove potatoes from sheet pans and place into half-size steamtable pans.
- Place under a heat lamp to keep potatoes crisp or cover with aluminum foil. Cut holes in aluminum foil and place in warmer. (Be careful not to put any more in a pan than you can serve quickly. This product may become soggy.)

Batch cook to maintain quality.

CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes.

- Measure a 1/2 cup serving to determine how many fries to serve (about 11 pieces). Portion with a spoon or tong per serving. Each portion provides 1/2 cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	135	Dietary Fiber	1.56 g	Sodium	341.69 mg	Sat. Fat	1.09 g
Carbohydrates	21.68 g	Protein	2.78 g	Total Fat	4.07 g	Trans Fat	0.00 g

SEASONED POTATO WEDGES (FRIED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, Wedge Cut, Seasoned, #50	20 pound(s)
Salt, Table, #343	2 tablespoon(s)

DIRECTIONS

1. Heat vegetable oil in deep-fat fryer to 375 degrees F or according to package directions.
2. Keep potatoes frozen until ready to fry.
Batch cook to maintain maximum quality of fries.
3. Transfer to steamtable pans for service. Sprinkle wedges with salt.
Serve immediately.
4. Measure a 1/2 cup serving to determine how many fries to serve (usually 6-7 wedges).
Portion with a spoon or tong per serving. Each portion provides 1/2 cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	187	Dietary Fiber	3.09 g	Sodium	493.66 mg	Sat. Fat	1.45 g
Carbohydrates	12.86 g	Protein	2.47 g	Total Fat	10.78 g	Trans Fat	0.00 g

SWEET POTATO FRIES (BAKED)



VEGETABLES (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Sweet Potatoes, Criss Cut Fries, Frozen, #81	8 pound(s)

DIRECTIONS

1. Prepare according to package directions.
2. Measure a 1/2 cup serving to determine how many fries to serve. Portion with a spoon or tong per serving. Each portion provides 1/2 cup red/orange vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	111	Dietary Fiber	2.56 g	Sodium	187.73 mg	Sat. Fat	0.43 g
Carbohydrates	17.92 g	Protein	0.85 g	Total Fat	4.27 g	Trans Fat	0.00 g

SPICY FRIES (BAKED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, Straight Cut, Seasoned, #51	19 pound(s)
Pan Release Spray, Vegetable Oil, #395	1 ounce(s)

DIRECTIONS

- Place potatoes on sheet pan lined with pan liner or sprayed with pan release spray. Bake according to oven (combi or convection) and package or case directions.
- Transfer to steamtable pans for service. Serve immediately. Batch cook to maintain maximum quality of fries.
- Measure a 1/2 cup serving to determine how many fries to serve (about 9-11 pieces). Portion with a spoon or tong per serving. Each portion provides 1/2 cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	151	Dietary Fiber	1.72 g	Sodium	394.71 mg	Sat. Fat	1.15 g
Carbohydrates	20.16 g	Protein	1.89 g	Total Fat	7.66 g	Trans Fat	0.00 g

SPICY FRIES (FRIED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, Straight Cut, Seasoned, #51	19 pound(s)

DIRECTIONS

1. Fry frozen potatoes according to package directions. Batch cook to maintain maximum quality of fries.
2. Transfer to steamtable pans for service. Serve immediately.
3. Measure a 1/2 cup serving to determine how many fries to serve. Portion with a spoon or tong per serving. Each portion provides of 1/2 cup starchy vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	181	Dietary Fiber	1.72 g	Sodium	394.71 mg	Sat. Fat	1.45 g
Carbohydrates	20.16 g	Protein	1.89 g	Total Fat	10.67 g	Trans Fat	0.00 g

HASHBROWN POTATOES



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 patties

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Hash Browns, Prefried Pattie, #131	200 pattie(s)

DIRECTIONS

1. Prepare according to instructions on case and package or case directions.
2. Transfer to steamtable pans on heated line for service.
Serve immediately.
Batch cook to maintain maximum quality of potato rounds.
3. Portion 2 patties per serving. Each portion provides 1/2 cup starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	260	Dietary Fiber	4.00 g	Sodium	260.00 mg	Sat. Fat	4.26 g
Carbohydrates	28.00 g	Protein	2.00 g	Total Fat	16.00 g	Trans Fat	0.00 g

