

I. Vegetables

Food Safety Tips

1. *Always wash hands before beginning any food preparation.*
2. *Always wash hands after handling any raw animal products, such as eggs. This is to prevent cross-contamination.*
3. *Heat all cooked foods to recommended temperatures.*
4. *Use a food thermometer to determine the temperatures of foods for serving.*
5. *Hold all hot foods at a temperature of 140°F.*

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Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables I-1

Ingredients	25 Servings		50 Servings		For ____ 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 milk, hot	3/4 cup	1 1/2 cups	2. In a mixing bowl, use the whip attachment on medium speed to combine hot potatoes, hot milk, margarine or butter, salt, pepper, and mayonnaise (optional). Mix for 3 minutes. Scrape the sides of the bowl and mix on high speed for 1 minute, until smooth.
Margarine or butter	1/4 cup	4 oz.....	1/2 cup	
Salt.....	2 tsp	1 Tbsp 1 tsp	
White pepper	1/2 tsp	1 tsp	
Lowfat mayonnaise (optional)	4 oz	1/2 cup	8 oz.....	1 cup	

*See Marketing Guide.

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Mashed Potatoes (Fresh Potatoes) *(continued, page 2 of 2)*

SERVING: 1/4 cup (No. 16 scoop) provides
1/4 cup of vegetable

YIELD: 25 servings: 2 lb 15 oz
50 servings: 5 lb 14 oz
VOLUME: 25 servings: 1 qt 3 cups
50 servings: 3 qt 2 cups

Special Tip: For a special occasion, use red potatoes and leave skins on half of the potatoes. Mash as directed.

Variation:

a. Potatoes with Vegetables

25 servings: After Step 2, place 2 lb frozen mixed vegetables in a lightly greased half-steamtable pan (12" x 10" x 2 1/2"). Spread mashed potatoes over vegetables. Bake uncovered in a 325°F conventional oven for 30 minutes or in a 350°F convection oven for 30 minutes.

50 servings: After Step 2, place 4 lb of frozen mixed vegetables in a lightly greased steamtable pan (12" x 20" x 2 1/2"). Spread mashed potatoes over vegetables. Bake uncovered in a 325°F conventional oven for 30 minutes or in a 350°F convection oven for 30 minutes.

Nutrients Per Serving

Calories	55	Saturated Fat	.4 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	9 g	Vitamin A	27 RE/90 IU	Sodium	214 mg
Total Fat	2.0 g	Vitamin C	7 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes	3 lb 2 oz	6 lb 4 oz

Vegetable Medley

Vegetable

Vegetables I-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil	2 Tbsp	1/4 cup	1. Heat oil in a pot. 2. Add the carrots, green beans, and corn. Simmer, covered, for 20 minutes. 3. Remove from heat. Drain liquid and reserve.
*Fresh carrots, sliced	1 lb 10 oz	1 qt 1 1/2 cups	3 lb 4 oz	2 qt 3 cups	
Frozen cut green beans	8 oz	2 cups	1 lb	1 qt	
Frozen whole-kernel corn	1 lb 2 oz	1 qt	2 lb 4 oz	2 qt	
Vegetable or chicken stock	3 1/4 cups	1 qt 2 1/2 cups	4. Bring vegetable or chicken stock to a boil. Reduce heat to medium and add reserved vegetable liquid, salt, sugar, and garlic powder.
Vegetable liquid, reserved	1/3 cup	2/3 cup	
Salt	2 tsp	1 Tbsp 1 tsp	
Sugar	2 Tbsp	1/4 cup	
Garlic powder	1/4 tsp	1/2 tsp	
Cornstarch	1/2 cup	4 oz	1 cup	5. Dissolve cornstarch in cold water. Add to hot liquids and simmer, stirring continuously until thickened, about 5 minutes.
Water, cold	1/2 cup	1 cup	

*See Marketing Guide.

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Vegetable Medley (continued, page 2 of 2)

SERVING: 1/2 cup (No. 8 scoop) provides
3/8 cup of vegetable

YIELD: 25 servings: 4 lb 15 oz
50 servings: 9 lb 14 oz

Special Tip: A combination of frozen peas, onions, broccoli, or frozen mixed vegetables may also be used.

Nutrients Per Serving

Calories	59	Saturated Fat	.2 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	11 g	Vitamin A	713 RE/7118 IU	Sodium	391 mg
Total Fat	1.5 g	Vitamin C	4 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	2 lb 5 oz	4 lb 10 oz

Sesame Broccoli

Vegetable

Vegetables I-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock	1½ 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.
Ground ginger	1/8 tsp	1/4 tsp	
Sugar	2 Tbsp	1/4 cup	
Low-sodium soy sauce	2 Tbsp	1/4 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. 3. Remove sauce from heat and slowly whisk in sesame oil.
Water, cold	2 Tbsp	1/4 cup	
Sesame oil	2 Tbsp	1/4 cup	
*Fresh broccoli florets	2 lb 2 oz	1 gal	4 lb 4 oz	2 gal	4. Place broccoli in a steamtable pan (12" x 20" x 2½"). 5. To Steam: Compartment Steamer 5 minutes To Boil: Place in boiling water for 5 minutes. Drain.
OR Frozen chopped broccoli	2 lb 2 oz	1 gal	4 lb 4 oz	2 gal	
						6. Pour sauce over broccoli and stir to coat.

