

BROCCOLI FLORETS WITH DIP (FRESH)


MEAL COMPONENT CONTRIBUTION:

½ cup dark green vegetable

NUMBER OF PORTIONS: 32 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 32 SERVINGS)
Broccoli, Fresh Florets, #4000	1 gallon(s) pound(s)
Dressing, Fat Free Ranch, 12 gram, #2208	16 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #2207	16 packet(s)

DIRECTIONS

- Portion ½ 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 packet dressing per serving. Each portion provides ½ 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 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 Salads" provides seasoning and serving ideas for salads.

NUTRIENTS PER SERVING

Calories	29	Dietary Fiber	2.10 g	Sodium	133.30 mg	Sat. Fat	0.03 g
Carbohydrates	5.60 g	Protein	1.48 g	Total Fat	0.17 g	Trans Fat	0.00 g