BLACK BEAN SALAD (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Black, Turtle, Dry, #10 Can, #250	2 #10 can(s) + 9 cup(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	2 #10 can(s)
Peppers, Green, Diced, Frozen, #75	1 1/4 quart(s) + 8 ounce(s)
Peppers, Sweet, Red, Raw	1 1/4 quart(s) + 8 ounce(s)
Onions, Frozen, Chopped, #72	1 1/3 cup(s)
Lemon Juice, Canned/Bottled, #398	1 cup(s)
Parsley, Dried, Chopped, #316	1/4 cup(s)
Cumin Seed, Ground, #319	2 teaspoon(s)
Garlic Powder, #331	1 tablespoon(s) + 1 teaspoon(s)
Salsa, Mild, Bulk, #269	1 quart(s) + 3 cup(s)
Oil, Liquid for Fryer, #396	1/2 cup(s)
Cheese, Mozzarella, Shredded, #58	2 pound(s)

DIRECTIONS

1. Drain and rinse black beans, and combine with corn, peppers, and onions in a large bowl.
2. For dressing, combine the lemon juice, parsley, cumin, garlic powder, salsa, and oil. Pour dressing over salad and toss lightly to combine.
3. Place in salad serving line pans and cover. Chill 2 hours before serving.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
4. Sprinkle 2 pounds shredded mozzarella cheese on top before serving. Divide the cheese equally among pans.
5. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	165	Dietary Fiber	7.80 g	Sodium	310.16 mg	Sat. Fat	1.05 g
Carbohydrates	27.71 g	Protein	9.37 g	Total Fat	2.75 g	Trans Fat	0.00 g

BROCCOLI SALAD (FRESH)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup dark green vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Broccoli, Fresh Florets, #600	14 pound(s) + 12 ounce(s)
Dressing, Ranch, Dry Mix, #201	1 packet(s)
Milk, Fluid, Buttermilk, Cultured, Lowfat	2 quart(s)
Mayonnaise, Reduced Calorie, Bulk, #283	2 quart(s)
Bacon Bits, Imitation, Bulk, #199	8 ounce(s)
Cheese, American, Grated/Shredded, #60	1 pound(s)

DIRECTIONS

- Place broccoli florets in large bowl. If broccoli florets are not prewashed, rinse under cool running water and drain well.
- To make dressing, combine ranch dressing packet mix, buttermilk and mayonnaise according to package directions. Mix well.
- Add dressing to broccoli.
- Add bacon bits and cheese to broccoli mixture. Stir to coat all pieces with dressing.
- Chill before serving.

Portion with a 4 ounce spoodle or a #8 scoop per serving. Each portion provides 1/2 cup of dark green vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

For best results, chill for at least 2 hours before serving.

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	120	Dietary Fiber	2.84 g	Sodium	402.13 mg	Sat. Fat	1.74 g
Carbohydrates	7.91 g	Protein	4.03 g	Total Fat	8.57 g	Trans Fat	0.00 g

BROCCOLI SALAD WITH GRAPES (FRESH)

MEAL COMPONENT CONTRIBUTION:

1/2 cup dark green vegetable, 1/4 cup fruit

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2/3 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (DARK GREEN) : FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Raisins, Seedless, Dark, #279	2 1/2 cup(s), packed
Grapes, Red/Green, Seedless, Bulk, Fresh, #648	1 quart(s)
Broccoli, Fresh Florets, #600	8 pound(s)
Onions, Green Bunch, Fresh, #640	15 medium
Mayonnaise, Reduced Calorie, Bulk, #283	1/4 gallon(s)
Vinegar, White, Bulk, #384	1 1/2 tablespoon(s)
Bacon, Sliced, Precooked, #121	6 ounce(s)

DIRECTIONS

- Soak raisins in warm water for 5 minutes. Drain.
- Cut red or green grapes in half.
- Combine grape halves, raisins, broccoli, and sliced green onions together in bowl.
- Mix mayonnaise and vinegar. Pour over broccoli mixture. Toss gently to coat.
- Sprinkle with cooked bacon crumbles.
- Serve immediately or cover and place in refrigerator until ready for service.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.
- Portion with a #6 scoop (2/3 cup serving) per serving. Each portion provides 1/2 cup dark green vegetable and 1/4 cup fruit.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

Salad may be portioned into individual containers before service.

NUTRIENTS PER SERVING

Calories	133	Dietary Fiber	3.55 g	Sodium	225.79 mg	Sat. Fat	1.23 g
Carbohydrates	13.23 g	Protein	3.40 g	Total Fat	8.22 g	Trans Fat	0.00 g

CARROT RAISIN SALAD

MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable, 1/8 cup fruit

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (RED/ORANGE) : FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Carrots, Fresh, Raw, Shredded, #601	5 pound(s) + 12 ounce(s)
Raisins, Seedless, Dark, #279	2 pound(s) + 14 ounce(s)
Milk, Dry, Nonfat Powder, #376	1 cup(s)
Mayonnaise, Reduced Calorie, Bulk, #283	1 quart(s)
Salt, Table, #343	1 teaspoon(s)
Nutmeg, Ground, #333	1 teaspoon(s)
Lemon Juice, Canned/Bottled, #398	1/4 cup(s)

