

TANGY SPINACH

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
31 cal	5 g	3 g	1 g	0 mg	187 mg	122 mg

Ingredient

SPINACH,FROZEN

OIL,SALAD

ONIONS,FRESH,CHOPPED

VINEGAR,DISTILLED

SALT

PEPPER,BLACK,GROUND

Weight

18 lbs

1-1/2 oz

1-3/4 lbs

1-1/8 lbs

1 oz

1/2 oz

Measure

2 gal 2-3/4 qts

3 tbsp

1 qts 1 cup

2-1/4 cup

1 tbsp

2 tbsp

Issue

2 lbs

Method

- 1 Cook spinach for 4 to 6 minutes. Drain.
- 2 Saute onions in oil until tender.
- 3 Stir in vinegar, salt and pepper; simmer 3 minutes.
- 4 Pour vinegar-onion mixture over spinach. CCP: Hold at 140 F. or higher for service.