

# Orange-Sauced Vegetables

# Recipe I-22

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Broccoli, fresh or frozen, cuts <span style="color: red;">■</span>	4 lb		8 lb		2 lb	<ol style="list-style-type: none"> <li>1. Steam broccoli and carrots until bright and slightly tender.</li> <li>2. Heat water chestnuts thoroughly in saucepan until heated through.</li> <li>3. In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil.</li> <li>4. Combine soy sauce and cornstarch to make slurry.</li> <li>5. While whisking, pour soy sauce and cornstarch slurry into boiling orange juice and honey mixture to thicken.</li> <li>6. Pour sauce over hot vegetables and toss lightly to coat.</li> </ol> <p><span style="color: red;">●</span> <b>Serve ½ cup (4 ounces).</b></p>
Baby carrots, fresh or frozen <span style="color: red;">■</span>	2 lb		4 lb		1 lb	
Water chestnuts, canned <span style="color: red;">■</span> or frozen	2 lb		4 lb		1 lb	
Orange zest, minced		2 Tb		4 Tb	3 tsp	
100% orange juice, unsweetened <span style="color: red;">■</span>		3 cups		1½ quarts	1½ cup	
Soy sauce, reduced sodium		¼ cup		½ cup	2 Tb	
Cornstarch		¼ cup		½ cup	2 Tb	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

## Orange-Sauced Vegetables

### Nutrients Per Serving

Calories	40
Percent Calories from Fat	0%
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrates	9 g
Dietary Fiber	2 g
Sugars	3 g
Protein	1 g
Vitamin A	(2,500 IU) 50%
Vitamin C	(30 mg) 50%
Calcium	2%
Iron	2%

### Approximate preparation time

25 minutes

### Child Nutrition Program Food Components

Each portion provides:

- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

### Original Recipe Source

Produce for Better Health Foundation

### NOTES

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