

Broccoli - HCHS

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29393
School:	Henderson County High School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CRWN ICELESS	1/2 Cup	704547
BROCCOLI FLORET REG CUT	1/2 Cup	732478
SEASONING GARDEN NO SALT	1 Teaspoon	565148
BUTTER SUB	1 Tablespoon	209810

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

SPRAY PAN ADD BROCCOLI, AND SEASONING.

STEAM FOR 5 MINUTES OR UNTIL IT'S LIGHTLY TENDER IF FRESH BROCCOLI,
IF FROZEN WILL NEED TO STEAM FOR ABOUT 12 MIN OR UNTIL LIGHTLY TENDER.

*DO NOT OVERCOOK OR IT WILL TURN TO MUSH