

WHOLE KERNEL CORN (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)
Corn, Sweet, Yellow, Frozen, Kernels, #1606	18 pound(s) + 4 ounce(s)
Margarine, Bulk, #1319	8 ounce(s) , melted

DIRECTIONS

1. COOKING METHODS

To steam corn:

- Place frozen corn in solid steamtable pans.
- Steam for 2 minutes and drain.
- Transfer to solid steamtable pan.

To boil corn:

- Bring water to a boil. (For 100 servings, use 1 to 3 quarts of water.)
- Add frozen corn and cook for 6 to 8 minutes.
- Transfer to solid steamtable pan.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine over cooked corn.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup 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 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	89	Dietary Fiber	1.99 g	Sodium	20.30 mg	Sat. Fat	0.91 g
Carbohydrates	17.22 g	Protein	2.50 g	Total Fat	2.42 g	Trans Fat	0.00 g