

The Culinary Institute of America

Recipe: 000095 HFHK Summer Succotash

Recipe Source: Steven McHugh
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 0.5 Cup

004053 OIL,OLIVE,SALAD OR COOKING.....	1/2 CUP	Heat the oil in a large pan of medium heat.
901062 ONIONS,RED,RAW.....	1 1/2 CUP, chopped	Saute the onion until slightly brown, 5 minutes.
011215 GARLIC,RAW.....	6 clove	Add the CHOPPED garlic and saute for an additional 1 minute.
050471 BEANS, GREEN, COOKED FROM FROZEN, WHOLE, DRA...	3 LB	Mix in the summer beans and saute to infuse flavor, 5 minutes.
011167 CORN,SWEET,YELLOW,RAW.....	5 LB	Add the corn and saute until warmed through, 1-2 minutes.
901590 TOMATOES,PLUM+ITALIAN,RAW..... 011297 PARSLEY,RAW..... 002044 BASIL,FRESH..... 002048 VINEGAR,CIDER..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK.....	1 QT, chopped or sliced 1/2 CUP, chopped 1/2 CUP, chopped 1 CUP 2 TSP 1 TSP, ground	Remove the pan from the heat and add the remaining ingredients. This dish may be served warm or cold.

*Nutrients are based upon 1 Portion Size (0.5 Cup)

Calories	72 kcal	Cholesterol	0.00 mg	Protein	2.13 g	Calcium	19.51 mg	35.66%	Calories from Total Fat
Total Fat	2.86 g	Sodium	105.13 mg	Vitamin A	56.49 RE	Iron	0.61 mg	5.80%	Calories from Saturated Fat
Saturated Fat	0.46 g	Carbohydrates	11.48 g	Vitamin A	428.55 IU	Water ¹	*58.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.01 g	Vitamin C	7.38 mg	Ash ¹	*0.65* g	63.60%	Calories from Carbohydrates
								11.79%	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

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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			N - Milk	? - Peanut
Grain.....	oz			N - Egg	? - Tree Nut
Fruit.....	cup			N - Fish	? - Soy
Vegetable.....	0.5 cup			N - Shellfish	
Milk.....	cup			N - Wheat	
Moisture & Fat Change					
Moisture Change.....	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004053	OIL, OLIVE, SALAD OR COOKING			
I	901062	ONIONS, RED, RAW			
I	011215	GARLIC, RAW			
I	050471	BEANS, GREEN, COOKED FROM FROZEN, W			
I	011167	CORN, SWEET, YELLOW, RAW			
I	901590	TOMATOES, PLUM+ITALIAN, RAW			
I	011297	PARSLEY, RAW			
I	002044	BASIL, FRESH			
I	002048	VINEGAR, CIDER			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			

Notes

Production Notes:

For the beans, you can use fresh or frozen green beans, snap beans, fava or lima beans, snap peas, or English peas.

Fresh or frozen and thawed corn kernels may be used.

Our guest chef recipes have been scaled up but not tested or standardized for volume production.

Serving Notes:

Purchasing Guide:

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Apr 8, 2014

Miscellaneous Notes:

Presented by Chef Steven McHugh at the 2012 Healthy Flavors, Healthy Kids National Leadership Summit.

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