



SWEET AND SOUR VEGETABLES

SERVINGS: 100 SERVINGS CALORIES: 40 KCAL

Broccoli, carrots and water chestnuts are steamed until tender and tossed in a sweet and sour sauce made of orange juice and soy sauce. Kids will love trying these flavorful vegetables!

INGREDIENTS

8 pounds Broccoli, fresh or frozen, cuts
 4 pounds Baby carrots, fresh or frozen
 4 pounds Water chestnuts, canned or frozen
 4 tablespoons Orange zest, minced
 1-1/2 quarts 100% orange juice, unsweetened
 1/2 cup Soy sauce, reduced sodium
 1/2 cup Cornstarch

INSTRUCTIONS

1. Steam broccoli and carrots until bright and slightly tender.
2. Heat water chestnuts thoroughly in saucepan until heated through.
3. In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil.
4. Combine soy sauce and cornstarch to make slurry.
5. While whisking, pour soy sauce and cornstarch slurry into boiling orange juice and honey mixture to thicken.
6. Pour sauce over hot vegetables and toss lightly to coat. Serve 1/2 cup (4 ounces).

RECIPE NOTES

Child Nutrition Program Food Components

Crediting: 1/2 cup vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 40 kcal | Sodium: 70 mg | Carbohydrates: 9 g | Fiber: 2 g | Sugar: 3 g | Protein: 1 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.