*See Marketing Guide.

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Sesame Broccoli (continued, page 2 of 2)

SERVING: 1/4 cup provides 1/4 cup of vegetable

YIELD: 25 servings: 2 lb 12 oz
50 servings: 5 lb 8 oz

Special Tip: Other vegetables, such as green beans and onions, peas and carrots, or frozen mixed vegetables, may be used in place of broccoli.

Nutrients Per Serving

Calories	28	Saturated Fat	.2 g	Iron	.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	4 g	Vitamin A	57 RE/567 IU	Sodium	142 mg
Total Fat	1.3 g	Vitamin C	31 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli	2 lb 10 oz	5 lb 4 oz

Potato Patties

Meat Alternate • Vegetable

Vegetables I-4

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dehydrated potato flakes	15 oz	1 qt 2 cups	1 lb 14 oz	3 qt	1. In a bowl, combine potato flakes and baking powder. Set aside.
Baking powder	1 Tbsp	2 Tbsp	
Boiling water	1 qt 1 ¹ / ₄ cups	2 qt 2 ¹ / ₂ cups	2. In a mixing bowl, use the paddle attachment on low speed to combine boiling water, parsley, and salt for 10 seconds. Slowly mix in potato flakes until liquid is absorbed.
Dried parsley flakes	¹ / ₄ cup 2 Tbsp	³ / ₄ cup	
Salt	2 tsp	1 Tbsp 1 tsp	
Fresh large eggs	3 each	6 each	3. Slowly add eggs and cheese. Mix on medium speed for 1 minute until smooth.
OR Frozen whole eggs, thawed	6 oz	³ / ₄ cup	12 oz	1 ¹ / ₂ cups	
Monterey Jack cheese, shredded	11 oz	2 ³ / ₄ cups	1 lb 6 oz	1 qt 1 ¹ / ₂ cups	
						4. Using a No. 16 scoop (2 oz), portion 12 or 13 patties (3 x 4) onto lightly greased half-sheet pans (18" x 13" x 1"). Flatten cakes slightly and spray with vegetable spray to aid in the browning process.
						5. To Bake: Conventional Oven 375°F, 20 minutes Convection Oven 350°F, 10 to 15 minutes Bake until golden brown and crispy.

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Potato Patties (continued, page 2 of 2)

SERVING: 1 patty provides the equivalent of 1/2 oz of cooked lean meat and 3/8 cup of vegetable

YIELD: 25 servings: 4 lb 1 oz
50 servings: 8 lb 2 oz

Nutrients Per Serving

Calories	118	Saturated Fat	2.6 g	Iron	.8 mg
Protein	5 g	Cholesterol	40 mg	Calcium	139 mg
Carbohydrate	14 g	Vitamin A	44 RE/235 IU	Sodium	341 mg
Total Fat	4.5 g	Vitamin C	15 mg	Dietary Fiber	1 g

Oven Fries

Vegetable

Vegetables I-5

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Medium baking potatoes	5 lb	10 lb	1. Wash potatoes. Cut each potato in quarters. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth. 2. In a bowl, toss 2 lb 8 oz potatoes with $\frac{1}{4}$ cup oil. Spread evenly on baker's paper on a half-sheet pan (18" x 13" x 1").
Vegetable oil	$\frac{1}{2}$ cup	1 cup	
Black pepper	$\frac{1}{2}$ tsp	1 tsp	3. In a bowl, combine pepper, salt, and paprika. 4. Sprinkle $1\frac{1}{2}$ tsp of this seasoning mix over each pan of potatoes. 5. To Bake: Conventional Oven 500°F, 25 to 28 minutes Convection Oven 450°F, 20 to 23 minutes Turn after 15 minutes for even cooking. Bake until brown and tender.
Salt	2 tsp	1 Tbsp 1 tsp	
Paprika	$\frac{1}{2}$ tsp	1 tsp	
Parmesan cheese, grated	2 Tbsp	$\frac{1}{4}$ cup	6. Sprinkle 1 Tbsp Parmesan over each tray of potatoes. Return to oven for 1 minute.

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Oven Fries *(continued, page 2 of 2)*

SERVING: 2 pieces provide $\frac{3}{8}$ cup of vegetable

YIELD: 25 servings: 4 lb 3 oz
50 servings: 8 lb 6 oz

Special Tip: Other root vegetables, such as turnips, parsnips, and sweet potatoes may also be oven-fried.