DIRECTIONS

- Place shredded carrots and raisins in large bowl.
- Combine milk, mayonnaise, salt, nutmeg, and lemon juice. Pour dressing over carrots and raisins. Mix lightly until thoroughly combined.
- Cover and refrigerate for 1 to 1 1/2 hours.
CCP: Refrigerate at 41 degrees F or lower until ready for service.
- Mix lightly before serving.
Portion with #8 scoop per serving, Each portion provides 1/2 cup of red/orange vegetable and 1/8 cup serving of fruit.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	174	Dietary Fiber	2.54 g	Sodium	222.19 mg	Sat. Fat	0.70 g
Carbohydrates	28.57 g	Protein	2.21 g	Total Fat	6.66 g	Trans Fat	0.00 g

CONFETTI COLESLAW (FRESH)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Slaw, Mix, Shred, Blend, #611	2 package(s), 5 pounds each
Vinegar, White, Bulk, #384	1 1/4 quart(s)
Sugar, Granulated, #404	1 cup(s)
Celery Salt, #328	1 tablespoon(s)
Salt, Table, #343	1 tablespoon(s)
Pepper, Black, Ground, #336	2 teaspoon(s)

DIRECTIONS

- Place slaw mixture into large bowl.
- Combine remaining ingredients (vinegar through pepper) to make dressing. Stir dressing mixture into cabbage. Cover and refrigerate.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Portion with #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	22	Dietary Fiber	1.23 g	Sodium	98.04 mg	Sat. Fat	0.02 g
Carbohydrates	5.65 g	Protein	0.74 g	Total Fat	0.15 g	Trans Fat	0.00 g

CREAMY COLESLAW (FRESH)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 80 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Vinegar, White, Bulk, #384	1/2 cup(s)
Sugar, Granulated, #404	3 cup(s)
Mayonnaise, Reduced Calorie, Bulk, #283	3/4 cup(s)
Spice Blend MS, Italian, No Salt, #561	2 tablespoon(s)
Slaw, Mix, Shred, Blend, #611	6 pound(s)

DIRECTIONS

1. Cook vinegar and sugar over low heat until the mixture comes to a light boil and the sugar is dissolved. Remove from heat and set aside to cool.

2. Blend the mayonnaise and Italian spice blend with the cooled vinegar and sugar mixture.

3. Add coleslaw mix to the dressing mixture. Cover and refrigerate.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

4. Portion with #8 scoop per serving. Each portion provides 1/2 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	69	Dietary Fiber	0.91 g	Sodium	73.29 mg	Sat. Fat	0.31 g
Carbohydrates	10.44 g	Protein	0.55 g	Total Fat	3.11 g	Trans Fat	0.00 g

GARDEN SALAD WITH DRESSING (FRESH)

MEAL COMPONENT CONTRIBUTION:

1/4 cup dark green vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (DARK GREEN) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cucumber with Peel, Whole, Fresh, #635	4 pound(s) + 12 ounce(s)
Radishes, Raw, Whole, Wash, Trim. #612	1 pound(s)
Spinach, Washed, Trimmed, Fresh, #644	2 pound(s)
Romaine Lettuce, Chopped, Fresh, #642	4 pound(s) + 8 ounce(s)
Dressing, Fat Free Ranch, 12 gram, #419	50 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	50 packet(s)

DIRECTIONS

1. Wash cucumbers and radishes under cool running water and drain well. If spinach is not prewashed, wash under cool running water and drain well.
2. Slice cucumbers 1/4" thick.
3. Slice radishes thinly.
4. Tear spinach into 1" pieces.
5. Combine all vegetables and prewashed romaine in large bowl. Cover and chill.
Serve with 1 PC pack of fat-free dressing.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

6. Portion into 1/2 cup servings. Each portion provides 1/4 cup serving of dark green vegetables and 1/8 cup serving of other vegetables.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

If greens are not prewashed, rinse and drain thoroughly.

