

BROCCOLI FLORETS WITH DIP (FRESH)


MEAL COMPONENT CONTRIBUTION:

½ cup dark green vegetable

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

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Broccoli, Fresh Florets, #4000	7 pounds
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free 1000 Island, 12 gram, #2207	50 packets

DIRECTIONS

- If needed, rinse the broccoli under cool, running water. Then drain them thoroughly. Cut the florets into bite-sized pieces.
- Portion ½ cup broccoli florets in each individual portion container. Cover and refrigerate the broccoli until ready for service.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion 1 individual portion container with 1 packet dressing per serving. Each portion provides ½ cup dark green 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 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 Salads" provides seasoning and serving ideas for salads.

NUTRIENTS PER SERVING

Calories	24	Dietary Fiber	1.34 g	Sodium	128.50 mg	Sat. Fat	0.02 g
Carbohydrates	4.66 g	Protein	0.95 g	Total Fat	0.11 g	Trans Fat	0.00 g