

Golden Corn & Carrots Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (¼ cup starchy, ¼ cup red/orange)

Portion Size: ½ cup (#8 scoop)

Ingredients

Corn kernels (frozen)*	2 lb + 5 oz
Carrots (raw)	2 lb + 6 oz
Parsley, (dried)	1 Tbsp
Salt, onion	½ tsp

*USDA Foods

Instructions

1. Place 2 lb + 5 oz (1/2 gal) corn in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 10 minutes until tender.
2. Place 2 lb + 6 oz (1/2 gal) carrots in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 15 minutes until tender.
3. Combine cooked corn and cooked corn in a steam table pan (12"x20"x2 1/2") and stir to blend.
4. Mix the parsley and onion salt. Sprinkle seasoning mixture over pan of vegetables and stir to coat evenly.

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

Nutrition Information

Calories	56 kcal	Iron	.49 mg	Protein	1.74 g	12.4 % of kcal
Cholesterol	0 mg	Calcium	14.91 mg	Carbohydrates	13.24 g	94.3% of kcal
Sodium	53 mg	Vitamin A	11039 IU	Total Fat	.41 g	6.5% of kcal
Dietary Fiber	2.34 g	Vitamin C	5.2 mg	Saturated Fat	.06 g	91% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.

Golden Corn & Carrots Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (¼ cup starchy, ¼ cup red/orange)

Portion Size: ½ cup (#8 scoop)

Ingredients

Corn kernels (frozen)*	4 lb + 10 oz
Carrots (raw)	4 lb + 12 oz
Parsley, (dried)	2 Tbsp
Salt, onion	1 tsp

*USDA Foods

Instructions

1. Place 4 lb + 10 oz (1 gal) corn in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 10 minutes until tender.
 2. Place 4 lb + 12 oz (1 gal) carrots in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 15 minutes until tender.
 3. Combine ½ pan of cooked corn and ½ pan of cooked corn in each steam table pan (12"x20"x2 1/2") and stir to blend.
 4. Mix the parsley and onion salt. Sprinkle seasoning mixture over each pan of vegetables and stir to coat evenly.
- CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	56 kcal	Iron	.49 mg	Protein	1.74 g	2.4 % of kcal
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