Stir Fry Vegetables

Servings:	1.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-9555
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY	1/2 Cup	RANGE TOP SKILLET INSTRUCTIONS: POUR CONTENTS OF BAG INTO LARGE NON-STICK SKILLET. COVER AND COOK ON MEDIUM-HIGH SETTING 10 MINUTES; CAREFULLY REMOVE COVER AND STIR. REPLACE COVER AND CONTINUE COOKING 3 TO 11 MINUTES OR UNTIL HOT, STIRRING OCCASIONALLY. FOR NON-COATED SKILLET, LIGHTLY COAT WITH NON-STICK COOKING SPRAY. OVEN STEAMER INSTRUCTIONS: POUR CONTENTS OF BAG INTO A SLOTTED STEAM TABLE TRAY. DO NOT COVER. COOK 5 MINUTES OR UNTIL HOT. MICROWAVE INSTRUCTIONS: POUR CONTENTS OF BAG INTO A 3-QUART MICROWAVE SAFE DISH. COVER AND MICROWAVE ON HIGH 13 TO 20 MINUTES OR UNTIL HOT, STIRRING EVERY 5 MINUTES.	473324
SEASONING GARLIC HRB NO SALT	1/5 Teaspoon	Ready To Eat	565164
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810

Preparation Instructions

1 bags of butter buds to 12 pounds of vegetables.

Garlic Herb Seasoning- 4 T to 12 pounds.

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

Amount Per Serving	
Calories	30.47
Fat	0.00g
SaturatedFat	0.00g
Trans Fat*	0.00g
Cholesterol	0.00mg
Sodium	29.00mg
Carbohydrates	6.93g
Fiber	2.00g
Sugar	1.00g
Protein	1.00g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.40mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available