Parmesan Peas

(v) Cooking time: 20 minutes

HACCP Process #2 Same Day Service



96 Servings

4 gallons +

Weight

20 pounds 4 ounces

1 pound 8 ounces



1 Serving Provides:

CACFP: ½ cup Vegetables NSLP: 1/2 cup Starchy Vegetables SFSP: ½ cup Vegetables

gs	FoodHei
Measure	200
gallons + 2 quarts	
½ cup	
½ cup	
1 Tablespoon 1 teaspoon	
6⅔ cups	



Directions

Ingredients

margarine Lemon juice

Green peas, frozen

Unsalted butter or

Ground black pepper

Parmesan cheese

- 1. 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.
- 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
½ cup	48 Servings: about 10 pounds 96 Servings: about 20 pounds	48 Servings: 1½ gallons 96 Servings: 3 gallons

48 Servings

Measure

2 gallons + 1 quart

4 Tablespoons

4 Tablespoons

2 teaspoons

3⅓ cups

Weight

10 pounds 4 ounces

12 ounces

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

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