



825158 - Asian Vegetable Medley

Source: Farm to School
 Number of Portions: 25
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:
 Vegetable, Red/Orange
 Vegetable, Dark Green
 Vegetable, Other

Attributes:
 Ethnic Foods
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011131 CARROTS,FRZ,CKD,BLD,DRND,WO/SALT..... 011474 SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,C...	1 lb + 4 OZS (frozen, sliced) 1 lb + 4 OZS (frozen, sliced)	Thaw frozen carrots and squash overnight in refrigerator.
011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011135 CAULIFLOWER,RAW..... 011090 BROCCOLI,RAW.....	1 LB (fresh, sliced) 1 lb + 4 OZS (florets, EP) 1 lb + 4 OZS (florets)	Rinse peeled onions, cauliflower, and broccoli crowns under running water and drain using a colander or perforated pan. Cut onion in half, then cut into ¼ inch thick, half-moon shaped slices. Cut broccoli crowns and cauliflower heads into 1 to 2 inch florets. (Note: Vegetables should be weighed after slicing to determine correct amount has been prepared.)
825055 Juice, ECO Orange, 4 oz, SunCup 030100..... 826503 Sauce, Soy, less soduim, Kikkoman..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 002021 GINGER,GROUND..... 019334 SUGARS,BROWN.....	1/2 cup 1/4 cup 2 tsp 1/2 TSP (ground) 1 tsp 1/4 CUP (packed)	Combine orange juice, soy sauce, garlic, black pepper, ginger and brown sugar to make stir fry sauce. Set aside.

050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	1/4 cup	<p>Heat tilting skillet to medium and add vegetable oil. (Note: Skillet is ready if onions sizzle when added to pan.) Sauté vegetables in the following order:</p> <ul style="list-style-type: none"> • Add onions and cauliflower Sauté for 4 minutes - Stir constantly to caramelize. • Add fresh broccoli Sauté for 4 to 5 minutes until tender. Turn skillet to low: • Add thawed carrots. Stir and sauté for 1 minute. • Add thawed yellow squash. Sauté for 1 minutes until just fork tender. <p>Add 1 ½ cups of sauce. Sauté for an additional 2 to 3 minutes until sauce almost disappears. Do not overcook vegetables. CCP: Heat to 135° F or higher.</p>
		<p>Transfer stir fry vegetables to a 2 inch deep full size steamtable pan. Serve 1/2 cup with a 4 ounce spoodle or #8 disher.</p> <p>Batch cook for just in time service to avoid leftovers. Discards leftovers because they are not acceptable quality when reheated.</p> <p>CCP: Hold for hot service at 135° F or higher</p>

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	66 kcal	Cholesterol	0 mg	Sugars	*5.5* g	Calcium	33.13 mg	34.80%	Calories from Total Fat
Total Fat	2.55 g	Sodium	121 mg	Protein	1.89 g	Iron	0.57 mg	5.75%	Calories from Saturated Fat
Saturated Fat	0.42 g	Carbohydrates	10.11 g	Vitamin A	3837.1 IU	Water ¹	*94.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.31 g	Vitamin C	35.7 mg	Ash ¹	*0.77* g	61.38%	Calories from Carbohydrates
								11.50%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.