

CORN ON THE COB (5") (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 5-inch ear**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Cob, 5", #1605	100 cob(s) (5")
Margarine, Bulk, #1319	8 ounce(s)

DIRECTIONS

- Cooking Methods:**
 To steam corn:
 - Place frozen corn cobs in steamtable pans.
 - Steam for 6 minutes. Remove from steamer and if needed, separate cobs and steam an additional 6 minutes. Drain liquid from pans.
 To boil corn:
 - Bring water to a boil.
 - Add frozen corn cobs and bring back to boil. Water should barely cover.
 - Cook for 15 - 20 minutes. Drain liquid and transfer to pans for service
- Pour melted margarine over cooked corn. Cover with plastic wrap and hold in warmer until ready for service.
- Portion one 5-inch ear with tongs per serving. Each portion provides ½ cup of starchy 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	92	Dietary Fiber	1.62 g	Sodium	28.65 mg	Sat. Fat	0.81 g
Carbohydrates	18.41 g	Protein	2.71 g	Total Fat	2.59 g	Trans Fat	0.00 g