


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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Green peas, frozen	10 pounds 4 ounces	2 gallons + 1 quart	20 pounds 4 ounces	4 gallons + 2 quarts
Unsalted butter or margarine		4 Tablespoons		½ cup
Lemon juice		4 Tablespoons		½ cup
Ground black pepper		2 teaspoons		1 Tablespoon 1 teaspoon
Parmesan cheese	12 ounces	3⅓ cups	1 pound 8 ounces	6⅔ cups



Directions

- Place 5 pounds 2 ounces of the frozen green peas in each 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	48 Servings: about 10 pounds 96 Servings: about 20 pounds	48 Servings: 1½ gallons 96 Servings: 3 gallons

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