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	25	Dietary Fiber	0.81 g	Sodium	131.00 mg	Sat. Fat	0.20 g
Carbohydrates	4.94 g	Protein	0.68 g	Total Fat	0.12 g	Trans Fat	0.00 g

SPINACH SALAD (FRESH)

MEAL COMPONENT CONTRIBUTION:

1/2 oz. eq. meat/meat alternate, 1/2 cup dark green vegetable

NUMBER OF PORTIONS: 25 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 25 SERVINGS)
Bacon, Sliced, Precooked, #121	15 slice(s)
Onions, Red, Whole, Fresh, #639	2 pound(s)
Spinach, Washed, Trimmed, Fresh, #644	4 pound(s)
Cheese, Mozzarella, Shredded, #58	13 ounce(s)
Dressing, Fat Free Ranch, 12 gram, #419	25 packet(s)

DIRECTIONS

- Place bacon on sheet pans and heat bacon according to directions on package and/or case. Cool and crumble and set aside.
- Slice red onions into rings and set aside.
- Measure 1 cup baby spinach leaves into individual salad bowls.
- Top each salad with 1/2 ounce of mozzarella cheese, crumbled bacon and 1 to 2 rings of red onion. Cover and refrigerate.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

- Portion 1 salad and 1 PC of dressing per serving. Each portion provides 1/2 oz. eq. of meat/meat alternate and 1/4 cup serving of dark green vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	88	Dietary Fiber	2.73 g	Sodium	343.59 mg	Sat. Fat	1.81 g
Carbohydrates	8.54 g	Protein	7.43 g	Total Fat	3.02 g	Trans Fat	0.00 g

CELERY STICKS WITH DIP (FRESH)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Celery, Raw, Sticks, Cupped 4", MS #605	15 pound(s)
Dressing, Lite Ranch, PC, 1.5 ounce #191	100 PC pack(s)

DIRECTIONS

- Place 1/2 cup celery sticks in individual serving container.
 - Serve with 1 PC of salad dressing on the side.
Portion one container with dressing per serving. Each portion provides 1/2 cup other vegetable.
- CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	26	Dietary Fiber	1.09 g	Sodium	174.43 mg	Sat. Fat	0.03 g
Carbohydrates	5.02 g	Protein	0.47 g	Total Fat	0.12 g	Trans Fat	0.00 g

POTATO SALAD (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Eggs, Whole, Hard Cooked	6 egg(s)
Potatoes, Diced, White, #10 Can, #259	2 #10 can(s) + 2 quart(s)
Pimentos, Diced, Canned, #276	1 cup(s)
Peppers, Green, Diced, Frozen, #75	3 ounce(s)
Celery, Fresh, Diced, #604	1/2 cup(s)
Onions, Chopped, Dehydrated, #278	1 cup(s)
Pickles, Relish, Sweet, #274	2 cup(s)
Sugar, Granulated, #404	1/4 cup(s)
Mayonnaise, Reduced Calorie, Bulk, #283	1 quart(s)

DIRECTIONS

- Chop eggs and refrigerate until ready for use.
CCP: Hold under refrigeration (41 degrees F or lower)
- Rinse potatoes well under cool running water and drain.
- Mix diced potatoes with all other ingredients in large bowl.
Refrigerate to chill. (Best if chilled overnight before serving.)
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Portion potato salad with #8 scoop per serving. Each portion provides 1/2 cup of starchy vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	189	Dietary Fiber	3.08 g	Sodium	576.15 mg	Sat. Fat	0.88 g
Carbohydrates	27.03 g	Protein	2.96 g	Total Fat	7.16 g	Trans Fat	0.00 g

RAW VEGGIES WITH DIP

MEAL COMPONENT CONTRIBUTION:

1/8 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (DARK GREEN) : VEGETABLES (OTHER) :
VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Fresh, Raw, Sticks, 4"x1/4"	4 pound(s)
Broccoli, Fresh Florets, #600	2 pound(s)
Cauliflower, Fresh, Raw, Chunks, #603	3 pound(s)
Tomatoes, Cherry, Fresh, #630	4 pound(s)
Dressing, Fat Free Ranch, 12 gram, #419	50 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	50 packet(s)

DIRECTIONS

- Place individual 4 ounce serving containers on sheet pans (18" x 26" x1").
- Portion 1/8 cup of each fresh vegetable for total of 1/2 cup serving in individual portion containers. Add 1 PC of fat free dressing to each container.
- Cover tightly with plastic wrap and store under refrigeration until ready to serve. Portion 1 container per serving. Each portion provides 1/8 cup dark green vegetable, 1/4 cup of red/orange vegetable and 1/8 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	33	Dietary Fiber	1.47 g	Sodium	134.49 mg	Sat. Fat	0.02 g
Carbohydrates	6.86 g	Protein	0.88 g	Total Fat	0.15 g	Trans Fat	0.00 g

TOSSED SALAD WITH DRESSING (FRESH)

MEAL COMPONENT CONTRIBUTION:

1/4 cup dark green vegetable, 1/4 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (DARK GREEN) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Tomatoes, Cherry, Fresh, #630	8 pound(s) + 5 ounce(s)
Salad, Mesclun Mix, (Spring Mix), #609	8 pound(s)
Dressing, Fat Free Ranch, 12 gram, #419	50 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	50 packet(s)

DIRECTIONS

1. Wash cherry tomatoes and drain.
2. Portion 1/2 cup prewashed salad mix into container. Place 3 cherry tomatoes on top of salad mix. Cover and chill.
 CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
3. Portion 1 salad with 1 PC of fat free dressing per serving. Each portion provides 1/4 cup dark green vegetable and 1/4 cup red/orange vegetable.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

If greens are not prewashed, rinse and drain thoroughly.