Nutrients Per Serving

Calories	224	Saturated Fat	.9 g	Iron	6.4 mg
Protein	4 g	Cholesterol	1 mg	Calcium	47 mg
Carbohydrate	42 g	Vitamin A	5 RE/36 IU	Sodium	226 mg
Total Fat	4.8 g	Vitamin C	10 mg	Dietary Fiber	4 g

Potato Pancakes

Meat Alternate • Vegetable

Vegetables I-6

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs	7 each	14 each	1. In a bowl, beat eggs and egg whites until foamy.
OR Frozen whole eggs, thawed	14 oz	1¾ cups	1 lb 12 oz	3½ cups	
Fresh large egg whites	9 each	18 each	
OR Frozen egg whites, thawed	11 oz	1¼ cups 2 Tbsp	1 lb 6 oz	2¾ cups	
*Onion, grated	12 oz	1½ cups	1 lb 8 oz	3 cups	2. Add onions, flour, baking powder, pepper, garlic powder, lemon juice, and salt to beaten eggs. Whisk to combine.
OR Dehydrated onion flakes	¼ cup 2 Tbsp	¾ cup	
All-purpose flour	½ cup	6 oz	1 cup	
Baking powder	¾ tsp	1½ tsp	
Black pepper	¾ tsp	1½ tsp	
Garlic powder	¾ tsp	1½ tsp	
Lemon juice	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Salt	2 tsp	1 Tbsp 1 tsp	
Frozen, hash brown potatoes, thawed	3 lb 4 oz	2 qt 2 cups	6 lb 8 oz	1 gal 1 qt	3. Add potatoes and stir gently until they are coated with the egg mixture.

*See Marketing Guide.

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Potato Pancakes (continued, page 2 of 2)

SERVING: 1 piece provides the equivalent of 1 oz of cooked lean meat and 1/4 cup of vegetable

YIELD: 25 servings: 5 lb 2 oz
50 servings: 10 lb 4 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						4. Spread 3 qt (5 lb 13 oz) of the potato-egg mixture evenly onto each lightly greased half-sheet pan (18" x 13" x 1"). To Bake: Conventional Oven 375°F, 45 minutes Convection Oven 350°F, 35 minutes Bake until lightly browned and crispy. 5. Cut each pan into 25 pieces (5 x 5).

Special Tip: These pancakes may be served with Maple Applesauce Topping (C-1).

Nutrients Per Serving

Calories	177	Saturated Fat	3.2 g	Iron	1.3 mg
Protein	6 g	Cholesterol	67 mg	Calcium	29 mg
Carbohydrate	21 g	Vitamin A	30 RE/101 IU	Sodium	262 mg
Total Fat	8.4 g	Vitamin C	5 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Onions	14 oz	1 lb 12 oz

Broccoli Souffle

Vegetable

Vegetables I-7

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter	6 oz	3/4 cup	12 oz.....	1 1/2 cups	1. Melt margarine in a saucepan. Add flour and salt and stir until smooth. Cook over low heat for 3 minutes. Do not brown.
All-purpose flour	4 oz	1 cup.....	8 oz.....	2 cups	
Salt.....	2 tsp	1 Tbsp 1 tsp	
Lowfat milk, hot	1 qt	2 qt	2. Using a wire whip, slowly add milk to flour mixture. Cook until thickened and smooth, about 10 minutes. 3. Beat egg yolks until blended, using a whip. Slowly add eggs to white sauce, whisking to blend.
Egg yolks	6 oz	8 each	12 oz.....	16 each	
*Fresh broccoli, chopped	2 lb	3 qt 2 cups	4 lb	1 gal 3 qt	4. Cook fresh broccoli: To Simmer: Place broccoli in boiling water. After water boils again, reduce heat to simmer and cook for 10 to 20 minutes. To Steam: Place broccoli in steam-table pan (12" x 20" x 2 1/2"). Cook in compartment steamer for 10 minutes. 5. Set aside to cool.
OR Frozen chopped broccoli	2 lb 15 oz	5 lb 14 oz	
Onions, grated	2 Tbsp	1/4 cup	6. Add cooled broccoli (or thawed, drained, frozen broccoli), onions, bread crumbs, and lemon juice to white sauce.
Bread crumbs, soft	4 oz	1 cup.....	8 oz.....	2 cups	
Lemon juice.....	1 Tbsp	2 Tbsp	

*See Marketing Guide.

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Broccoli Souffle (continued, page 2 of 2)

SERVING: 1 piece provides 1/8 cup of vegetable

YIELD: 25 servings: 5 lb 10 oz
50 servings: 11 lb 4 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
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. 8. Place 3 qt 3 cups (6 lb) mixture into each lightly sprayed steamtable pan (12" x 20" x 2 1/2"). 9. To Bake: Conventional Oven 325°F, 30 minutes Convection Oven 350°F, 20 minutes Bake until eggs are completely cooked and knife inserted in center comes out clean. Allow to cool for 10 minutes. Cut each pan into 25 pieces (5 x 5).

Special Tip: For variety, souffles may be made with other vegetables, such as spinach, mushrooms, or zucchini.

