

Sauteed Zucchini (Frozen)

Q-122-55
Vegetables

Color Code: Green
Sodium: High

Yield: 100 Portions
Each Portion: $\frac{3}{4}$ cup (4- $\frac{1}{4}$ oz)
Temperature: 350°F
(177°C)
Time: 10 - 12 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	2- $\frac{1}{2}$ cup	1 lb 3 oz	
ZUCCHINI, COINS, FROZEN	9 gal + 3- $\frac{1}{2}$ qt	35 lb 14 oz	
SALT	3 tbsp + 1 tsp	2- $\frac{1}{8}$ oz	
PEPPER, BLACK, GROUND	1 tbsp	0.22 oz	

DIRECTIONS

1. Preheat griddle to 350°F (177°C).
2. Heat oil on griddle.
3. Add zucchini, salt and pepper. Toss thoroughly to evenly distribute spices.
4. Cook zucchini for 10 to 12 minutes, using a metal spatula to break up any pieces frozen together. CCP: Internal temperature must reach 135°F (57°C).

5. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed on a griddle with dimensions measuring 2 ft. 4 in. x 3 ft. If using other sizes of equipment, cook times and batch sizes may vary
2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	68
Carbohydrates	4 g
Sugars*	2 g
Protein	1 g
Fat	6 g
Saturated Fat	0.4 g
Sodium	236 mg
Calcium	21 mg
Fiber	1.6 g



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