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	31	Dietary Fiber	0.63 g	Sodium	144.75 mg	Sat. Fat	0.02 g
Carbohydrates	6.03 g	Protein	1.18 g	Total Fat	0.12 g	Trans Fat	0.00 g

SUMMER SQUASH (FROZEN)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Onions, Frozen, Chopped, #72	1 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Margarine, Bulk, #119	4 ounce(s)
Squash, Summer, Yellow, Slice, Frozen	13 pound(s)
Salt, Table, #343	1 tablespoon(s)

DIRECTIONS

- Chop onions or use pre-cut diced onions.
Spray braising pan or steam-jacketed kettle with food release spray. Sauté fresh onions and set aside.

2. **COOKING METHODS**

To steam squash:

- Place squash in solid steamtable pans (12"x20"x2 1/2").
- Add margarine, sautéed onions and salt.
- Steam for 4 minutes.
- Drain excess liquids.
- Transfer to steamtable pans.

To saute squash:

- Place squash in braising pan with sautéed onions.
- Add margarine and salt and sauté for 8 - 10 minutes or until just tender.
- Drain excess liquids.
- Transfer to steamtable pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

- Portion with a #8 scoop or a 4 ounce spoodle per serving. Each portion provides 1/2 cup of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	42	Dietary Fiber	1.58 g	Sodium	166.27 mg	Sat. Fat	0.81 g
Carbohydrates	6.26 g	Protein	1.05 g	Total Fat	1.96 g	Trans Fat	0.00 g

SWEET POTATO CASSEROLE (CANNED)


MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Potatoes, Sweet, Cut Pieces, #10 can, #261	3 #10 can(s)
Margarine, Bulk, #119	1 cup(s)
Sugar, Brown, #405	2 cup(s), packed
Juice, Orange, #107	8 carton(s)
Nutmeg, Ground, #333	2 teaspoon(s)
Flavoring, Vanilla, Imitation, #380	2 tablespoon(s)
Cinnamon, Ground, #330	2 teaspoon(s)
Eggs, Whole, Liquid, Frozen, #115	3 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

1. Drain sweet potatoes.
Save 2 cups of liquid for every 50 servings.
Mash sweet potatoes until smooth in mixer.
2. Add sweet potato liquid, margarine, brown sugar, orange juice, nutmeg, vanilla flavor, cinnamon and eggs.
Mix well until combined.
3. Pour into steamtable pan(s) sprayed with pan release spray.
4. Bake in convection oven at 325 degrees F until set in the center or approximately 40 minutes. The top should be slightly browned.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	265	Dietary Fiber	3.44 g	Sodium	155.95 mg	Sat. Fat	2.12 g
Carbohydrates	50.89 g	Protein	4.85 g	Total Fat	5.16 g	Trans Fat	0.00 g

SWEET POTATO CASSEROLE (CANNED)

ILLUSTRATED STEPS FOR PREPARATION OF SWEET POTATO CASSEROLE (CANNED)

1.



Folding egg whites into the sweet potato mixture

2.



One portion of Sweet Potato Casserole

SWEET POTATO CUBES (FROZEN)



MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Crispy Sweet Potato Cubes, Frozen, #552	10 pound(s)

DIRECTIONS

- Prepare according to package directions.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with #8 scoop or 4 ounce spoodle per serving. Each portion provides 1/2 cup of red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	148	Dietary Fiber	2.47 g	Sodium	173.19 mg	Sat. Fat	0.41 g
Carbohydrates	21.44 g	Protein	1.65 g	Total Fat	6.60 g	Trans Fat	0.00 g

CARROT SOUFFLE



VEGETABLES (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 24 **SIZE OF PORTION:** 2/3 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 24 SERVINGS)
Carrots, Sliced, Low Sodium, #10 Can, #254	1 #10 can(s) + 4 1/3
Margarine, Bulk, #119	1 1/3 cup(s)
Eggs, Whole, Liquid, Frozen, #115	2 cup(s)
Flour, All Purpose, Enriched, #358	2/3 cup(s)
Baking Powder, Double Acting, #363	1 tablespoon(s) + 1 teaspoon(s)
Sugar, Granulated, #404	2 cup(s)
Cinnamon, Ground, #330	1 tablespoon(s)
Flavoring, Vanilla, Imitation, #380	1 tablespoon(s) + 1 teaspoon(s)

