

Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled, quartered	2 lb 8 oz		5 lb		1. In a pot, boil potato quarters in water about 30 minutes or until tender. Drain.
Lowfat 1% milk, hot		¾ cup		1 ½ cups	2. In a mixing bowl, combine hot potatoes, milk, margarine or butter, salt, pepper, and salad dressing or mayonnaise (optional). Using the whip attachment, mix on medium speed for 3 minutes. Scrape down sides of bowl. Mix on high speed for 1 minute, until smooth.
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Reduced calorie salad dressing (optional) OR Lowfat mayonnaise (optional)	4 oz OR 4 oz	½ cup OR ½ cup	8 oz OR 8 oz	1 cup OR 1 cup	3. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	3 lb 2 oz	6 lb 4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 15 oz 50 Servings: 5 lb 14 oz	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup

Edited 2004

Special Tip:

For variation, use red potatoes and leave skins on half of the potatoes. Mash as directed.

Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-01

Nutrients Per Serving

Calories	55	Saturated Fat	0.43 g	Iron	0.15 mg
Protein	0.97 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	8.66 g	Vitamin A	97 IU	Sodium	213 mg
Total Fat	1.95 g	Vitamin C	3.1 mg	Dietary Fiber	0.7 g

Potatoes with Vegetables

Vegetable

Vegetables

I-01A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled, quartered	2 lb 8 oz		5 lb		1. In a pot, boil potato quarters in water about 30 minutes or until tender. Drain.
Lowfat 1% milk, hot		¾ cup		1 ½ cups	2. In a mixing bowl, combine hot potatoes, milk, margarine or butter, salt, pepper, and salad dressing or mayonnaise (optional). Using the whip attachment, mix on medium speed for 3 minutes. Scrape down sides of bowl. Mix on high speed for 1 minute, until smooth.
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Reduced calorie salad dressing (optional) OR	4 oz	½ cup	8 oz	1 cup	
Lowfat mayonnaise (optional)	4 oz	½ cup	8 oz	1 cup	
Frozen mixed vegetables	2 lb 12 oz	1 qt 2 ½ cups	5 lb 8 oz	3 qt 1 cup	3. Place 1 lb 6 oz (3 ¼ cups) frozen mixed vegetables in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Spread 1 lb 7 ½ oz (3 ½ cups) mashed potatoes over vegetables in each pan. Bake uncovered: Conventional oven: 350° F for 30 minutes Convection oven: 350° F for 30 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					4. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Potatoes with Vegetables

Vegetable

Vegetables

I-01A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
-----------------------	-------------	-------------

Potatoes	3 lb 2 oz	6 lb 4 oz
----------	-----------	-----------

SERVING:

1 piece provides ½ cup of vegetable.

YIELD:

24 Servings: 5 lb 8 oz

48 Servings: 11 lb

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Edited 2004

Special Tip:

For variation, use red potatoes and leave skins on half of the potatoes. Mash as directed.

Nutrients Per Serving

Calories	88	Saturated Fat	0.46 g	Iron	0.58 mg
Protein	2.57 g	Cholesterol	0 mg	Calcium	26 mg
Carbohydrate	15.87 g	Vitamin A	2323 IU	Sodium	240 mg
Total Fat	2.10 g	Vitamin C	7.3 mg	Dietary Fiber	3.1 g

Vegetable Medley

Vegetable

Vegetables

I-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3 Tbsp		¼ cup 2 Tbsp	1. Heat oil in a pot. 2. Add the carrots, green beans, and corn. Cover. Cook on low heat for 20 minutes.
*Fresh carrots, sliced	2 lb 5 oz	1 qt 3 ¾ cups	4 lb 10 oz	3 qt 3 ½ cups	
Frozen cut green beans	1 lb 4 oz		2 lb 8 oz		3. Remove from heat. Drain. Reserve drained liquid for step 4. Reserve vegetables for step 6.
Frozen whole kernel corn	2 lb 4 oz		4 lb 8 oz		
Vegetable or chicken stock, non-MSG		1 qt ¾ cup		2 qt 1 ½ cups	4. Bring vegetable or chicken stock to a boil. Reduce heat to medium and add reserved vegetable liquid, salt, sugar, and granulated garlic. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable liquid, reserved		½ cup		1 cup	
Salt		1 Tbsp		2 Tbsp	
Sugar		3 Tbsp		¼ cup 2 Tbsp	
Granulated garlic		¼ tsp		½ tsp	
Cornstarch		¾ cup		1 ½ cups	5. Dissolve cornstarch in cold water. Add to hot liquid and simmer, stirring constantly until thickened, about 5 minutes.
Water, cold		¾ cup		1 ½ cups	
					6. Pour sauce over vegetables and toss to coat.
					7. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb 13 oz	5 lb 10 oz

