

GREEN PEAS (FROZEN)



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, Frozen, #1612	21 pound(s)
Margarine, Bulk, #1319	8 ounce(s)
Pepper, Black, Ground, #2718	2 tablespoon(s)
Salt, Table, #2219	1 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam peas:

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

To boil peas:

- Place frozen peas and water in cooking utensil. Bring water to a boil (use 1 to 3 quarts of water for 100 servings). Reduce heat to a simmer.
- Cook for 10 to 12 minutes or until peas are 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 ½ 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 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	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