

CHEESY BROCCOLI (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, Florets, Cooked, #1601	14 pounds + 8 ounces
Sauce, Cheese, Nacho Flavor, Bulk, #2255	2 quarts
Water, Municipal, Mississippi	1 quart

DIRECTIONS

1. If the broccoli is frozen, thaw them in the refrigerator. Drain the broccoli thoroughly on the day of assembly.

2. COOKING METHODS

To steam broccoli:

- Place no more than 5 pounds of frozen broccoli in perforated steamtable pans.
- Steam the broccoli for 3 to 5 minutes.
- Place the broccoli in solid steamtable pans for seasoning and service.
- If using solid steamtable pans to steam, drain the liquids from the pans prior to seasoning and service.

To heat broccoli:

- Place frozen broccoli in a braising pan, steam jacketed kettle or stockpot.
- Cover the broccoli with water. Bring the water to a boil.
- Decrease the heat until the water simmers and cook the broccoli for 10 to 20 minutes.
- Drain the water from the broccoli and transfer it to solid steamtable pans for seasoning and service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

3. Heat 1 quart of water.
4. In a mixing bowl, combine the cheese sauce and hot water to achieve pouring consistency.
5. Pour approximately 1½ cups of cheese sauce over each pan of cooked broccoli.
6. Serve the broccoli immediately, or cover it and place in a warmer until ready for service.

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

7. Portion ½ cup with a #8 scoop or 4 ounce spoodle for each serving. Each serving provides ½ cup of dark green vegetable.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 4 hours.

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.

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NUTRIENTS PER SERVING

Calories	41	Dietary Fiber	2.00 g	Sodium	173.00 mg	Sat. Fat	0.33 g
Carbohydrates	5.45 g	Protein	2.36 g	Total Fat	1.51 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF CHEESY BROCCOLI (FROZEN)

1.



1 serving of Cheesy Broccoli