



Sautéed Mushrooms

Q-030-00
Vegetables

Color Code: Green
Sodium: High

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (3- $\frac{7}{8}$ oz)

Temperature: 350°F (177°C)

Time: 4 - 6 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	2 cups + 2 tbsp	1 lb	
MUSHROOMS, FRESH, WHITE, SLICED	13 gal + 2 cups	35 lb 3 oz	
SALT	$\frac{1}{4}$ cup + 2 tbsp	3- $\frac{7}{8}$ oz	
PEPPER, BLACK, GROUND	1 tbsp + 1 tsp	0.57 oz	

DIRECTIONS

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Add oil to a preheated 350°F (177°C) griddle.
3. Add the mushrooms, salt and pepper to griddle; toss lightly to evenly distribute spices.
4. Cook mushrooms for 4 to 6 minutes or until tender and browned slightly. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. Serving suggestions: Pairs well with Scrambled Eggs, Recipe No. F-010-01; Fried Eggs, Recipe No. F-007-00; Grilled Chicken Breast, Recipe No. L-305-00; and Herbed Baked Chicken Quarter, Recipe No. L-143-07.
2. *Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	74
Carbohydrates	5 g
Sugars*	3 g

Protein	5 g
Fat	5 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	426 mg
Calcium	5 mg
Fiber	1.5 g



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