

# SOUTHERN COLLARD GREENS (FROZEN)



## MEAL COMPONENT CONTRIBUTION:

½ cup dark green vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup

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

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	1 quart(s) + 1 cup(s)
Base, Beef, Low Sodium, #2500	2 ounce(s)
Oil, Vegetable, #2507	1/2 cup(s)
Liquid Smoke, Quart, #2248	2 ounce(s)
Jalapenos, Peppers, Nacho, Sliced, #2810	2 ounce(s)
Collard Greens, Frozen, Chopped, #1628	11 pound(s)

## DIRECTIONS

- Combine water, beef base, oil, and liquid smoke in cooking container. For spicier greens, add chopped jalapeno peppers. (If canned jalapenos are used, a nutrient analysis will need to be recalculated.)

- COOKING METHODS

To cook in steamer:

- Add greens to water mixture and cook from frozen state for about 30 minutes. Separate greens.
- Return to steamer and steam for an additional 20 to 30 minutes.

To boil:

- Add greens to water mixture and cook from frozen state. Cover and bring to a boil.
- Uncover briefly and separate greens with a fork. Cover again and simmer gently for 20 to 30 minutes.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

- Place in steamtable pans (12" x 20" x 2 ½"). Serve immediately or cover with plastic wrap and place in warmer until ready for service.  
Portion with #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides ½ cup of 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.

## NUTRIENTS PER SERVING

Calories	58	Dietary Fiber	4.02 g	Sodium	103.63 mg	Sat. Fat	0.24 g
Carbohydrates	6.21 g	Protein	3.34 g	Total Fat	2.26 g	Trans Fat	0.00 g