

MEXICALI CORN (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)
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	5 #10 cans + 3 1/4 cups
Peppers, Green, Diced, Frozen, #1613	1 quart + 5 ounces
Onions, Frozen, Diced, #1610	3 cups
Pimentos, Diced, Canned, #2817	1 1/3 cups
Margarine, Bulk, #1319	6 ounces
Chili Powder, #2703	1 tablespoon + 1 teaspoon
Cumin Seed, Ground, #2706	1 tablespoon
Paprika, Ground, Domestic, #2716	2 teaspoons
Onion Powder, #2714	2 teaspoons

DIRECTIONS

1. Cooking methods for canned corn:

To steam:

- Open the cans of corn and drain the liquid from half of the cans.
- Place the corn, green pepper, and onions in solid steamtable pans.
- Equally distribute the green peppers, onions, margarine, pimento, chili powder, cumin, paprika, and onion powder among the pans.
- Cover the pans and steam for 4 to 6 minutes, or until heated thoroughly.

To heat:

- Open the cans and drain the liquid from half of the cans.
- Place the corn with remaining liquid, green pepper, onions, margarine, pimento, chili powder, cumin, paprika, and onion powder in a braising pan, stock pot, or steam-jacketed kettle.
- Stir the ingredients to combine.
- Bring the liquid to a boil, then decrease the heat until the liquid simmers.
- Cook the mixture for 5 to 6 minutes, or until it is heated thoroughly.
- Transfer the corn to solid steamtable pans.

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

2. Serve the immediately, or cover it and place in a warmer until ready for service.

3. Portion with 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.

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MISCELLANEOUS NOTES

1 cup of dehydrated onions may be substituted for 3 cups of fresh, chopped onions.

NUTRIENTS PER SERVING

Calories	118	Dietary Fiber	2.83 g	Sodium	35.00 mg	Sat. Fat	0.56 g
Carbohydrates	22.55 g	Protein	2.72 g	Total Fat	3.94 g	Trans Fat	0.00 g