Nutrients Per Serving

Calories	135	Saturated Fat	2.1 g	Iron	.9 mg
Protein	6 g	Cholesterol	89 mg	Calcium	87 mg
Carbohydrate	10 g	Vitamin A	202 RE/1150 IU	Sodium	422 mg
Total Fat	8.3 g	Vitamin C	18 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Onions	1 oz	2 oz
Broccoli	2 lb 7 oz	4 lb 14 oz

Baked Sweet Potatoes and Apples

Vegetable • Fruit

Vegetables I-8

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned sweet potatoes (cut), drained	1 lb 11 oz	1 qt 1/2 cup	3 lb 6 oz	2 qt 1 cup	1. For 25 servings, place 1 lb 11 oz (1 qt 1/2 cup) sweet potatoes in a lightly greased half-steamtable pan (12" x 10" x 2 1/2"). For 50 servings, place 3 lb 6 oz (2 qt 1 cup) sweet potatoes in a lightly greased steamtable pan (12" x 20" x 2 1/2").
Canned apples (unsweetened, sliced) with juice	1 lb 3 oz	2 1/4 cups 2 Tbsp	2 lb 6 oz	1 qt 3/4 cup	2. For 25 servings, place 1 lb 3 oz (2 1/4 cups 2 Tbsp) apples over the sweet potatoes. For 50 servings, place 2 lb 6 oz (1 qt 3/4 cup) apples over the sweet potatoes.
Brown sugar, packed	1/4 cup 2 Tbsp	5 1/2 oz	3/4 cup	3. Combine brown sugar, cinnamon, and nutmeg (optional). 4. Sprinkle 1/4 cup 2 Tbsp sugar mixture over the apples for 25 servings. Sprinkle 3/4 cup sugar mixture over the apples for 50 servings.
Ground cinnamon	1/2 tsp	1 tsp	
Ground nutmeg (optional)	1/2 tsp	1 tsp	
Butter or margarine	2 Tbsp 2 tsp	1/3 cup	5. For 25 servings, dot mixture in pan with 2 Tbsp 2 tsp butter or margarine. For 50 servings, dot mixture in pan with 1/3 cup butter or margarine. 6. For 25 servings, add 1/4 cup 2 Tbsp water to pan. For 50 servings, add 3/4 cup water to pan.
Water	1/4 cup 2 Tbsp	3/4 cup	

(over)

Baked Sweet Potatoes and Apples (continued, page 2 of 2)

SERVING: 1/4 cup provides 1/4 cup of vegetable and fruit

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>7. To Bake: Conventional Oven 350°F, 25 to 30 minutes Convection Oven 300°F, 15 to 20 minutes</p> <p>8. Portion 1/4 cup per serving.</p>

Nutrients Per Serving

Calories	66	Saturated Fat	.8 g	Iron	.4 mg
Protein	1 g	Cholesterol	3 mg	Calcium	10 mg
Carbohydrate	14 g	Vitamin A	227 RE/2200 IU	Sodium	26 mg
Total Fat	1.4 g	Vitamin C	3 mg	Dietary Fiber	1 g

Mashed Potatoes (Instant)

Vegetable

Vegetables I-9

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
USING POTATO FLAKES:						
Boiling water	1 qt 1/2 cup	2 qt 1 cup	<ol style="list-style-type: none"> 1. Pour boiling water and warm, reconstituted, instant nonfat dry milk into a large bowl. 2. Add instant potato flakes, butter or margarine, and salt. 3. Stir 30 seconds to moisten potatoes. Stir an additional 30 seconds to fluff. Avoid overmixing. (Using mixer is not recommended.) 4. Serve.
Reconstituted, warm, instant nonfat dry milk	1 1/2 cups	3 cups	
Instant potato flakes	8 oz	1 lb 1/2 oz	
Butter or margarine	3 Tbsp	3 oz	1/4 cup 2 Tbsp	
Salt	3/4 tsp	1 1/2 tsp	
USING POTATO GRANULES:						
Boiling water	3 1/2 cups	1 qt 3 cups	<ol style="list-style-type: none"> 1. Pour boiling water and warm, reconstituted, instant nonfat dry milk into mixer bowl. 2. Add instant potato granules, butter or margarine, and salt. 3. Mix 30 seconds to moisten potatoes. Beat an additional 1 minute until fluffy. (Using mixer is recommended.) 4. Serve.
Reconstituted, warm, instant nonfat dry milk	1 cup 3 Tbsp	2 1/4 cups 2 Tbsp	
Instant potato granules	8 oz	1 lb 1/2 oz	
Butter or margarine	3 oz	3 Tbsp	3 oz	1/4 cup 2 Tbsp	
Salt	3/4 tsp	1 1/2 tsp	

(over)

Mashed Potatoes (Instant) *(continued, page 2 of 2)*

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable

YIELD: 25 servings: 1 1/2 qt (approximately)
50 servings: 3 qt (approximately)

NOTE: Since the starch content of potatoes can differ, you may need to adjust the quantity of liquid used. Increase or decrease as needed for a fluffy product.

Nutrients Per Serving

Calories	50	Saturated Fat	.8 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	22 mg
Carbohydrate	8 g	Vitamin A	13 RE/52 IU	Sodium	103 mg
Total Fat	1.4 g	Vitamin C	8 mg	Dietary Fiber	0 g

Stir-Fry Vegetables

Vegetable

Vegetables I-10

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Assorted frozen and/or fresh vegetables	3 lb 2 oz	6 lb 4 oz	<p>1. Select a colorful assortment of four or more vegetables from the three vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)</p> <p>Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in Step 4.</p> <p>Clean, slice, and cut vegetables into bite-size pieces.</p> <p>2. Combine water, soy sauce, and garlic powder. Set aside for Step 6.</p>
Group A						
Broccoli						
Carrots						
Cauliflower						
Celery						
Onions						
Group B						
Cabbage						
Green beans						
Green peas						
Yellow summer squash						
Zucchini						
Optional vegetables						
Bean sprouts						
Snow peas						
Red or green peppers						
Pimentos						
Water chestnuts						
Water	1/4 cup	1/2 cup	
Soy sauce	2 Tbsp	1/4 cup	
Garlic powder	1 tsp	2 tsp	