DIRECTIONS

1. Drain canned carrots.
2. Mix all ingredients together in food processor or mixer depending on volume. Pour into steamtable pan sprayed with food release spray.
3. Bake until heated thoroughly.
Convection oven: 350 degrees F for 1 hour.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Cover pans with plastic wrap and store in warmer until ready for service.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
5. Portion with 6 ounce spoodle or #6 scoop per serving. Each portion provides 1/2 cup red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	220	Dietary Fiber	1.81 g	Sodium	319.59 mg	Sat. Fat	5.08 g
Carbohydrates	25.78 g	Protein	3.46 g	Total Fat	11.76 g	Trans Fat	0.00 g

ILLUSTRATED STEPS FOR PREPARATION OF CARROT SOUFFLE

1.



one serving of carrot souffle

TOMATOES AND CARROTS WITH DIP



MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 32 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 32 SERVINGS)
Tomatoes, Fresh, Grape, #645	2 quart(s)
Carrots, Raw, Mini, Peeled, #602	2 quart(s), strips or slices
Dressing, Fat Free Ranch, 12 gram, #419	16 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	16 packet(s)

DIRECTIONS

- Wash tomatoes. Either grape or cherry tomatoes may be used.
- Place individual serving containers on sheet pans (18" x 26" x 1").
 Portion 1/4 cup baby carrots and 1/4 cup tomatoes (about 3 cherry tomatoes) in individual containers. Cover and refrigerate until ready for service.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion 1 container of carrots and tomatoes with 1 PC dressing per serving. Each portion provides 1/2 cup serving of red/orange vegetable.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	35	Dietary Fiber	1.26 g	Sodium	144.40 mg	Sat. Fat	0.03 g
Carbohydrates	7.65 g	Protein	0.60 g	Total Fat	0.20 g	Trans Fat	0.00 g

GREEN PEA SALAD (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

1/2 cup starchy vegetable

NUMBER OF PORTIONS: 65 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 65 SERVINGS)
Peas, Green, Frozen, #74	10 1/2 pound(s)
Onions, Red, Whole, Fresh, #639	1/2 cup(s), chopped
Mayonnaise, Reduced Calorie, Bulk, #283	2 quart(s)
Cheese, Mozzarella, Shredded, #58	2 pound(s)

DIRECTIONS

1. COOKING METHODS

To steam peas:

- Place frozen peas in solid steamtable pans.
- Steam for 10 minutes. Drain water. Cool prior to mixing with other ingredients.

To cook green peas:

- Place green peas in stock pot or steam-jacketed kettle.
- Add enough water to cover peas. (For 100 servings, use approximately 1 - 3 quarts of water.)
- Reduce heat and simmer for 5-6 minutes. Drain water. Cool prior to mixing with other ingredients.

2. Finely dice onions and place in large bowl.

Add mayonnaise and cheese to the onions and combine with cooled peas.

Toss until all ingredients are combined. Cover and refrigerate overnight for service the next day.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

3. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup starchy vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	185	Dietary Fiber	4.54 g	Sodium	374.93 mg	Sat. Fat	2.20 g
Carbohydrates	13.03 g	Protein	7.73 g	Total Fat	11.28 g	Trans Fat	0.00 g

TOMATOES WITH DIP



VEGETABLES (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 32 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 32 SERVINGS)
Tomatoes, Fresh, Grape, #645	6 pound(s)
Dressing, Fat Free Ranch, 12 gram, #419	16 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	16 packet(s)

DIRECTIONS

- Wash tomatoes. Either grape or cherry tomatoes may be used.
- Place individual serving containers on sheet pans (18" x 26" x 1"). Place 1/2 cup tomatoes (about 6 cherry tomatoes) in an individual portion container.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion 1 individual container and 1 PC dressing per serving. Each portion provides 1/2 cup of red/orange vegetable.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	33	Dietary Fiber	0.94 g	Sodium	127.65 mg	Sat. Fat	0.04 g
Carbohydrates	6.95 g	Protein	0.72 g	Total Fat	0.28 g	Trans Fat	0.00 g

TOMATO AND CUCUMBER SALAD (FRESH)

MEAL COMPONENT CONTRIBUTION:

