

FIELD PEAS (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Water, Municipal, Mississippi	3 quart(s)
Salt, Table, #2219	2 tablespoon(s)
Peas, Field, Frozen, #1611	18 pound(s)

DIRECTIONS

- Heat water and salt to boiling in a braising pan, steam-jacketed kettle, or stockpot.
- Add frozen vegetables.
Return to a rolling boil and simmer for 30 to 45 minutes or until vegetables are tender. Make sure peas are slightly covered with water.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Drain peas and place in serving pans.
Serve immediately or cover and place in warmer until ready for service.
Portion with 4 ounce spoodle or #8 scoop 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	121	Dietary Fiber	4.03 g	Sodium	157.44 mg	Sat. Fat	0.00 g
Carbohydrates	21.17 g	Protein	8.06 g	Total Fat	1.01 g	Trans Fat	0.00 g