

GENERAL INFORMATION

Recipe #	Category	Source
1673713	Vegetables	Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Vegetable oil, palm kernel	¼ tsp.		
Butter, without salt	1 ½ tsp.		
Bacon, turkey, low sodium	2 oz.		
Onions, raw	1 tbsp. chopped, raw to prepared		
Garlic, raw	1 tbsp.		
Salt, table	⅓ tsp.		
Spices, pepper, black	⅓ tsp. ground		
Kale, raw	1 lbs., 3 ¼ oz.		
Soup, stock, chicken, home-prepared	3 tbsp., 2 ⅝ tsp.		
Vinegar, Rice, 4/1 gal, 33.68#, Kikkoman, 02020	1 tbsp.		
Sugars, granulated	¾ tsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

1. Wash and dry all produce. Dice onions and chop kale.
2. Preheat large heavy bottom pot or saucepan and add oil and butter.
3. In a large bowl, combine all other ingredients and whisk together until fully incorporated.
4. Add the mushrooms to the seasonings and gently mix together.
5. Spray pan coating in a 4 inch hotel pan or large baking dish. Pour the entire mixture into the steam pan and cover with foil. Place in a 375° F oven for 20 minutes. Stir, cover and cook for 15-20 more minutes or until mushrooms are very tender. Remove and place in warmer.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.



Braised Kale - CACFP

Serving Size	Yield
0.5 Cup	6

Nutrition Facts

Serving Size 0.5 Cup (116 gm)

Amount Per Serving		
Calories		72.932
% Daily Value*		
Total Fat	4.393 gm	6.759 %
Saturated Fat	1.521 gm	7.603 %
Trans Fat	0.000* gm	
Cholesterol	11.802 mg	3.934 %
Sodium	190.370* mg	7.932 %
Total Carbohydrate	5.911 gm	1.97 %
Dietary Fiber	3.774* gm	15.098 %
Total Sugars	1.667 gm	
Includes N/A* of Added Sugars		
Protein	4.211* gm	8.421 %
Vitamin A	4,396.709 iu	87.934 %
Vitamin C	87.416* mg	145.694 %
Vitamin D	0.018* mcg	0.091 %
Calcium	234.802 mg	23.48 %
Iron	1.567* mg	8.707 %
Potassium	347.632 mg	7.396 %
Saturated Fat % of Calories		18.766%

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Dark Green	0.5 cups

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated
01-22-2025

Created
09-11-2024