

STEAMED SPINACH (FROZEN)



VEGETABLES (DARK GREEN)

MEAL COMPONENT CONTRIBUTION:

½ cup serving of dark green vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Spinach, Frozen, Chopped, Cooked, #1621	36 pound(s) + 4 ounce(s)
Margarine, Bulk, #1319	8 ounce(s)
Salt, Table, #2219	1 tablespoon(s)
Pepper, Black, Ground, #2718	2 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam spinach:

- Place frozen spinach and other ingredients in solid steamtable pans.
- Steam for 5 minutes.
Remove from steamer, separate thawed portion, or stir, and steam an additional 5 minutes or until tender.
- Drain well.

To boil spinach:

- Bring water to a boil. (For 100 servings, use 1 to 3 quarts of water.)
- Add frozen spinach and other ingredients and cook for 15 to 20 minutes or until tender.
- Transfer to solid steamtable pans.

2. Melt margarine and add to cooked spinach. Sprinkle salt and pepper over cooked spinach and stir to mix.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides ½ cup serving 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	64	Dietary Fiber	4.80 g	Sodium	210.29 mg	Sat. Fat	0.88 g
Carbohydrates	7.01 g	Protein	5.98 g	Total Fat	2.72 g	Trans Fat	0.00 g