(over)

Stir-Fry Vegetables (continued, page 2 of 2)

SERVING: 1/4 cup provides 1/4 cup of vegetable

YIELD: 25 servings: 1 qt 3 1/2 cups (approximately)
50 servings: 3 qt 3 cups (approximately)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil	1/4 cup	1/2 cup	3. Heat oil in a large, heavy skillet or pan. Add pepper to oil and stir. 4. 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. 5. Add soy sauce mixture to vegetables. Stir quickly for a few seconds. 6. Cover, reduce heat, and steam for 2 to 3 minutes. DO NOT OVER-COOK VEGETABLES. They will continue to cook on the steamtable. 7. Pour into serving pans or bowls. (Portion 1/4 cup per serving.)
Black pepper	1/4 tsp	1/2 tsp	

Nutrients Per Serving*

Calories	35	Saturated Fat	.3 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	4 g	Vitamin A	221 RE/2208 IU	Sodium	107 mg
Total Fat	2.3 g	Vitamin C	16 mg	Dietary Fiber	1 g

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

Corn Pudding

Meat Alternate • Vegetable

Vegetables I-11

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Reconstituted instant, nonfat dry milk	1 cup	2 cups	1. In a mixer bowl, combine milk, flour, eggs, butter or margarine, sugar, pepper, and nutmeg (optional). Mix for 3 minutes on low speed.
All-purpose flour	5½ oz	1¼ cups	11 oz	2½ cups	
Fresh large eggs, beaten	7 each	13 each	
OR						
Frozen whole eggs, thawed	12 oz	¾ cup	1 lb 7 oz	1½ cups	
Butter or margarine, melted..	¼ cup	4 oz	½ cup	
Sugar	1 Tbsp	2 Tbsp	
Black or white pepper	½ tsp	1 tsp	
Ground nutmeg (optional)	½ tsp	1 tsp	
Canned whole-kernel corn, drained	1 lb 2 oz	3 cups	2 lb 3 oz	1 qt 2 cups	
Canned cream-style corn	2 lb 1 oz	3½ cups 2 Tbsp	4 lb 2 oz	1 qt ¾ cups	
Dehydrated onions (optional)	2 Tbsp 2 tsp	⅓ cup	

(over)

Corn Pudding (continued, page 2 of 2)

SERVING: 1 piece provides 1/4 large egg, 1/4 cup of vegetable, and the equivalent of 1/4 slice of bread

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>4. To Bake: Conventional Oven 375°F, 50 to 60 minutes Convection Oven 325°F, 30 to 40 minutes Bake until lightly browned.</p> <p>5. For 25 servings, cut each pan 5 x 5 (25 pieces per pan). For 50 servings, cut each pan 5 x 10 (50 pieces per pan).</p>

Nutrients Per Serving

Calories	106	Saturated Fat	1.6 g	Iron	.8 mg
Protein	4 g	Cholesterol	58 mg	Calcium	22 mg
Carbohydrate	16 g	Vitamin A	48 RE/217 IU	Sodium	211 mg
Total Fat	3.5 g	Vitamin C	3 mg	Dietary Fiber	1 g

Orange-Glazed Sweet Potatoes

Vegetable

Vegetables I-12

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned sweet potatoes (cut), with light syrup	4 lb 3 ¹ / ₂ oz ...	1 qt 3 ¹ / ₂ cups	8 lb 7 oz	3 qt 3 cups	<ol style="list-style-type: none"> 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. For 25 servings, place 2 lb 12¹/₂ oz (1 qt 3 cups) sweet potatoes into a half-steamtable pan (12" x 10" x 2¹/₂"). For 50 servings, place 5 lb 9 oz (3 qt 2 cups) sweet potatoes into a steamtable pan (12" x 20" x 2¹/₂").
Butter or margarine	1/4 cup	4 oz.....	1/2 cup	
Brown sugar, packed	1/4 cup 2 Tbsp	5 ¹ / ₄ oz	1/2 cup 3 Tbsp	<ol style="list-style-type: none"> 3. For Glaze: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend. 4. Bring to a boil. Remove from heat. Add raisins (optional). 5. For 25 servings, pour over the sweet potatoes: 1¹/₄ cups 2 Tbsp glaze. For 50 servings, pour over the sweet potatoes: 2³/₄ cups glaze. To Bake: Conventional Oven 375°F, 20 to 30 minutes Convection Oven 325°F, 15 to 20 minutes 6. Portion ¹/₄ cup per serving.
Undiluted, frozen orange juice concentrate	1/4 cup 2 Tbsp	7 oz.....	3/4 cup	
Ground nutmeg (optional)	1/2 tsp	1 tsp	
Ground cinnamon	1/2 tsp	1 tsp	
Raisins (optional)	1/2 cup	5 oz.....	1 cup	

(over)

Orange-Glazed Sweet Potatoes *(continued, page 2 of 2)*

SERVING: 1/4 cup provides 1/4 cup of vegetable

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Variation:

a. Orange-Glazed Carrots

25 servings: Omit Step 1. In Step 2, omit sweet potatoes. Use 2 lb 11 oz (1 qt 3 cups) drained sliced carrots. In Step 3, omit sweet potato liquid. Use 1/2 cup water mixed with 1 Tbsp cornstarch. Continue with Steps 4 through 6.