Vegetable Medley

Vegetable

Vegetables

I-02

SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

25 Servings: 7 lb 11 oz

50 Servings: 15 lb 6 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ½ cups

Tested 2004

Nutrients Per Serving

Calories	102	Saturated Fat	0.30 g	Iron	0.74 mg
Protein	2.17 g	Cholesterol	0 mg	Calcium	31 mg
Carbohydrate	20.67 g	Vitamin A	9776 IU	Sodium	327 mg
Total Fat	2.09 g	Vitamin C	6.3 mg	Dietary Fiber	2.9 g

Sesame Broccoli

Vegetable

Vegetables

I-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 ½ cups		3 cups	1. In a pot, bring chicken stock, ginger, sugar, and soy sauce to a boil. Reduce heat and simmer for 5 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Ground ginger		¼ tsp		¼ tsp	
Sugar		2 Tbsp		¼ cup	
Low-sodium soy sauce		2 Tbsp		¼ cup	
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp	2. Dissolve cornstarch in cold water. Add to stock and cook for 3 minutes, stirring occasionally, until slightly thickened.
Water, cold		2 Tbsp		¼ cup	
Sesame oil		2 Tbsp		¼ cup	3. Remove sauce from heat and slowly whisk in sesame oil.
*Fresh broccoli florets OR Frozen chopped broccoli	2 lb 2 oz OR 2 lb 10 oz	1 gal	4 lb 4 oz OR 5 lb 4 oz	2 gal	4. Steam or boil broccoli for 5 minutes. Drain.
					5. Pour sauce over broccoli and stir to coat.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 12 oz 50 Servings: 5 lb 8 oz	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup

Edited 2004

Sesame Broccoli

Vegetable

Vegetables

I-03

Nutrients Per Serving					
Calories	30	Saturated Fat	0.19 g	Iron	0.29 mg
Protein	1.05 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.39 g	Vitamin A	758 IU	Sodium	73 mg
Total Fat	1.26 g	Vitamin C	25.0 mg	Dietary Fiber	1.3 g

Potato Patties

Meat Alternate-Vegetable

Vegetables

I-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated potato flakes	12 oz		1 lb 8 oz		1. In a bowl, combine potato flakes and baking powder.
Baking powder		1 Tbsp		2 Tbsp	
Water, boiling		1 qt 1 ¼ cups		2 qt 2 ½ cups	2. In a mixing bowl, combine boiling water, parsley, and salt. Using the paddle attachment, mix on low speed for 10 seconds. Slowly add potato flakes. Mix until liquid is absorbed.
Dried parsley		¼ cup 2 Tbsp		¾ cup	
Salt		2 tsp		1 Tbsp 1 tsp	3. Slowly add eggs and cheese. Mix on medium speed for 1 minute until smooth.
Frozen whole eggs, thawed	6 oz	¾ cup	12 oz	1 ½ cups	
OR Fresh large eggs		OR 4 each		OR 7 each	
Reduced fat Monterey Jack cheese, shredded	11 oz	2 ¾ cups	1 lb 6 oz	1 qt 1 ½ cups	4. Using a No. 12 scoop (⅓ cup), portion patties. Place 12 or 13 patties onto half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Flatten cakes slightly.
					5. Bake until golden brown and crisp: Conventional oven: 375° F for 20 minutes Convection oven: 350° F for 10-15 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 patty.

Potato Patties

Meat Alternate-Vegetable

Vegetables

I-04

SERVING:

1 patty provides the equivalent of ½ oz of cooked lean meat and ⅔ cup of vegetable.

YIELD:

25 Servings: 3 lb 10 oz

50 Servings: 6 lb 20 oz

VOLUME:

25 Servings: 2 quarts ⅓ cup
25 patties

50 Servings: 1 gallon ⅔ cup
50 patties

Tested 2004

Special Tip:

Spray patties with vegetable spray before baking to aid in browning process.

Nutrients Per Serving

Calories	98	Saturated Fat	1.98 g	Iron	0.63 mg
Protein	5.55 g	Cholesterol	37 mg	Calcium	131 mg
Carbohydrate	11.49 g	Vitamin A	162 IU	Sodium	341 mg
Total Fat	3.44 g	Vitamin C	11.6 mg	Dietary Fiber	1.0 g

