

# FRESH STEAMED ZUCCHINI

Hartford Public Schools, FCNS - 2014

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Zucchini, fresh, whole* Olive oil	5 lbs 12 oz	1/4 cup	11 lbs 8 oz	1/2 cup	<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution.</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Methods: (Steamer)</b></p> <ol style="list-style-type: none"> <li>Wash, trim and slice zucchini, to 1/4" round slices.</li> <li>Place 5 lbs prepared zucchini in a 2" hotel pan.</li> <li>Sprinkle with 1/4 cup olive oil.</li> <li>Cover and steam zucchini until tender, approximately four minutes.</li> </ol>
<p><b>Serving Size:</b> 1/2 cup - 4 oz. perforated spoodle</p> <p><b>Meal Pattern Contribution:</b> 1/2 cup other vegetable</p> <p><b>Notes:</b> Discard unused cooked product.  <i>*Summer Squash (Yellow) can be substituted.</i>            25 servings would require 6 pounds summer squash to equal 25 servings of 1/2 cup Other Veg. Adjust amounts above accordingly.</p>					<p><b>HACCP / Serving Instructions:</b></p> <ol style="list-style-type: none"> <li>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.</li> </ol>

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.



EXTENSION