

# CARROT, PEPPER STRIPS & BROCCOLI

## MEAL COMPONENT CONTRIBUTION:

¼ cup red/orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #1 - No cook



VEGETABLES (RED/ORANGE) : VEGETABLES (DARK GREEN) :  
VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Raw, Mini, Peeled, #4002	7 pounds + 8 ounces
Broccoli, Fresh Florets, #4000	2 pounds
Bell Peppers, Green, Whole, Fresh, #4104	3 pounds + 8
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free 1000 Island, 12 gram, #2207	50 packets

## DIRECTIONS

1. Rinse the carrots, broccoli, and bell pepper under cold, running water. Drain them thoroughly. Slice the peppers into strips.
2. Place individual serving containers on sheet pans (18" x 26" x 1"). Place ¼ cup of carrots, 1/8 cup of pepper strips and 1/8 cup of broccoli to each container. Cover with plastic wrap and place them in the refrigerator until ready for service.

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

3. Portion 1 container with 1 packet of fat free dressing for each serving. Each portion provides ¼ cup of red/orange vegetable, 1/8 cup of dark green vegetable, and 1/8 cup of other 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 the 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	58	Dietary Fiber	1.62 g	Sodium	471.37 mg	Sat. Fat	0.02 g
Carbohydrates	13.26 g	Protein	0.73 g	Total Fat	0.14 g	Trans Fat	0.00 g