Oven Fries

Vegetable

Vegetables

I-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh baking potatoes, 100 count (at least 8 oz each)	6 lb	12 each	12 lb	24 each	1. Wash potatoes. Cut each potato in six pieces. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth.
Vegetable oil		½ cup		1 cup	
Ground black or white pepper		½ tsp		1 tsp	2. In a bowl, toss potatoes with oil. On each paper lined half-sheet pan (13" x 18" x 1") distribute potatoes evenly skin side down. For 24 servings, use 2 half-sheet pans. For 48 servings, use 4 half-sheet pans.
Salt		2 tsp		1 Tbsp 1 tsp	
Paprika		½ tsp		1 tsp	3. In a bowl, combine pepper, salt, and paprika.
					4. Sprinkle 1 ½ tsp of this seasoning mix over each pan of potatoes.
					5. Bake: Conventional oven: 500° F for 25-28 minutes Convection oven: 450° F for 20-23 minutes Turn potatoes over after 15 minutes for even cooking. Bake until brown and tender. CCP: Heat to 135° F or higher for at least 15 seconds.
Parmesan cheese, grated		2 Tbsp		¼ cup	6. Sprinkle 1 Tbsp Parmesan cheese over each tray of potatoes. Return to oven for 1 minute.
					7. CCP: Hold for hot service at 135° F or higher. Portion is 3 pieces.

SERVING:	YIELD:	VOLUME:
3 pieces provide ¾ cup of vegetable.	24 Servings: 4 lb 7 oz	24 Servings: 72 pieces
	48 Servings: 8 lb 14 oz	48 Servings: 144 pieces

Tested 2004

Oven Fries

Vegetable

Vegetables

I-05

Nutrients Per Serving					
Calories	126	Saturated Fat	0.71 g	Iron	1.03 mg
Protein	2.53 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	19.73 g	Vitamin A	37 IU	Sodium	197 mg
Total Fat	4.46 g	Vitamin C	9.0 mg	Dietary Fiber	2.1 g

Potato Pancakes

Meat Alternate-Vegetable

Vegetables

I-06

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen, hash brown potatoes OR *Fresh potatoes, peeled, grated	2 lb 12 oz OR 2 lb 12 oz	1 qt 2 cups OR 1 qt 2 cups	5 lb 8 oz OR 5 lb 8 oz	3 qt OR 3 qt	1. In a bowl, cover potatoes with water and add salt.
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	14 oz	1 ⅔ cups OR 8 each	1 lb 12 oz	3 ⅓ cups OR 16 each	2. In a separate bowl, beat eggs until foamy.
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt ¼ cup OR 2 ¼ cups	
Ground black or white pepper		¾ tsp		1 ½ tsp	3. Add onions, pepper, granulated garlic, salt, and parsley (optional) to beaten eggs. Whisk to combine.
Granulated garlic		¾ tsp		1 ½ tsp	
Salt		2 tsp		1 Tbsp 1 tsp	4. Drain water from potatoes. Add potatoes to egg mixture and stir gently until they are coated.
*Fresh chopped parsley (optional)		¼ cup 2 Tbsp		¾ cup	
Cracker meal	6 oz	1 ½ cups	12 oz	3 cups	5. Add cracker meal and stir until combined.
					6. Spread 2 lb 14 ½ oz (1 ½ qt) of the potato-egg mixture evenly onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Bake until lightly browned and crispy: Conventional oven: 375° F for 45 minutes Convection oven: 350° F for 35 minutes CCP: Heat to 155° F or higher for at least 15 seconds.

Potato Pancakes

Meat Alternate-Vegetable

Vegetables

I-06

7. CCP: Hold for hot service at 135° F or higher.

Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Potatoes	3 lb 7 oz	6 lb 14 oz
Mature onions	14 oz	1 lb 12 oz
Parsley	1 oz	1 oz

SERVING:

1 piece provides ¼ large egg or the equivalent of ½ oz of cooked lean meat and ¼ cup of vegetable.

YIELD:

24 Servings 5 lb 2 oz
48 Servings 10 lb 4 oz

VOLUME:

24 Servings 2 pans
48 Servings 4 pans

Tested 2004

Special Tip:

These pancakes may be served with Maple Applesauce Topping (C-01).

Nutrients Per Serving

Calories	101	Saturated Fat	0.54 g	Iron	5.02 mg
Protein	4.14 g	Cholesterol	70 mg	Calcium	13 mg
Carbohydrate	16.47 g	Vitamin A	105 IU	Sodium	229 mg
Total Fat	1.80 g	Vitamin C	6.2 mg	Dietary Fiber	1.6 g

