

GREEN 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)
Peas, Green, Frozen, #1612	21 pounds
Margarine, Bulk, #1319	8 ounces
Pepper, Black, Ground, #2718	2 tablespoons
Salt, Table, #2723	1 tablespoons

DIRECTIONS

1. COOKING METHODS

To steam:

- Place no more than 5 pounds of frozen peas in each perforated steamtable pan (12" x 20" x 2½").
- Steam the peas for 2 to 3 minutes, or until thoroughly heated.
- Place the peas in solid steamtable pans for seasoning and service.
- If using solid steamtable pans to steam, drain the liquids from the pans prior to seasoning and service.

To heat:

- Place the frozen peas in a braising pan, a steam jacketed kettle, or stockpot.
- Cover the peas with water and bring the liquid to a boil.
- Decrease the heat until the liquid simmers and cook the peas for 10-20 minutes, or until thoroughly heated.
- Drain the liquid from pans.
- Transfer the peas to solid steamtable pans for seasoning and service.

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

2. Melt the margarine, then add the salt and pepper.

Evenly distribute the margarine mixture among the pans of peas.

3. Serve the peas immediately, or cover them and place in a warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

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

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.

GREEN PEAS (FROZEN)

NUTRIENTS PER SERVING

Calories	91	Dietary Fiber	5.27 g	Sodium	171.48 mg	Sat. Fat	0.86 g
Carbohydrates	13.67 g	Protein	4.92 g	Total Fat	2.04 g	Trans Fat	0.00 g