

CHARRED ORANGE BROCCOLI

SERVINGS: 50 SERVINGS CALORIES: 89 KCAL

A recipe that offers a sweet, salty and spicy flavor! This recipe offers a combination of delicious flavors that would go great with most any Asian inspired dish!



INGREDIENTS

10 pounds Broccoli whole
 OR
 4 pounds Broccoli florets, ready-to-use
 1-1/4 cups Oil, vegetable
 1-1/4 cups Orange juice
 3/4 cups Soy sauce low sodium
 1/2 cup Sugar, light brown
 1/2 cup Sweet Asian chili sauce
 1/3 cup 1 tablespoon Oil, sesame
 3/4 cup Sesame seeds optional

INSTRUCTIONS

1. Preheat oven to 425° F.
2. If using whole broccoli heads, cut into florets and toss with vegetable oil in a large bowl.
3. Place on a parchment covered sheet pans, making sure there is space between florets.
4. Bake 25-30 minutes, until broccoli is slightly browned and can be pierced easily with a knife
5. Meanwhile, combine the orange juice, soy sauce, light brown sugar, and sweet Asian chili sauce in a large saucepan and bring to a boil. Reduce to a simmer, and cook until thickened, 2-4minutes. Stir in sesame oil.
6. Remove broccoli from oven and drizzle orange juice sauce over broccoli. Sprinkle with toasted sesame seeds, if desired.
7. *Sauce can be combined in a steamtable pan, covered and steamed for about five minutes. Once heated through, stir in sesame oil and set aside.

RECIPE NOTES

Yield 50 servings

Serving Size: 1/2 cup

Process #2-Same Day

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe

HACCP Critical Control Point: Hold at internal temperature of 135° F or above

HACCP Critical Control Point: Reheat leftover produce to 165° F or higher; reheat product only once.

Crediting: ½ cup dark green vegetable serving.

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 89 kcal | Fat: 7 g | Saturated fat: 1 g | Polyunsaturated fat: 2 g | Monounsaturated fat: 4 g | Sodium: 135 mg | Carbohydrates: 6 g | Fiber: 1 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.