Broccoli Soufflé

Vegetable

Vegetables

I-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	1. White sauce: Melt margarine or butter in a saucepan. Add flour and salt and stir until smooth. Cook over low heat for 3 minutes. Do not brown.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	2. Using a wire whip, slowly add hot milk to flour mixture. Cook until white sauce is thickened and smooth, about 10 minutes.
Lowfat 1% milk, hot		1 qt		2 qt	
Egg yolks	6 oz	8 each	12 oz	16 each	3. Beat egg yolks until blended, using a whip. Slowly add egg yolks to white sauce, whisking to blend.
*Fresh broccoli, chopped OR Frozen chopped broccoli	2 lb OR 2 lb 15 oz	1 qt ⅞ cup OR 1 ¾ qt 1 Tbsp	4 lb OR 5 lb 14 oz	2 qt 1 ¾ cups OR 3 qt 2 ½ cups	4. Cook fresh broccoli: Simmer: Place broccoli in boiling water. After water boils again, reduce heat to simmer and cook for 15 minutes. Steam: Place broccoli in steamtable pan (12" x 20" x 2"). Cook in compartment steamer for 10 minutes.
					5. Spread broccoli into shallow pans and cool. For 24 servings, use 2 pans. For 48 servings, use 4 pans. CCP: Cool to 41° F or lower within 4 hours.
*Fresh onions, grated		2 Tbsp		¼ cup	6. Add cooled broccoli (or thawed drained, frozen broccoli), onions, bread crumbs, and lemon juice to white sauce.
Enriched soft bread crumbs	4 oz	1 cup	8 oz	2 cups	
Lemon juice		1 Tbsp		2 Tbsp	
Egg whites	12 oz	12 each	1 lb 8 oz	24 each	7. Beat egg whites until stiff, but not dry. Fold egg whites into the white sauce.

Broccoli Soufflé

Vegetable

Vegetables

I-07

	8. Place 3 lb (1 qt 3 ½ cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
	9. Bake until knife inserted in center comes out clean. Conventional oven: 325° F for 30 minutes Convection oven: 350° F for 20 minutes CCP: Heat to 155° F or higher for at least 15 seconds. Allow to cool for 10 minutes.
	10. CCP: Hold for hot service at 135° F or higher. Cut each pan 3 x 4 (12 pieces).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Broccoli	2 lb 8 oz	5 lb
Mature onions	1 oz	2 oz

SERVING:

1 piece provides ¼ cup of vegetable.

YIELD:

24 Servings: 5 lb 10 oz

48 Servings: 11 lb 4 oz

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Edited 2004

Broccoli Soufflé

Vegetable

Vegetables

I-07

Nutrients Per Serving

Calories	149	Saturated Fat	2.17 g	Iron	0.90 mg
Protein	6.15 g	Cholesterol	92 mg	Calcium	84 mg
Carbohydrate	12.05 g	Vitamin A	1219 IU	Sodium	448 mg
Total Fat	8.65 g	Vitamin C	25.3 mg	Dietary Fiber	1.6 g

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup drained	1 lb 14 ½ oz	1 qt ¼ cup (½ No. 10 can)	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	1. Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned unsweetened sliced apples, solid pack, drained	1 lb 13 ½ oz	1 qt (⅓ No. 10 can)	3 lb 11 oz	2 qt (⅔ No. 10 can)	
Brown sugar, packed	2 ⅞ oz	¼ cup 2 Tbsp	5 ¾ oz	¾ cup	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	4. Sprinkle 3 Tbsp sugar mixture over the apples in each pan.
Margarine or butter		2 Tbsp 2 tsp		⅓ cup	
Water		¼ cup 2 Tbsp		¾ cup	5. Dot each pan with 1 Tbsp 1 tsp margarine or butter. 6. Add ¼ cup 2 Tbsp water per pan.
					7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (1/4 cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 1 pan 50 Servings: 2 pans	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup

Edited 2004

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

Nutrients Per Serving					
Calories	79	Saturated Fat	0.29 g	Iron	0.39 mg
Protein	0.57 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	16.56 g	Vitamin A	2639 IU	Sodium	30 mg
Total Fat	1.44 g	Vitamin C	3.5 mg	Dietary Fiber	1.9 g

Mashed Potatoes (Instant)

Vegetable

Vegetables

I-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
USING POTATO FLAKES: Water, boiling		1 qt ½ cup		2 qt 1 cup	1. Pour boiling water and warm milk into a large bowl.
Instant nonfat dry milk, reconstituted, warm		1 ½ cups		3 cups	
Instant potato flakes	8 oz		1 lb ½ oz		2. Add instant potato flakes, margarine or butter, and salt.
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Salt		¾ tsp		1 ½ tsp	
					3. Stir 30 seconds to moisten potatoes. Stir an additional 30 seconds to fluff. Avoid over mixing. (Use of mixer is not recommended.)
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (1/4 cup).
USING POTATO GRANULES: Water, boiling		3 ½ cups		1 qt 3 cups	1. Pour boiling water and warm milk into a large bowl.
Instant nonfat dry milk, reconstituted, warm		1 cup 3 Tbsp		2 ¼ cups 2 Tbsp	
Instant potato granules	8 oz		1 lb ½ oz		2. Add instant potato granules, margarine or butter, and salt.
Margarine or butter	3 oz	3 Tbsp	6 oz	¼ cup 2 Tbsp	
Salt		¾ tsp		1 ½ tsp	
					3. Mix 30 seconds to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Mashed Potatoes (Instant)

