

# STEAMED SPINACH (FROZEN)


**MEAL COMPONENT CONTRIBUTION:**

½ cup of 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)
Spinach, Frozen, Chopped, Cooked, #1621	36 pounds + 4 ounces
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	2 tablespoons

**DIRECTIONS**

- Thaw the spinach in the refrigerator overnight.
- COOKING METHODS**  
 To steam:
  - Place no more than 5 pounds of thawed spinach in perforated steamtable pans.
  - Steam the spinach for 8 to 10 minutes.
  - Remove the pans from the steamer and break the spinach apart.
  - Return the pans to the steamer and steam the spinach for an additional 5 minutes, or until it is tender and thoroughly heated.
 To cook:
  - Place the spinach in a braising pan, steam jacketed kettle, or stockpot.
  - Cover the spinach with water.
  - Bring the liquid to a boil.
  - Separate the spinach with a fork.
  - Decrease the heat until the liquid simmers and cook for 10 to 12 minutes, or until the spinach is tender and thoroughly heated.
  - Transfer the spinach to a solid steamtable pan for seasoning and service.
- Melt the margarine. Combine the salt and pepper with the melted margarine. Divide the mixture evenly between the pans of cooked spinach. Stir the spinach gently to combine the ingredients.
- Serve the spinach immediately, or cover it and place in a warmer until ready for service.  
 CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.
- Portion with a #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides ½ cup serving of dark green vegetable.  
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**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	64	Dietary Fiber	4.77 g	Sodium	209.45 mg	Sat. Fat	0.80 g
Carbohydrates	6.96 g	Protein	5.94 g	Total Fat	2.72 g	Trans Fat	0.00 g