

Kindergarten 2017

Taste Test Tuesday

Leptondale Elementary

March 21st 2017

Tastings Available During Afternoon Snack Time

Steamed Zucchini, Three Bean Salad





Zucchini - Full of Vitamin C, Prevents Disease, Good for Eyes, Low in Calories, Anti-Oxidant, Hydrating.



Beans contain a lot of soluble fiber, protein, carbohydrates, folate and iron. They also contain Lectins, which are also present in high amounts in grains. Because of their protein content, **beans** (legumes) often get a primary role in the diet of vegetarians, though not without cost



RECIPE CARD

M51318 - VEG: SQUASH, Zucc Frz Stmd1/2c

Comments:

Serving Size: 1 1/2 cup

HACCP Rule: #2 Same Day Service

Amount Needed:	7 gal, 2 quart	Cooking Temp:	Convection	°F	Standard (°F/°C)	°F
Cooking Equipment:		Information:				
Serving Pan:	HALF STEAM TABLE PAN 2" (12" x 10")	Internal Temperature:	Min	°F	Max	°F
Recipe Type:	VEGETABLES	Serving Temperature:	Min	140 °F	Max	165 °F
		Holding Time:		0 Hrs. 0 Mins.		
		Recipe Category:	SIDE DISHES			

Pre-Production Instructions

BASE	Ingredients	Measures
SQUASH, Zucchini sliced (frozen)		
Group Instructions:		74 lb, 6 ozw

Assembly Instructions

STEAMER METHOD (preferred):

Preheat steamer:
Place vegetables in a 2" perforated steam table pan(s).
Steam vegetables until internal temperature reaches 140 F, 6-8 minutes
Remove from steamer.
Transfer 2" non-perforated steam table pan. Cover.
Serve with 4-oz perforated spoodle.
CCP: Heat to 140 for 15 seconds.
CCP: Hold at 140 F or higher for service.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.
Place vegetables in 2" steam table pan(s) with 2 cups of water cover with foil.
Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.
Remove from oven. Drain.Cover.
Serve with 4-oz perforated spoodle.

CCP: Heat to 140 for 15 seconds.
CCP: Hold at 140 F or higher for service.

RANGE TOP METHOD:

In stock pot over medium high heat bring water to boil, add vegetable. Return to boil. Reduce heat.
Simmer until internal temperature reaches 140 F (approximately 5-8 minutes).
Drain. Place vegetables in 2" steam table pan(s). Cover.
Serve with 4-oz perforated spoodle.

CCP: Heat to 140 for 15 seconds.
CCP: Hold at 140 F or higher for service.

Distributions

Amount	Station	Sub-assembly of	Serving Size	Date	Meal Period	No of Portions
7 gal, 2 quart			1 1/2 cup			80

Nutritional Information (Per Serving)

Calories (kcal)	Saturated Fat (g)	% of Calories From Sat Fat	Sodium (mg)
71.684	0.114	1.429 %	8.433

* Some values for this nutrient are unavailable; the number listed is incomplete.

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M54121 - VEG: SALAD, BEAN THREE 1/2 C

Comments:

Serving Size: 1 1/2 cup

HACCP Rule:

#1 No Cook

Amount Needed:	7 gal, 2 quart	Cooking Temp:	Convection	°F	Standard (°F/°C)	°F
Cooking Equipment:		Information:				
Serving Utensil:	4 OZ SPOODLE SOLID	Internal Temperature:	Min	°F	Max	°F
Serving Pan:	HALF STEAM TABLE PAN 2" (12" x 10")	Serving Temperature:	Min	32 °F	Max	41 °F
Recipe Type:	VEGETABLES	Holding Time:		0 Hrs. 0 Mins.		
		Recipe Category:	SIDE DISHES			

Pre-Production Instructions

Ingredients

Measures

BASE

BEANS, KIDNEY DARK RED LS (CANNED) - RINSED, DRAINED	16 lb, 10 3/4 ozw
BEANS, GARBANZO LS (CANNED) - RINSED, DRAINED	17 lb, 1 1/4 ozw
BEANS, GREEN CUT (FROZEN) - THAWED	15 lb
ONIONS, YELLOW - TRIMMED, DICED	1 lb, 10 3/4 ozw
DRESSING BULK, ITALIAN LITE	3 qt, 1 1/3 cup
SEASONING, ITALIAN WHOLE	1/4 cup, 1 tsp
SPICE, PEPPER BLACK GROUND	2 tbl, 3/4 tsp

Group Instructions:

Assembly Instructions

Kidney Beans - drain, rinse
 Garbanzo Beans - drain, rinse
 Green beans - Thaw
 Onion - Peel. Wash and rinse onion. Cut 1/4 inch dice

CCP: Hold at 41 F or lower for service

Combine all ingredients. Toss to mix.

CCP: Hold at 41 F or lower for service

Portion with 4 oz spoodle.

Distributions

Amount	Station	Sub-assembly of	Serving Size	Date	Meal Period	No of Portions
7 gal, 2 quart			1 1/2 cup			80

Nutritional Information (Per Serving)

Calories (kcal)	Saturated Fat (g)	% of Calories From Sat Fat	Sodium (mg)
342.202	1.184	3.114 %	560.918

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