Vegetable

Vegetables

I-09

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 3 lb 2 oz

50 Servings: 6 lb 4 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	50	Saturated Fat	0.29 g	Iron	0.12 mg
Protein	1.27 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	8.32 g	Vitamin A	70 IU	Sodium	105 mg
Total Fat	1.42 g	Vitamin C	7.9 mg	Dietary Fiber	0.7 g

Stir-Fry Vegetables

Vegetable

Vegetables

I-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	3 lb 2 oz		6 lb 4 oz		1. Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.) Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4.
Group A Broccoli Carrots Cauliflower Celery Onions					
Group B Cabbage Green beans Green peas Yellow summer squash Zucchini					
Optional Vegetables: Snow peas Red or green peppers Pimientos Water chestnuts					
					Clean, slice and cut vegetables into bite-size pieces.
Water		¼ cup		½ cup	2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Low-sodium soy sauce		2 Tsp		¼ cup	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		¼ cup		½ cup	3. Heat oil in a large, heavy skillet or pan.
Ground black or white pepper		¼ tsp		½ tsp	4. Add pepper to oil and stir.

Stir-Fry Vegetables

Vegetable

Vegetables

I-10

	5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
	6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
	7. Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.
	8. Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.
	9. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 1 pan
50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

Nutrients Per Serving

Calories	38	Saturated Fat	0.33 g	Iron	0.27 mg
Protein	0.78 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.04 g	Vitamin A	2431 IU	Sodium	67 mg
Total Fat	2.32 g	Vitamin C	15.8 mg	Dietary Fiber	1.2 g

Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		1 cup		2 cups	1. Combine milk, flour, eggs, margarine or butter, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip attachment for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed. 2. Change to paddle attachment. Add whole kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed. 3. Pour 4 lb 14 oz (2 qt 2 1/3 cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. Bake until lightly browned: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes CCP: Heat to 155° F or higher for at least 15 seconds. 5. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Enriched all-purpose flour	6 oz	1 1/4 cups 2 Tbsp	12 oz	2 3/4 cups	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 1/2 cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Margarine or butter, melted	2 oz	1/4 cup	4 oz	1/2 cup	
Sugar		1 Tbsp		2 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Ground nutmeg (optional)		1/2 tsp		1 tsp	
Canned liquid packed whole kernel corn, drained	1 lb 6 oz	3 1/4 cups (1/3 No. 10 can)	2 lb 12 oz	1 qt 2 1/2 cups (2/3 No. 10 can)	
Canned corn cream style	2 lb 4 oz	1 qt (1/3 No. 10 can)	4 lb 8 oz	2 qt (2/3 No. 10 can)	
Dehydrated onions (optional)		2 Tbsp 2 tsp	2 1/4 oz	1/3 cup	

Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-11

SERVING:

1 piece provides $\frac{1}{4}$ large egg or the equivalent of $\frac{1}{2}$ oz cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{1}{4}$ slice of bread.

YIELD:

25 Servings: about 4 lb 14 oz (uncooked)

50 Servings: about 9 lb 12 oz (uncooked)

VOLUME:

25 Servings: 1 pan

50 Servings: 2 pans

Edited 2004

Nutrients Per Serving

Calories	113	Saturated Fat	0.87 g	Iron	0.89 mg
Protein	3.79 g	Cholesterol	58 mg	Calcium	11 mg
Carbohydrate	17.95 g	Vitamin A	246 IU	Sodium	208 mg
Total Fat	3.68 g	Vitamin C	4.0 mg	Dietary Fiber	1.2 g

