


# Parmesan Peas

 Cooking time: 20 minutes  
HACCP Process #2 Same Day Service



**1 Serving Provides:**

CACFP: ½ cup Vegetables  
NSLP: ½ cup Starchy Vegetables  
SFSP: ½ cup Vegetables

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Green peas, frozen	2 pounds 10 ounces	2 quarts + 1 cup	5 pounds 4 ounces	1 gallon + 2 cups
Unsalted butter or margarine		1 Tablespoon		2 Tablespoons
Lemon juice		1 Tablespoon		2 Tablespoons
Ground black pepper		½ teaspoon		1 teaspoon
Parmesan cheese	3 ounces	¾ cup + 1 Tablespoon + 1 teaspoon	6 ounces	1⅔ cups



## Directions

- Place the frozen green peas in a 2-inch perforated steamtable pan. Steam for approximately 5 minutes (cook time will depend on type of steamer), or until heated through and bright green. Do not overcook.
- If you do not have a steamer, place frozen peas in the perforated steamtable pan. Nest the perforated pan in a 4-inch solid steamtable pan that has 2 cups hot water in the pan. Cover the nested pans tightly with foil and bake in a 350°F oven for approximately 20 minutes, or until heated through and bright green. Do not overcook.  
CCP: Heat to 140°F or higher.
- Remove from steamer and transfer peas to a solid steamtable pan. Stir in unsalted butter or margarine, lemon juice, black pepper and grated parmesan cheese.  
CCP: Hold for hot service at 135°F or higher.  
Serve ½ cup portions.

Serving	Yield	Volume
½ cup	12 Servings: about 2½ pounds 24 Servings: about 5 pounds	12 Servings: 1½ quarts 24 Servings: 3 quarts

Nutrients Per Serving			
Calories	116	Sodium	178 mg
Total Fat	3.2 g	Carbohydrate	15 g
Saturated Fat	1.9 g	Dietary Fiber	5.5 g
Cholesterol	9 mg	Protein	8 g
		Vitamin A	2174 IU
		Vitamin C	10 mg
		Iron	1.5 mg
		Calcium	101 mg