50 servings: Omit Step 1. In Step 2, omit sweet potatoes. Use 5 lb 5 oz (3 qt 2 cups) drained sliced carrots. In Step 3, omit sweet potato liquid. Use 1 cup water mixed with 2 Tbsp cornstarch. Continue with Steps 4 through 6.

Nutrients Per Serving

Calories	89	Saturated Fat	1.2 g	Iron	.6 mg
Protein	1 g	Cholesterol	5 mg	Calcium	14 mg
Carbohydrate	17 g	Vitamin A	380 RE/3696 IU	Sodium	40 mg
Total Fat	2.0 g	Vitamin C	10 mg	Dietary Fiber	2 g

Refried Beans

Meat Alternate • Vegetable

Vegetables I-13

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned pinto beans, drained, stock reserved	3 lb 10 oz	1 qt 3 ¹ / ₂ cups	7 lb 3 oz	1 No. 10 can + 3 cups	<ol style="list-style-type: none"> Place beans, chicken broth or bean stock, oil, and seasonings (optional) in mixer. Blend on medium speed for 3 to 5 minutes until smooth or to desired consistency. For 25 servings, pour 1 qt 3 cups bean mixture into a lightly oiled half-steamtable pan (12" x 10" x 2¹/₂"). For 50 servings, pour 3 qt 2 cups bean mixture into a lightly oiled steamtable pan (12" x 20" x 2¹/₂"). To Bake: Conventional Oven 350°F, 30 minutes Convection Oven 300°F, 20 minutes For 25 servings, sprinkle 5¹/₂ oz (1¹/₂ cups 2 Tbsp) cheese over each half-steamtable pan. For 50 servings, sprinkle 11 oz (3¹/₄ cups) cheese over each steamtable pan. Portion with No. 16 scoop (1¹/₄ cup).
OR *Cooked dry pinto beans, drained	2 lb 7 oz	1 qt 2 ¹ / ₂ cups	4 lb 13 oz	3 qt 1 cup	
Chicken broth or bean stock	1/2 cup	1 cup	
Vegetable oil	1/4 cup	1/2 cup	
Seasonings (optional):						
Chili powder	1 Tbsp	2 Tbsp	
Ground cumin	2 ¹ / ₄ tsp	1 Tbsp 1 ¹ / ₂ tsp	
Paprika	3/4 tsp	1 ¹ / ₂ tsp	
Onion powder	3/4 tsp	1 ¹ / ₂ tsp	
Cheddar cheese, shredded	5 ¹ / ₂ oz	1 ¹ / ₂ cups 2 Tbsp	11 oz	3 ¹ / ₄ cups	

*See Marketing Guide.

(over)

Refried Beans (continued, page 2 of 2)

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup of cooked dry beans

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Preparation Note:

SOAKING BEANS

Overnight method: Add 1 qt 3 cups of water for each 1 lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 qt 3 cups of cold water for each 1 lb 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, add 1/2 tsp salt (optional) for each 1 lb of dry beans. Boil gently with lid tilted about 2 hours, until beans are tender.

1 lb dry beans = approximately 2 1/2 cups dry beans

1 lb dry beans = 6 1/4 cups cooked beans

Nutrients Per Serving

Calories	103	Saturated Fat	1.7 g	Iron	1.3 mg
Protein	6 g	Cholesterol	7 mg	Calcium	78 mg
Carbohydrate	10 g	Vitamin A	20 RE/68 IU	Sodium	344 mg
Total Fat	4.6 g	Vitamin C	0 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Pinto beans, dry	1 lb	2 lb 1/2 oz

Scalloped Potatoes (Dry Slices)

Vegetable

Vegetables I-14

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dehydrated sliced potatoes	9 oz	1 qt 1½ cups	1 lb 2 oz	2 qt 3 cups	1. Rehydrate potatoes according to package instructions or cover potatoes with hot tap water. Let stand for 5 minutes. Drain well. 2. For 25 servings, place 1 lb 5 oz (1½ qt) potatoes into a lightly greased half-steamtable pan (12" x 10" x 2½"). For 50 servings, use 1 steamtable pan. Set aside for Step 6. 3. In a pot, melt butter or margarine. Add onions and cook over medium heat for 5 to 10 minutes. 4. Blend in flour. Cook over medium heat for 6 to 8 minutes, stirring constantly until golden brown.
Butter or margarine	3 Tbsp	3 oz.....	¼ cup 2 Tbsp	
*Onions, chopped	3½ oz	½ cup 1 Tbsp	7 oz.....	1 cup 2 Tbsp	
OR Dehydrated onions	2 Tbsp.....	¼ cup	
All-purpose flour	¼ cup 2 Tbsp	3 oz.....	¾ cups	
Reconstituted instant, nonfat dry milk.....	1½ qt	3 qt	5. Slowly stir in milk, salt, pepper, and parsley flakes (optional). Blend well. Cook over medium heat, stirring frequently until slightly thickened, 10 to 15 minutes. 6. Pour 1½ qt liquid mixture over potatoes in each half-steamtable pan. Stir to combine.
Salt.....	1½ tsp	1 Tbsp	
Black or white pepper	⅜ tsp	¾ tsp	
Dried parsley flakes (optional)	2 Tbsp.....	¼ cup	

*See Marketing Guide.