Orange-Glazed Sweet Potatoes

Vegetable

Vegetables

I-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup	5 lb 1 oz	2 qt 2 ³ / ₈ cups (³ / ₄ No. 10 can)	10 lb 2 oz	1 gal 1 ³ / ₄ qt (1 ¹ / ₂ No. 10 cans)	1. Drain sweet potatoes, reserving liquid. For 25 servings, reserve ¹ / ₂ cup liquid. For 50 servings, reserve 1 cup liquid. Set liquid aside for step 3. 2. Place 2 lb 14 oz (1 qt 2 ¹ / ₄ cups) sweet potatoes into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Margarine or butter	2 oz	¹ / ₄ cup	4 oz	¹ / ₂ cup	
Brown sugar, packed	2 ⁷ / ₈ oz	¹ / ₄ cup 2 Tbsp	5 ³ / ₄ oz	³ / ₄ cup	3. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, reserved sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Frozen orange juice concentrate	3 ¹ / ₂ oz	¹ / ₄ cup 2 Tbsp	7 oz	³ / ₄ cup	
Reserved sweet potato liquid		¹ / ₂ cup		1 cup	
Ground nutmeg (optional)		¹ / ₂ tsp		1 tsp	
Ground cinnamon		¹ / ₂ tsp		1 tsp	
Raisins (optional)	2 ¹ / ₂ oz	¹ / ₂ cup	5 oz	1 cup	
					4. Bring to a boil. Remove from heat. Add raisins (optional).
					5. Pour 1 ¹ / ₄ cups 2 Tbsp glaze over each pan of sweet potatoes. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¹ / ₄ cup).

Orange-Glazed Sweet Potatoes

Vegetable

Vegetables

I-12

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 3 oz
1 pan
50 Servings: 14 lb 6 oz
2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	96	Saturated Fat	0.41 g	Iron	0.49 mg
Protein	.85 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	19.5 g	Vitamin A	4280 IU	Sodium	46 mg
Total Fat	2.00 g	Vitamin C	11.1 mg	Dietary Fiber	1.7 g

Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1 Tbsp		2 Tbsp	1. Combine cornstarch with cold water until dissolved and set aside for step 3.
Water, cold		½ cup		1 cup	
Canned sliced carrots, drained OR Frozen sliced carrots	2 lb 9 oz OR 2 lb 4 oz	1 qt 3 cups (⁵ / ₈ No. 10 can) OR 2 qt	5 lb 2 oz OR 4 lb 8 oz	3 qt (1 ¹ / ₄ No. 10 cans) OR 1 gal	2. Place 2 lb 9 oz (1 qt 2 cups) carrots into each pan (9" x13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Brown sugar, packed	2 ¼ oz	¼ cup 2 Tbsp	5 ½ oz	¾ cup 1 Tbsp	3. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon and dissolved cornstarch. Stir to blend.
Frozen orange juice concentrate	3 ½ oz	¼ cup 2 ½ Tbsp	7 oz	¾ cup	
Ground nutmeg (optional)		½ tsp		1 tsp	4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).
Ground cinnamon		½ tsp		1 tsp	
Dehydrated plums (prunes), chopped (optional) OR Raisins (optional)	2 ½ oz OR 2 ½ oz	¼ cup 3 Tbsp OR ½ cup	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	5. Pour 1 ¼ cups 2 Tbsp glaze over each pan of carrots. Bake: Conventional Oven: 375° F for 20-30 minutes Convection Oven: 325° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

SERVING:

1/3 cup (No. 12 scoop) provides 1/4 cup of vegetable and fruit.

YIELD:

25 Servings: 2 lb 14 1/2 oz
1 pan

50 Servings: 5 lb 13 oz
2 pans

VOLUME:

25 Servings: 2 quarts 3/8 cup

50 Servings: 1 gallon 3/4 cup

Edited 2004

Nutrients Per Serving

Calories	47	Saturated Fat	0.39 g	Iron	0.39 mg
Protein	0.42 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	7.47 g	Vitamin A	6496 IU	Sodium	135 mg
Total Fat	1.92 g	Vitamin C	6.7 mg	Dietary Fiber	0.8 g

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained, stock reserved OR *Cooked dry pinto beans, drained (see preparation note)	3 lb 2 oz OR 3 lb 12 oz	1 qt 3 cups ($\frac{7}{8}$ No. 10 can) OR 1 qt 3 cups	6 lb 4 oz OR 7 lb 8 oz	3 qt 2 cups (1 $\frac{3}{4}$ No. 10 cans) OR 3 qt 2 cups	1. Place beans, chicken broth or bean stock, oil, seasonings (optional), in mixer. Blend on medium speed with paddle attachment for 3-5 minutes until smooth or to desired consistency.
Chicken or bean stock, non-MSG		$\frac{1}{4}$ cup 2 Tbsp		$\frac{3}{4}$ cup	
Vegetable oil		3 Tbsp		$\frac{1}{3}$ cup	
Seasonings (optional): Chili powder Ground cumin Paprika Onion powder		2 $\frac{1}{2}$ tsp 2 tsp $\frac{1}{2}$ tsp $\frac{1}{2}$ tsp		1 Tbsp 2 tsp 1 Tbsp 1 tsp 1 tsp 1 tsp	
					2. Pour 3 lb 8 oz (approximately 1 qt 3 cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes CCP: Heat to 135° F or higher for at least 15 seconds. OR If using previously cooked and chilled beans or stock: CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	5 $\frac{1}{2}$ oz	1 $\frac{1}{2}$ cups 2 Tbsp	11 oz	3 $\frac{1}{4}$ cups	4. Sprinkle 5 $\frac{1}{2}$ oz (1 $\frac{1}{2}$ cups 2 Tbsp) cheese over each pan.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ($\frac{1}{4}$ cup).

