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

	12 Se	ervings	24 Servings			
Ingredients	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	³¼ cup + 1 Tablespoon + 1 teaspoon	6 ounces	1⅔ cups		



Directions

- 1. 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.
- 2. 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.

3. 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	Nutrients Pe	Nutrients Per Serving						
½ cup	12 Servings: about 2½ pounds 24 Servings: about 5 pounds	12 Servings: 1½ quarts 24 Servings: 3 quarts	Calories Total Fat	116 3.2 g	Sodium Carbohydrate	178 mg 15 g	Vitamin A Vitamin C	2174 IU 10 mg		
			Saturated Fat Cholesterol	1.9 g 9 mg	Dietary Fiber Protein	5.5 g 8 q	lron Calcium	1.5 mg 101 mg		

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