1/4 cup red/orange vegetable, 1/4 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Tomatoes, Whole, Red, Ripe, Raw, #631	13 pound(s)
Cucumber with Peel, Whole, Fresh, #635	6 pound(s)
Bell Peppers, Green, Whole, Fresh, #641	3 pound(s)
Pepper, Black, Ground, #336	1 tablespoon(s) + 1 teaspoon(s)
Vinegar, White, Bulk, #384	2 quart(s)
Sugar, Granulated, #404	3 cup(s)
Salt, Table, #343	1 tablespoon(s)

DIRECTIONS

- Wash produce under cool running water. Drain.
Dice tomatoes, slice cucumbers and cut-up green peppers.
Mix together in large bowl and set aside.
- Mix black pepper, vinegar, sugar, and salt.
Pour vinegar mixture over cucumber, green peppers, and tomato mixture.
Cover and chill in refrigerator.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/4 cup red/orange vegetable and 1/4 cup other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	44	Dietary Fiber	1.11 g	Sodium	74.79 mg	Sat. Fat	0.03 g
Carbohydrates	11.17 g	Protein	0.83 g	Total Fat	0.18 g	Trans Fat	0.00 g

YAM PATTIES (FROZEN)



VEGETABLES (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Yam Patty, Frozen, #79	200 pattie(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- Place yam patties on sheet pan coated with pan release spray. (Batch cook to maintain maximum quality.)
Bake according to package and/or case directions.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

- Using a spatula, remove yam patties from sheet pans and place into half-size steamtable pans.

- Serve immediately or cover and place in warmer until ready for service.
Portion 2 yam patties per serving. Each portion provides 1/2 cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	140	Dietary Fiber	2.00 g	Sodium	180.00 mg	Sat. Fat	0.00 g
Carbohydrates	32.00 g	Protein	2.00 g	Total Fat	0.00 g	Trans Fat	0.00 g

STEAMED ZUCCHINI (FRESH)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1/2 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Squash, Zucchini with Skin, Raw	10 pound(s)
Pepper, White, Ground, #337	1 teaspoon(s) + 3/8 teaspoon(s)
Onions, Chopped, Dehydrated, #278	2 tablespoon(s) + 2 teaspoon(s)

DIRECTIONS

- Wash zucchini under cold running water. Drain.
Slice zucchini.
- Place sliced zucchini in a solid steamtable pan. Add pepper and onion and steam until tender (about 4 minutes).
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve with a perforated 4 ounce spoodle or #8 perforated scoop per serving. Each portion provides 1/2 cup of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	16	Dietary Fiber	0.94 g	Sodium	7.30 mg	Sat. Fat	0.08 g
Carbohydrates	3.02 g	Protein	1.12 g	Total Fat	0.29 g	Trans Fat	0.00 g

REFRIED BEANS (CANNED)



VEGETABLES (BEANS/PEAS)

MEAL COMPONENT CONTRIBUTION:

1/2 cup beans/peas vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Refried Beans, #10 Can	2 #10 can(s)
Spice Blend MS, Southwest, No Salt, #562	1/4 cup(s)
Salsa, Mild, Bulk, #269	1 quart(s)
Cheese, American, Grated/Shredded, #60	2 cup(s)

DIRECTIONS

- Spray a 2-1/2" full size pan with pan release spray.
Empty refried beans into pan.
Mix in Southwest spice blend, then cover with aluminum foil.
- Bake in a 350 degree F oven for 1 hour and 15 minutes or until product reaches desired temperature.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Uncover during last 15 minutes of baking to allow browning.
After removing from oven, top with salsa and cheese.
Portion with #8 scoop per serving. Each portion provides 1/2 cup of beans/peas vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Refried beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	142	Dietary Fiber	6.94 g	Sodium	304.90 mg	Sat. Fat	1.47 g
Carbohydrates	21.33 g	Protein	8.02 g	Total Fat	2.97 g	Trans Fat	0.00 g

CARROTS AND RED PEPPERS WITH DIP


MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Peppers, Sweet, Red, Raw	3 pound(s) + 8 ounce(s)
Carrots, Raw, Mini, Peeled, #602	4 pound(s)
Dressing, Fat Free Ranch, 12 gram, #419	25 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	25 packet(s)

DIRECTIONS

- Wash peppers, seed, and cut into strips.
- Place individual serving containers on sheet pans (18" x 26" x 1"). Measure 1/4 cup of baby carrots and 1/4 cup of red pepper strips in individual containers. Cover and refrigerate.
CCP: Refrigerate at 41 degrees F or lower.
- Portion 1 individual container of carrots and red pepper strips with 1 PC of fat free dressing per serving. Each portion provides 1/2 cup of red/orange vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	40	Dietary Fiber	1.68 g	Sodium	146.31 mg	Sat. Fat	0.02 g
Carbohydrates	8.39 g	Protein	0.65 g	Total Fat	0.18 g	Trans Fat	0.00 g

ITALIAN SLICED CARROTS (CANNED)



MEAL COMPONENT CONTRIBUTION:

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Sliced, Low Sodium, #10 Can, #254	5 #10 can(s) + 6 1/2 cup(s)
Oil, Liquid for Fryer, #396	3/4 cup(s)
Spice Blend MS, Italian, No Salt, #561	2 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam carrots:

- Place carrots and other ingredients in steamtable pans.
- Stir carefully to avoid breaking carrots.
- Steam for 4-6 minutes.

