

Q: Vegetables and Meatless Entree Alternatives No. Q81000N

CAPONATA

Yield 100 Portions
Each Portion 1/2 CUP

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
110 kcal	14 gm	2 gm	5 gm	40.9 %	0 mg	660 mg		24 mg

Ingredients	Weight	Measure	Issue
POTATOES, WHITE, WHOLE	7 lbs	2 qt 1 pt 9 tbsp 1 tsp	
OIL, SALAD, OLIVE	0 lbs 8 oz	1 c 2 3/8 tsp	
EGGPLANT, FRESH	10 lbs		
CELERY, FRESH	5 lbs	1 gal 1 pt 14 tbsp 1 1/4 tsp	
PEPPERS, GREEN	5 lbs	3 qt 1 pt 1 c 3 tbsp 1 5/8 tsp	
ONIONS, YELLOW	3 lbs		
TOMATOES, DICED, CANNED	12 lbs 11 1/8 oz	1 gal 2 qt	
VINEGAR, WHITE	0 lbs 8 oz	15 tbsp 3/4 tsp	
SUGAR, REFINED, WHITE, GRANULATED	0 lbs 4 oz	9 tbsp 1/4 tsp	
SPICE, SALT, TABLE, IODIZED	0 lbs 2 oz	3 tbsp 3/8 tsp	
SPICE, PEPPER, BLACK	0 lbs 3/4 oz	3 tbsp 1/4 tsp	
OLIVES, GRN W/PIMIENTO	4 lbs		
SPICE, FRESH, ASSORTED	0 lbs 2 oz		

METHODS

- 1 Wash and trim vegetables. Dice eggplant and potatoes into 1" cubes. Cut celery, peppers and onions into 1" pieces. Cook potatoes in oil on a 375°F grill for 5 minutes until lightly browned; add eggplant, celery, peppers, and onions and cook for 5 minutes.
- 2 Add tomatoes, salt and black pepper and cook for 5 additional minutes. Add vinegar, sugar and olives; mix well.
- 3 Transfer mixture to steam table pans 4 (12"x 20" x 2½"). Bake uncovered in 325°F convection oven for 20 minutes. CCP: Internal temperature must reach 145°F or higher for 15 seconds. Sprinkle ¼ cup chopped fresh parsley over the top of each pan. Hold for service at 140°F or higher.

NOTES

- 1 Recommend cook in 25-50 batch portions.