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Pinto beans, dry	1 lb 4 oz	2 lb 8 oz

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat.

YIELD:

25 Servings: 3 lb 5 oz

50 Servings: 6 lb 10 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Tested 2004, Edited 2007

PREPARATION NOTE:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ⅜ cups dry or 5 ¼ cups cooked pinto beans.

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

Nutrients Per Serving

Calories	81	Saturated Fat	0.99 g	Iron	1.07 mg
Protein	5.17 g	Cholesterol	4 mg	Calcium	85 mg
Carbohydrate	8.88 g	Vitamin A	46 IU	Sodium	286 mg
Total Fat	2.88 g	Vitamin C	0.3 mg	Dietary Fiber	2.0 g

Scalloped Potatoes (Dry Slices)

Vegetable

Vegetables

I-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated sliced potatoes	9 oz	1 qt 1 ½ cups	1 lb 2 oz	2 qt 3 cups	1. Rehydrate potatoes according to package instructions or cover potatoes with boiling water. Let stand for 5 minutes. Drain well. 2. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 1 lb 5 oz (1 qt 2 cups) potatoes. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	3. In a pot melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.
Enriched all-purpose flour		½ cup	3 oz	⅔ cup	4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Instant nonfat dry milk, reconstituted		1 ½ qt		3 qt	5. Slowly stir in milk, salt, pepper, and parsley (optional). Blend well. Cook over medium heat. Stirring frequently until slightly thickened, 10-15 minutes.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		⅜ tsp		¾ tsp	
Dried parsley (optional)		2 Tbsp		¼ cup	
					6. Pour 1 qt 2 cups liquid mixture over potatoes in each pan. Stir to combine.
Margarine or butter, melted (optional)		2 Tbsp	2 oz	¼ cup	7. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¼ cup) per pan.

Scalloped Potatoes (Dry Slices)

Vegetable

Vegetables

I-14

Enriched dry bread crumbs (optional)	3 oz	¾ cup	1 Tbsp	6 oz	1 ½ cups	2 Tbsp	8. Product should be evenly golden brown on top: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
							9. Continue to bake at 190° F for 30 minutes. CCP: Hold for hot service at 135° F or higher.
							10. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	4 oz	8 oz

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 1 pan
50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	61	Saturated Fat	0.30 g	Iron	0.23 mg
Protein	1.57 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	10.68 g	Vitamin A	70 IU	Sodium	175 mg
Total Fat	1.44 g	Vitamin C	8.8 mg	Dietary Fiber	0.8 g

Scalloped Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-14A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled and thinly sliced	2 lb 2 oz	1 qt 2 cups	4 lb 4 oz	3 qt	1. Place potatoes into pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Set aside for step 5.
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	2. In a pot, melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.
Enriched all-purpose flour		⅓ cup	3 oz	⅔ cup	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	3. Blend in flour. Cook over medium heat for 6-8 minutes, stirring constantly until golden brown.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		⅜ tsp		¾ tsp	4. Slowly stir in milk, salt, pepper, and parsley (optional). Blend well. Cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
Dried parsley (optional)		2 Tbsp		¼ cup	
					5. Pour 1 qt ½ cup liquid mixture over potatoes in each pan. Stir to combine.
Margarine or butter, melted (optional)		2 Tbsp	2 oz	¼ cup	6. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¾ cup) per pan.
Enriched dry bread crumbs (optional)	3 oz	¾ cup 1 Tbsp	6 oz	1 ½ cups 2 Tbsp	
					7. Product should be evenly golden brown on top: Conventional oven: 350° F for 50-65 minutes Convection oven: 300° F for 40-50 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					8. Continue to bake at 190° F for 30 minutes.
					9. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Scalloped Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-14A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	2 lb 10 oz	5 lb 4 oz
Mature onions	4 oz	8 oz

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 1 pan
50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	63	Saturated Fat	0.31 g	Iron	0.22 mg
Protein	2.10 g	Cholesterol	1 mg	Calcium	50 mg
Carbohydrate	10.59 g	Vitamin A	86 IU	Sodium	261 mg
Total Fat	1.45 g	Vitamin C	3.0 mg	Dietary Fiber	0.8 g

