

# GREEN PEAS (CANNED)



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)
Peas, Green, Canned, Low Sodium, #10 Can, #2812	5 #10 cans + 2 quarts
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	2 tablespoons

**DIRECTIONS**

1. Drain the liquid from half the cans.

2. **COOKING METHODS**

To steam:

- Place the peas in solid steamtable pans and cover them.
- Evenly distribute the margarine, salt and pepper among the pans.
- Cover the pans.
- Steam the peas for 4 to 6 minutes, or until thoroughly heated.
- Stir the peas gently to combine the ingredients.
- Cover the pans and hold them for service.

To heat:

- Place the peas in a braising pan, steam jacketed kettle or stock pot.
- Add the margarine, salt and pepper.
- Bring the liquid to a boil, then decrease the heat until the liquid simmers.
- Simmer the peas for 5 to 6 minutes, or until thoroughly heated.
- Transfer the peas to solid steamtable pans.
- Cover and hold them until service.

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

3. Serve the green peas immediately, or cover them 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.

4. Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup serving of 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 4 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.

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## NUTRIENTS PER SERVING

Calories	97	Dietary Fiber	4.82 g	Sodium	211.00 mg	Sat. Fat	0.86 g
Carbohydrates	14.34 g	Protein	4.67 g	Total Fat	2.30 g	Trans Fat	0.00 g