

Sauteed Spinach and Tomatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12056
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	3/4 Cup		733061
PEPPERS RED DCD 3/8IN	1 1/2 Quart		581992
GARLIC MINCED IN WTR	1/2 Cup		907713
GINGER FRSH	1/2 Cup		552321
SPICE PEPR RED CRUSHED	1 1/4 Tablespoon		430196
SPINACH LEAF FLAT CLND	1 Gallon 2 1/2 Quart (6 1/2 Quart)		329401
TOMATO PASTE 26	1 Pint 1 1/2 Cup (3 1/2 Cup)		100196
SALT IODIZED	1 Fluid Ounce		108286
ONION DCD IQF	3 Quart		261521

Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

- Notes:
- 1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
 - 2: Cooking Process #2: Same Day Service
 - 3: Serving
 - 4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other
 - 5: vegetable
 - 6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.260
RedVeg	0.200
OtherVeg	0.066
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		39.06	
Fat		1.34g	
SaturatedFat		0.54g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		195.45mg	
Carbohydrates		5.23g	
Fiber		1.62g	
Sugar		2.02g	
Protein		1.97g	
Vitamin A	5235.16IU	Vitamin C	14.21mg
Calcium	65.82mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--