

GREEN PEAS (CANNED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Green, Canned, Low Sodium, #10 Can, #2812	5 #10 can(s) + 2 quart(s)
Margarine, Bulk, #1319	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 cooking utensil.
- Cook for 6 to 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 ½ 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 USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

”Culinary Techniques for Healthy School Meals: Preparing Vegetables“ provides seasoning and serving ideas for vegetables.

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