

# CHEESY CALIFORNIA VEGETABLES



VEGETABLES (OTHER)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Vegetables, California Blend, Frozen, #1623	22 pound(s) + 8 ounce(s)
Sauce, Mix, Cheese, Dry, #2504	1/2 package(s)
Water, Hot, Municipal	2 quart(s)

**DIRECTIONS**

1. COOKING METHODS

To steam vegetables:

- Place frozen vegetables in solid steamtable pans.
- Steam for 3 - 4 minutes.
- Drain off liquid.

To boil vegetables:

- Bring water to a boil. (For 100 servings, use 1 - 3 quarts of water.)
- Add frozen vegetables and cook for 12 - 15 minutes.
- Drain off liquid.
- Transfer into steamtable pans for service.

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

2. Prepare cheese sauce according to package directions.

Pour approximately 1 quart of cheese sauce over each pan of cooked vegetables.

3. Cover pans with plastic wrap and store in warmer until ready for service.

Portion with a 4 ounce spoodle or a #8 scoop per serving. Each portion provides 1/2 cup of other vegetables.

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 F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides excellent seasoning and serving ideas for vegetables.

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

**NUTRIENTS PER SERVING**

Calories	50	Dietary Fiber	2.51 g	Sodium	127.09 mg	Sat. Fat	0.24 g
Carbohydrates	7.73 g	Protein	2.75 g	Total Fat	0.49 g	Trans Fat	0.00 g