

# STEAMED ZUCCHINI-F2S (FRESH)



VEGETABLES (OTHER)

**MEAL COMPONENT CONTRIBUTION:**

½ cup other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Squash, Zucchini with Skin, Raw	10 pounds
Onions, Chopped, Dehydrated, #2738	2 tablespoons + 2 teaspoons
Margarine, Bulk, #1319	4 ounces
Pepper, White, Ground, #2720	1 tablespoon
Salt, Table, #2723	1 teaspoon

**DIRECTIONS**

1. Rinse the zucchini under cold, running water, then drain them thoroughly.
2. Slice the zucchini into ¼-inch thick slices.
3. Cooking instructions  
To steam zucchini:
  - Place no more than 5 pounds of zucchini in perforated steamtable pans. Sprinkle dried onions on top of the zucchini.
  - Steam for 5 minutes.
  - Place the zucchini in solid steamtable pans for seasoning and service.
  - If using solid steamtable pans to steam, drain liquids from pans prior to seasoning and service.
 To cook zucchini:
  - Place the zucchini and dried onions in a braising pan, steam jacketed kettle or stockpot.
  - Cover the zucchini with water and bring the water to a boil.
  - Decrease the heat to a simmer and cook the zucchini for 10 -15 minutes.
  - Drain the water from the zucchini and transfer the zucchini 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.

4. Melt the margarine. Then add the pepper and salt to the melted margarine and stir the mixture well to combine.
5. Evenly distribute the margarine mixture evenly over the zucchini. Mix the zucchini gently to combine it and avoid breaking the zucchini.
6. Serve the zucchini immediately or cover it and place the zucchini in a warmer until ready for service.

CCP: Cover and hold for service at 135 degrees F or higher.

7. Portion ½ cup zucchini with a 4 ounce perforated spoodle or #8 perforated scoop for serving. Each portion provides ½ cup serving of other 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 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

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## 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	33	Dietary Fiber	0.96 g	Sodium	72.28 mg	Sat. Fat	0.81 g
Carbohydrates	3.07 g	Protein	1.13 g	Total Fat	2.07 g	Trans Fat	0.00 g

## ILLUSTRATED PRESENTATION OF STEAMED ZUCCHINI-F2S (FRESH)

1.



1 serving of Steamed Zucchini