

STEAMED CARROTS (FROZEN)



VEGETABLES (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

½ cup red/orange vegetable

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

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #1603	19 pound(s)
Margarine, Bulk, #1319	8 ounce(s) , melted
Salt, Table, #2219	1 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam carrots:

- Place frozen carrots in solid steamtable pans.
- Steam for 3 minutes.

To boil carrots:

- Bring water to boil.(For 100 servings, use 1 to 3 quarts of water.)
- Add frozen carrots and cook for 10 to 20 minutes.
- Transfer into solid steamtable pans.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine and salt over carrots.

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 of red/orange 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 F or lower.

PRODUCTION NOTES

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

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	47	Dietary Fiber	3.02 g	Sodium	139.40 mg	Sat. Fat	0.83 g
Carbohydrates	7.11 g	Protein	1.03 g	Total Fat	1.88 g	Trans Fat	0.00 g