

# STEAMED BROCCOLI SPEARS (FROZEN)


**MEAL COMPONENT CONTRIBUTION:**

½ cup dark green vegetable

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

**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Broccoli, Frozen, Stalks, Cooked, #1602	18 pound(s)
Margarine, Bulk, #1319	8 ounce(s) , melted
Salt, Table, #2219	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 to 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 ½ cup serving to determine how many spears to serve.

Portion ½ cup with spoon or tongs per serving. Each portion provides ½ 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 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.

For additional flavor, season with Lemon Pepper or Italian Spice Blend.

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

**NUTRIENTS PER SERVING**

Calories	39	Dietary Fiber	2.45 g	Sodium	102.43 mg	Sat. Fat	0.82 g
Carbohydrates	4.38 g	Protein	2.53 g	Total Fat	1.87 g	Trans Fat	0.00 g