

FRESH RAINBOW SWISS CHARD

Hartford Public Schools, FCNS - 2017

Grade: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Rainbow swiss chard, partly trimmed, cleaned	8 #	12 heads	16 #	24 heads	<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Cut stems off of leaves of swiss chard and chop. Clean and slice onions. Place stems along with onion and garlic into 1/3 cup oil. Roast on sheet pan for 10 minutes at 350°F. Slice leaves lengthwise first, and then cut leaves into smaller pieces. Place 8 lbs fresh cleaned swiss chard leaves in a 4" hotel pan. Cover and steam swiss chard until tender - approximately 3 min. Add the cooked stems, onion and olive oil into the steamed swiss chard. Add black pepper to taste.
Onions	6 oz	1 each	12 oz	2 each	
Garlic		2 Tbsp		4 Tbsp	
Olive oil		1/3 cup		2/3 cup	
Black pepper		To taste		To taste	
<p>Serving Size: ½ cup - 4 oz perforated spoodle</p> <p>Meal Contribution: ½ cup Dark Leafy Green</p> <p>Notes: 1 lb fresh, partly trimmed Swiss Chard yields 6.3 - ½ cup portions cooked vegetable. **Small Onion weighs approx. 4 oz. & yields ½ cup diced onion.</p>					<p>HACCP/Serving Instructions</p> <ol style="list-style-type: none"> Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F. Note: Discard unused cooked product.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