(over)

Scalloped Potatoes (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter or margarine, melted (optional)	2 Tbsp	2 oz.....	1/4 cup	<p>7. Optional Topping: Combine butter or margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (³/₄ cup) per half-steamtable pan for 25 servings; or 8 oz (1²/₃ cups) per steamtable pan for 50 servings.</p> <p>8. To Bake: Conventional Oven 350° F, 45 to 60 minutes Convection Oven 300°F, 35 to 45 minutes Bake until evenly golden brown on top.</p> <p>9. Hold for 30 minutes on a steamtable (180°F to 190°F) to allow sufficient time for mixture to set up properly.</p> <p>10. Portion with No. 16 scoop (1/4 cup).</p>
Bread crumbs, dry (optional)	3 oz	³ / ₄ cup 1 Tbsp	6 oz.....	1 1/2 cups 2 Tbsp	

Scalloped Potatoes (continued, page 3 of 3)

SERVING: 1/4 cup provides 1/4 cup of vegetable

YIELD: 25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Variation:

a. Scalloped Potatoes (Fresh Potatoes*)

25 servings: Omit Step 1. In Step 2, use 2 lb (1½ qt) fresh potatoes, peeled and thinly sliced. Place in a steamtable pan. Continue with Steps 3 and 4. In Step 5, use 1 qt milk. In Step 6, pour 1 qt ½ cup liquid mixture over potatoes in pan. Continue with Step 7. In Step 8, bake in a conventional oven, 350°F, 50 to 65 minutes; or in a convection oven, 300°F, 40 to 50 minutes. Continue with Steps 9 and 10.

50 servings: Omit Step 1. In Step 2, use 4 lb 1 oz (3 qt) fresh potatoes, peeled and thinly sliced. Place 2 lb (1½ qt) potatoes into each steamtable pan. Continue with Steps 3 and 4. In Step 5, use ½ gal milk. In Step 6, pour 1 qt ½ cup liquid mixture over potatoes in pan. Continue with Step 7. In Step 8, bake in a conventional oven, 350°F, 50 to 65 minutes; or in a convection oven, 300°F, 40 to 50 minutes. Continue with Steps 9 and 10.

*See Marketing Guide.

Nutrients Per Serving

Calories	78	Saturated Fat	.9 g	Iron	.2 mg
Protein	3 g	Cholesterol	4 mg	Calcium	80 mg
Carbohydrate	13 g	Vitamin A	13 RE/54 IU	Sodium	198 mg
Total Fat	1.5 g	Vitamin C	8 mg	Dietary Fiber	1 g

**Marketing Guide for Selected Items
Scalloped Potatoes (Dry Slices)**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	4 oz	8 oz

**Marketing Guide for Selected Items
Scalloped Potatoes (Fresh Potatoes)**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	4 oz	8 oz
Potatoes	2 lb 8 oz	5 lb.....



Mexicali Corn

Vegetable

Vegetables I-15

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned liquid pack, whole-kernel corn	3 lb 5 oz	1 qt 2 cups	6 lb 10 oz	1 No. 10 can	<p>1. Prepare corn:</p> <p>A. IF USING CANNED CORN:</p> <p>To Microwave: Drain and discard approximately half of the liquid. Place corn with remaining liquid, green pepper, and onions in a half-steamtable pan (12" x 10" x 2½") for 25 servings; or in a steamtable pan (12" x 20" x 2½") for 50 servings. Stir to combine. Heat, uncovered, until heated thoroughly (165°F).</p> <p>OR</p> <p>To Heat: Drain and discard half the liquid. Place corn with remaining liquid, green pepper, and onions in stock pot. Stir to combine. Heat, uncovered, for 5 to 10 minutes until heated thoroughly (165° F). Drain. Pour into serving pans.</p>
OR Frozen whole-kernel corn	2 lb 2 oz	1 qt 2 cups	4 lb 3 oz	3 qt	
*Fresh green pepper, finely chopped	½ cup	5¼ oz	1 cup	
*Onions, chopped	¼ cup 2 Tbsp	4½ oz	¾ cup	
OR Dehydrated onions	2 Tbsp	¼ cup	

*See Marketing Guide.

