



Winter Greens USDA Recipe for Schools

Kale, collard greens, garlic, and onions are combined and cooked in a vegetable-based broth.

NSLP/SBP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ½ cup dark green vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		½ cup		1 cup	1 Heat oil in a large stock pot uncovered over high heat. 2 Add onions. Cook uncovered for 5 minutes, stirring constantly. 3 Add sugar. Cook uncovered for 2–3 minutes, stirring constantly. Onions will begin to caramelize. 4 Add garlic and pepper flakes. 5 Reduce heat to medium. Add kale and vegetable base. Cook uncovered for 2–3 minutes. 6 Add water. Stir well.
*Onions, fresh, diced	1 lb 10 oz	1 qt 1 cup 1 Tbsp 1 tsp	3 lb 4 oz	2 qt 2 cups 2 Tbsp 2 tsp	
Sugar	8 oz	1 cup	1lb	2 cups	
Garlic, minced	6 oz	½ cup	12 oz	1 cup	
Red pepper flakes		2 tsp		1 Tbsp 1 tsp	
*Kale, fresh, chopped (stems removed)	8 lb 8 oz	8 gal 2 qt	17 lb	17 gal	
Vegetable base		¼ cup 2 Tbsp		¾ cup	
Water		1 gal 2 qt		3 gal	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
(Optional) Jalapeños, fresh		4 each		8 each	<p>7 (Optional) Add jalapeños.</p> <p>8 Bring to a boil, and turn down to a simmer. Cook uncovered over medium heat for 30–45 minutes until greens are tender.</p> <p>9 Critical Control Point: Heat to 135 °F or higher.</p> <p>10 Pour 1 gal (about 6 lb 14 oz) kale into a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>11 Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>12 Remove jalapeños, if used, before serving.</p> <p>13 Portion with No. 8 scoop (½ cup).</p>



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	76
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	323 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	0 IU
Calcium	65 mg
Iron	1 mg
Potassium	210 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 14 oz	3 lb 12 oz
Kale	11 lb 12 oz	23 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 13 lb 12 oz	About 27 lb 8 oz
About 1 gal 2 qt 3½ cups/2 steam table pans (12" x 20" x 2½")	About 3 gal 1 qt 3 cups/4 steam table pans (12" x 20" x 2½")

