

# John Stalker Institute

**000142 - Sauteed Greens**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.25 Cup  
 Milk: 0 Cup

011215 GARLIC,RAW.....	6 cloves	1. Peel and mince garlic cloves and set aside.
011233 KALE,RAW.....	12 LB	2. Remove kale leaves from stems either by hand or using a sharp knife against a cutting board. Wash thoroughly in cold water to remove all grit. Slice thinly, or tear into bite-sized pieces.
004053 OIL,OLIVE,SALAD OR COOKING... 002047 SALT,TABLE.....	1/2 CUP 2 TSP	3. Heat olive oil in a tilt skillet or saute pan. Add minced garlic and cook, stirring, until garlic begins to brown and becomes fragrant.  NOTE: Be careful not to overly brown or burn the garlic at this stage or the bitterness will invade the entire dish.  4. Add the kale and cook until wilted and tender. Add salt and serve hot.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
		NOTE: Collard Greens, Turnip Greens, Mustard Greens, or Swiss Chard can be substituted for the kale. Cooking times will vary for each of these greens, or a mixture can be used according to student tastes.

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	74 kcal	Cholesterol	0.00 mg	Protein	3.62 g	Calcium	147.70 mg	35.53%	Calories from Total Fat
Total Fat	2.92 g	Sodium	141.23 mg	Vitamin A	968.87 RE	Iron	1.87 mg	4.83%	Calories from Sat Fat
Saturated Fat	0.40 g	Carbohydrate	11.02 g	Vitamin A	16738.67 IU	Water <sup>1</sup>	92.16 g	*N/A%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.18 g	Vitamin C	130.75 mg	Ash <sup>1</sup>	1.91 g	59.50%	Calories from Carbohydrates
								19.53%	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

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.