To boil carrots:

- Place carrots and other ingredients in stock pot or steam-jacketed kettle.
- Stir carefully to avoid breaking carrots.
- Bring to a boil. Add additional water if necessary.
- Reduce heat and simmer for 5-6 minutes.
- Transfer to steamtable pans.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process

2. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated . Quick chill within 6 hours to 41 degrees or lower.

NUTRIENTS PER SERVING

Calories	43	Dietary Fiber	1.59 g	Sodium	116.47 mg	Sat. Fat	0.20 g
Carbohydrates	5.87 g	Protein	0.68 g	Total Fat	1.84 g	Trans Fat	0.00 g

SALSA



MEAL COMPONENT CONTRIBUTION:

1/8 cup red/orange vegetable

NUMBER OF PORTIONS: 1 **SIZE OF PORTION:** 1 soufflé cup

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 1 SERVINGS)
Salsa, Mild, Bulk, #269	1 ounce(s)

DIRECTIONS

- Portion 1 ounce of salsa in soufflé cup for service.
Cover and refrigerate until ready for service.
CCP: Hold under refrigeration (41 degrees F or lower)
- Portion 1 soufflé cup per serving. Each portion provides 1/8 cup red/orange vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	9	Dietary Fiber	0.47 g	Sodium	151.20 mg	Sat. Fat	0.00 g
Carbohydrates	1.89 g	Protein	0.00 g	Total Fat	0.00 g	Trans Fat	0.00 g

BROCCOLI FLORETS WITH DIP (FRESH)


MEAL COMPONENT CONTRIBUTION:

1/2 cup dark green vegetable

NUMBER OF PORTIONS: 32 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 32 SERVINGS)
Broccoli, Fresh Florets, #600	1 gallon(s)
Dressing, Fat Free Ranch, 12 gram, #419	16 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	16 packet(s)

DIRECTIONS

- Portion 1/2 cup broccoli florets in an individual portion container. Cover and refrigerate until ready for service.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion 1 individual portion container with 1 PC dressing per serving. Each portion provides 1/2 cup dark green vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	25	Dietary Fiber	1.50 g	Sodium	129.50 mg	Sat. Fat	0.02 g
Carbohydrates	4.86 g	Protein	1.06 g	Total Fat	0.12 g	Trans Fat	0.00 g

STEAMED BROCCOLI FLORETS (FRESH)


MEAL COMPONENT CONTRIBUTION:

1/2 cup dark green vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Broccoli, Fresh Florets, #600	18 pound(s)
Margarine, Bulk, #119	8 ounce(s)

DIRECTIONS
1. COOKING METHODS

To steam broccoli:

- Place fresh broccoli in perforated steamtable pans.
- Steam for 5 minutes. Place in solid steamtable pans for service.

To boil broccoli:

- Bring water to a boil. (For 50 servings, use 1-3 quarts of water.)
Add fresh broccoli and cook for 8-10 minutes.
- Drain well and place in steamtable pans for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine over steamed broccoli. Cover and place in warmer for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

3. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides 1/2 cup dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	78	Dietary Fiber	6.90 g	Sodium	79.34 mg	Sat. Fat	1.71 g
Carbohydrates	8.55 g	Protein	4.88 g	Total Fat	4.14 g	Trans Fat	0.00 g

SWEET POTATO STICKS WITH DIP

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup red/orange vegetable

NUMBER OF PORTIONS: 70 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 70 SERVINGS)
Sweet Potato Sticks, Fresh, #643	5 pound(s)
Dressing, Fat Free Ranch, 12 gram, #419	35 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #420	35 packet(s)

DIRECTIONS

- Place individual serving containers on sheet pans (18" x 26" x 1"). Measure 1/2 cup of sweet potato sticks and place in individual portion containers. Cover and refrigerate.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Portion 1/2 cup sweet potato sticks with 1 PC of fat free dressing per serving. Each portion provides 1/2 cup of red/orange vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	48	Dietary Fiber	0.97 g	Sodium	123.24 mg	Sat. Fat	0.01 g
Carbohydrates	10.86 g	Protein	0.56 g	Total Fat	0.04 g	Trans Fat	0.00 g