Mexicali Corn

Vegetable

Vegetables

I-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole kernel corn, drained OR Frozen whole kernel corn	2 lb 1 oz OR 1 lb 14 oz	1 qt 1 ⅓ cups (½ No. 10 can) OR 1 qt 1 ¼ cups	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ⅔ cups (1 No. 10 can) OR 2 qt 2 ½ cups	1. Combine corn, green peppers, and onions.
*Fresh green pepper, finely chopped	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ cup	6 oz	1 cup OR ½ cup	2. To Heat: Place corn mixture in stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Heat, uncovered. Drain. Pour into pans (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. CCP: Heat to 135° F or higher.
Canned pimientos, chopped		2 Tbsp 2 tsp	3 oz	¼ cup 1 Tbsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	3. Add pimientos, butter or margarine, Chili powder, cumin, paprika, and onion powder. Stir lightly.
Chili powder		½ tsp		1 ¼ tsp	
Ground cumin		⅜ tsp		¾ tsp	
Paprika		¼ tsp		½ tsp	
Onion powder		¼ tsp		½ tsp	
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Green peppers	9 oz	1 lb 2 oz
Mature onions	4 oz	8 oz

Mexicali Corn

Vegetable

Vegetables

I-15

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 2 lb 9 ½ oz

50 Servings: 5 lb 3 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	43	Saturated Fat	0.25 g	Iron	0.42 mg
Protein	1.13 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	7.89 g	Vitamin A	220 IU	Sodium	92 mg
Total Fat	1.33 g	Vitamin C	9.8 mg	Dietary Fiber	0.9 g

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	2 oz	¼ cup	4 oz	½ cup	1. Heat margarine or butter in a stock pot until browned.
Lemon juice		1 Tbsp		2 Tbsp	2. Turn off heat and add lemon juice.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	3. Add onions, basil, parsley, pepper, onion powder, Parmesan cheese, and bread crumbs. Mix, reserve for step 6.
Dried basil		¾ tsp		1 ½ tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Onion powder		½ tsp		1 tsp	
Reduced fat Parmesan cheese, grated		3 Tbsp	2 oz	¼ cup 2 Tbsp	
Enriched dry bread crumbs	2 ½ oz	½ cup	5 oz	1 cup	
Frozen broccoli spears	1 lb 9 oz		3 lb 2 oz		4. Place broccoli and cauliflower in separate pans (9" x 13" x 2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. CCP: Heat to 135° F or higher.
Frozen cauliflower	1 lb 9 oz		3 lb 2 oz		5. Combine 11 oz of cooked broccoli and 11 oz of cooked cauliflower in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					6. Sprinkle ½ cup of bread crumb mixture over each pan of vegetables before serving.
					7. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 3 lb 2 ¼ oz

50 Servings: 6 lb 5 ½ oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	46	Saturated Fat	0.62 g	Iron	0.43 mg
Protein	2.27 g	Cholesterol	1 mg	Calcium	40 mg
Carbohydrate	4.90 g	Vitamin A	640 IU	Sodium	130 mg
Total Fat	2.34 g	Vitamin C	20.7 mg	Dietary Fiber	1.8 g

Quick-Baked Potatoes

Vegetable

Vegetables

I-17

Ingredients	26 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh baking potatoes, 80 count (at least 10 oz each)	8 lb 2 oz	13 each	15 lb 10 oz	25 each	1. Wash potatoes. Cut in half lengthwise, leaving skins.
Vegetable oil		¼ cup		½ cup	2. Spread ½ oz (1 Tbsp) of oil in each pan (9" x 13" x 2"). For 26 servings, use 4 pans. For 50 servings, use 8 pans.
					3. Place 6-7 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.
Seasonings					4. Mix seasonings and place in spice shaker. Sprinkle spice mixture over potatoes.
Granulated garlic		⅛ tsp		¼ tsp	
Celery salt		⅛ tsp		¼ tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Paprika		1 tsp		2 tsp	
Salt		¼ tsp		½ tsp	
					5. Turn potatoes cut-side down for browning.
					6. Bake until the surface is golden brown: Conventional oven: 450° F for 25-30 minutes Convection oven: 425° F for 20-25 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher. Portion is ½ potato.

SERVING:	YIELD:	VOLUME:
½ potato (with skin) provides ½ cup of vegetable.	26 Servings: 26 half-potatoes	26 Servings: 4 pans
	50 Servings: 50 half-potatoes	50 Servings: 8 pans

Edited 2004

Quick-Baked Potatoes

Vegetable

Vegetables

I-17

Nutrients Per Serving

Calories	128	Saturated Fat	0.35 g	Iron	1.28 mg
Protein	2.92 g	Cholesterol	0 mg	Calcium	18 mg
Carbohydrate	24.64 g	Vitamin A	62 IU	Sodium	35 mg
Total Fat	2.34 g	Vitamin C	11.2 mg	Dietary Fiber	2.6 g