

Roasted Edamame



Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED	10 Pound	<p>STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve.</p> <p>STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.</p> <p>MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.</p> <p>SAUTE</p> <p>Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1</p> <p>4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.</p>	312928
SPICE GARLIC GRANULATED	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25	1/4 Cup		743879
SALT KOSHER COARSE	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037

Preparation Instructions

1. Preheat oven to 400F
2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

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

Serve with a 4 oz spoodle.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.330
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Serving

Amount Per Serving	
Calories	147.35
Fat	7.49g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	143.37mg
Carbohydrates	10.98g
Fiber	6.77g
Total Sugar	2.71g
Added Sugar	0.00g
Protein	13.54g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 67.68mg	Iron 3.11mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available