

CHEESY CALIFORNIA VEGETABLES



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

½ cup other vegetable

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

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Vegetables, California Blend, Frozen, #1623	19 pounds
Sauce, Mix, Cheese, Dry, #2504	1/2 package
Water, Hot, Municipal	2 quarts

DIRECTIONS

1. Defrost frozen vegetables in the refrigerator overnight.

2. **COOKING METHODS**

To steam:

- Place no more than 5 pounds of vegetables in each perforated steamtable pan (12" x 20" x 2½").
- Steam them for 5 to 7 minutes.
- Place the vegetables 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 vegetables in braising pans, steam jacketed kettle, or stockpot.
- Cover the vegetables with water and bring them to a boil.
- Decrease the heat until the water simmers and cook the vegetables for 10 to 12 minutes, or until they are thoroughly heated.
- Drain the liquid from pans.
- Transfer the vegetables 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.

3. Prepare the cheese sauce according to package directions.

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

5. Serve the vegetables 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.

6. Portion with a 4 ounce spoodle or a #8 scoop per serving. Each portion provides ½ cup of other 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 2 hours.

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	43	Dietary Fiber	2.03 g	Sodium	118.68 mg	Sat. Fat	0.24 g
Carbohydrates	6.53 g	Protein	2.27 g	Total Fat	0.49 g	Trans Fat	0.00 g