

Recipe Name: Collard Greens Stir-Fry			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Vegetable or Olive Oil		2 T.	1. Heat oil in pan and sauté garlic and ginger in oil very briefly.
Garlic, cloves, minced		5 ea.	
Ginger, chopped		2 T.	
Red Bell Peppers, Batonnet or sliced into strips		4 whole	2. Add bell peppers and carrots and sauté until slightly softened but still crisp.
Carrots, Julienne		4 whole	
Collard Greens, Washed, Chiffonade	5 lbs.		3. Add collard greens and continue to sauté.
Water		¼ c.	4. Once collards have wilted slightly add water to wilt. *Do not over cook.
Low Sodium Soy Sauce		¼ c.	5. Season with soy sauce, chili flakes, and sesame seeds.
Red Chili Flakes (optional)		1 t.	
Sesame Seeds (optional)		1 T.	

Serving Size for Grades: K-8 is: 1/4 c. (unit: cup, fl oz, each) Serving Utensil: Tongs

Serving Size for Grades: 9-12 is: 1/4 c. (unit: cup, fl oz, each) Serving Utensil: _____

Meal Pattern Contributions