

BAKED POTATO WITH MARGARINE



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

¾ cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 potato**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, Baking, Fresh, 100 Count, #4105	100 medium potatoes
Pan Release Spray, Butter Flavored #2516	20 second spray
Margarine, PC, #1320	100 PC packs

DIRECTIONS

- Use a vegetable brush to scrub the potatoes under cool, running water. Drain the potatoes thoroughly.
- Baking instructions:
To Steam:
 - Place the potatoes in perforated baking pans and steam until done, 1 hour and 15 minutes, or until done.
 - Transfer to solid steamtable pans for service.
 To Bake:
 - Spray sheet pans with food release spray or line with paper liners.
 - Place potatoes on sheet pan and cover the pans tightly with aluminum foil.
 - Bake the potatoes at 400 degrees for 1 hour and 30 minutes, or until done.
 - Transfer to solid steamtable pans for service.

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

- Serve them immediately, or loosely cover potatoes and place them in a warmer until ready for service.
- Portion 1 potato with 1 packet of margarine per serving. Each portion provides ¾ cup starchy 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 2 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.

NUTRIENTS PER SERVING

Calories	181	Dietary Fiber	3.81 g	Sodium	47.00 mg	Sat. Fat	0.07 g
Carbohydrates	36.59 g	Protein	4.33 g	Total Fat	2.22 g	Trans Fat	0.00 g