

GREEN PEA SALAD (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 65 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

| INGREDIENT | MEASURE (FOR 65 SERVINGS) |
|--|---------------------------|
| Peas, Green, Frozen, #1612 | 10 pound(s) + 1/2 cup(s) |
| Onions, Red, Whole, Fresh, #4102 | 1/2 cup(s) , chopped |
| Mayonnaise, Reduced Calorie, Bulk, #2249 | 2 quart(s) |
| Cheese, Mozzarella, Shredded, #1307 | 2 pound(s) |

DIRECTIONS

1. COOKING METHODS

To steam peas:

- Place frozen peas in solid steamtable pans.
- Steam for 10 minutes. Drain water. Cool prior to mixing with other ingredients.

To cook green peas:

- Place green peas in stock pot or steam-jacketed kettle.
- Add enough water to cover peas. (For 100 servings, use approximately 1 to 3 quarts of water.)
- Reduce heat and simmer for 5 to 6 minutes. Drain water. Cool prior to mixing with other ingredients.

2. Finely dice onions and place in large bowl.

Add mayonnaise and cheese to the onions and combine with cooled peas.

Toss until all ingredients are combined. Cover and refrigerate overnight for service the next day.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

3. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup starchy vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

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 Salads" provides seasoning and serving ideas for salads.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 198 | Dietary Fiber | 4.11 g | Sodium | 358.20 mg | Sat. Fat | 2.99 g |
| Carbohydrates | 12.90 g | Protein | 7.13 g | Total Fat | 13.00 g | Trans Fat | 0.00 g |