

# STEAMED BROCCOLI FLORETS (FROZEN)



**MEAL COMPONENT CONTRIBUTION:**

1/2 cup dark green vegetables

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1/2 cup

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

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Broccoli, Florets, Frozen, #1601	14 1/2 pound(s)
Margarine, Bulk, #1319	8 ounce(s)

**DIRECTIONS**

1. **COOKING METHODS**

To steam broccoli:

- Place frozen broccoli in perforated steamtable pans.
- Steam for 5 minutes.

To boil broccoli:

- Bring water to a boil. (For 50 servings, use 1 to 3 quarts of water.)
- Add frozen broccoli and cook for 8-10 minutes.

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

2. Drain well and place in steamtable pans for service. Pour melted margarine over broccoli. Cover and place in warmer until ready for service.

3. Portion 1/2 cup with #8 scoop or 4 ounce spoodle. Each portion provides 1/2 cup dark green 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**

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.

For additional flavor, season with Lemon Pepper or Italian Spice Blend.

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

**NUTRIENTS PER SERVING**

Calories	70	Dietary Fiber	4.00 g	Sodium	67.09 mg	Sat. Fat	1.67 g
Carbohydrates	7.05 g	Protein	4.08 g	Total Fat	3.71 g	Trans Fat	0.00 g