(over)

Mexicali Corn (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>B. IF USING FROZEN CORN: To Microwave: Place corn, green pepper, and onions in a half-steamtable pan (12" x 10" x 2½") for 25 servings; or in a steamtable pan (12" x 20" x 2½") for 50 servings. Stir to combine. Heat, uncovered, until heated thoroughly (165° F).</p> <p style="text-align: center;">OR</p> <p>To Cook: Place corn, green peppers, and onions in a stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Bring water to a boil. Reduce heat. Simmer, uncovered, for 5 to 10 minutes. Drain. Pour into serving pans.</p>
Pimentos, chopped	2 Tbsp 2 tsp	1/3 cup	<p>2. Add pimentos, butter or margarine, and seasonings. Stir lightly. 3. Portion with No. 16 scoop (1/4 cup).</p>
Butter or margarine	2 Tbsp	1/4 cup	
Seasonings:						
Chili powder	1/2 tsp	1 1/4 tsp	
Ground cumin	3/8 tsp	3/4 tsp	
Paprika	1/4 tsp	1/2 tsp	
Onion powder	1/4 tsp	1/2 tsp	

Mexicali Corn (continued, page 3 of 3)

SERVING: 1/4 cup (No. 16 scoop) provides
1/4 cup of vegetable

YIELD: 25 servings: 1 gal 2 qt 2 cups
50 servings: 3 gal 1 qt

Nutrients Per Serving

Calories	43	Saturated Fat	.6 g	Iron	.4 mg
Protein	1 g	Cholesterol	3 mg	Calcium	4 mg
Carbohydrate	8 g	Vitamin A	24 RE/190 IU	Sodium	139 mg
Total Fat	1.4 g	Vitamin C	7 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Green peppers	3 ¹ / ₂ oz	6 ³ / ₄ oz
Mature onions	2 ¹ / ₂ oz	5 ¹ / ₄ oz



Broccoli and Cauliflower Polonaise

Vegetable

Vegetables I-16

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter, melted .. Lemon juice	2 oz	1/4 cup	4 oz	1/2 cup	1. In a stock pot, heat margarine or butter until browned. 2. Turn off heat and add lemon juice.
*Onions, 1/4" dice	1/4 cup	2 1/2 oz	1/2 cup	3. To the butter-lemon (or margarine-lemon) mixture, add the fresh or rehydrated onions, basil, parsley, white pepper, onion salt, Parmesan cheese, and bread crumbs. Mix, then set aside.
OR +Dehydrated onions	1 Tbsp	2 Tbsp	
Dried basil leaves	3/4 tsp	1 1/2 tsp	
Dried parsley	1 1/2 tsp	1 Tbsp	
White pepper	1/8 tsp	1/4 tsp	
Onion salt	1/2 tsp	1 tsp	
Parmesan cheese, grated	3 Tbsp	2 oz	1/4 cup 2 Tbsp	
Dry bread crumbs	2 1/2 oz	1/2 cup	5 oz	1 cup	
Frozen broccoli spears	1 lb 9 oz	3 lb 2 oz	4. Place broccoli and cauliflower in separate half-steamtable pans (12" x 10" x 2 1/2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. 5. In each half-steamtable pan, combine 1 lb 6 oz of cooked broccoli and 1 lb 6 oz of cooked cauliflower. 6. Sprinkle 1 cup of bread crumb mixture (from Step 3) over each pan of vegetables before serving. 7. Each half-steamtable pan serves 25.
Frozen cauliflower	1 lb 9 oz	3 lb 2 oz	

*See Marketing Guide.

+Rehydrate onions in an equal amount of water. Do not drain.

(over)

Broccoli and Cauliflower Polonaise (continued, page 2 of 2)

SERVING: 1/4 cup (No. 16 scoop) provides
1/4 cup of vegetable

YIELD: 25 servings: 6 lb 5 1/2 oz
50 servings: 12 lb 11 oz

Nutrients Per Serving

Calories	48	Saturated Fat	.6 g	Iron	.5 mg
Protein	2.5 g	Cholesterol	1 mg	Calcium	41 mg
Carbohydrate	5 g	Vitamin A	62 RE/463 IU	Sodium	108 mg
Total Fat	2.5 g	Vitamin C	27 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	2 oz	3 oz

Quick-Baked Potatoes

Vegetable

Vegetables I-17

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes, 80-count	7 lb 12 oz	13	15 lb 8 oz	25	1. Wash potatoes. Cut in half lengthwise, leaving on skins.
Garlic salt	1/8 tsp	1/4 tsp	2. Mix spices and place in spice shaker.
Celery salt	1/8 tsp	1/4 tsp	
White pepper	1/8 tsp	1/4 tsp	
Black pepper	1/8 tsp	1/4 tsp	
Paprika	1 tsp	2 tsp	
Salt	1/4 tsp	1/2 tsp	
Vegetable oil	2 Tbsp	1/4 cup	3. Spread 2 Tbsp (1 oz) of oil in each steamtable pan (12" x 20" x 2 1/2"). 4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up. 5. Sprinkle spice mixture over potatoes. 6. Turn potatoes cut-side down for browning. 7. To Bake: Conventional Oven 450° F, 25 to 30 minutes Convection Oven 425° F, 20 to 25 minutes Bake until surface is golden brown.

(over)

Quick-Baked Potatoes (continued, page 2 of 2)

SERVING: 1/2 potato (with skin) provides
5/8 cup of vegetable

YIELD: 25 servings: 25 half-potatoes
50 servings: 50 half-potatoes

Nutrients Per Serving

Calories	143	Saturated Fat	.4 g	Iron	1.6 mg
Protein	3 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	29 g	Vitamin A	11 RE/112 IU	Sodium	88 mg
Total Fat	2.3 g	Vitamin C	15 mg	Dietary Fiber	3 g