

GENERAL INFORMATION

Recipe #	Category	Source
1734248	Vegetables	Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Vegetable oil, palm kernel	1 tbsp., 1 tsp.		
Garlic, raw	¼ c.		
Ginger root, raw	¼ c.		
Peppers, sweet, red, raw	3 lbs., 8 oz. diced		
Carrots, raw	1 pt. shredded, raw to prepared		
Collards, raw	16 lbs., 4 oz.		
Beverages, water, tap, municipal	16 FL OZ		
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	½ c.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

1. Wash peppers and colard greens. Dice peppers, destem and chop collard greens and sit to the side.
2. Heat oil in a pan and saute garlic and ginger in oil very briefly.
3. Add in bell peppers and carrots and saute until slightly softened but still crisp.
4. Add in collard greens (stemless) and continue to saute.
5. Add water and cook just until greens are wilted. Season with soy sauce. Hold hot for service at 140° F.

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.

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.



Collard Greens Stir-Fry - NSLP

Serving	Yield
Size	50.00
0.5 Cup	

Nutrition Facts

Serving Size 0.5 Cup (195 gm)			
Amount Per Serving			
Calories		63.039	
% Daily Value*			
Total Fat	1.377 gm	2.119 %	
Saturated Fat	0.398 gm	1.991 %	
Trans Fat	0.000* gm		
Cholesterol	0.000 mg		
Sodium	95.540 mg	3.981 %	
Total	10.783 gm	3.594 %	
Carbohydrate			
Dietary Fiber	6.663 gm	26.653 %	
Total Sugars	2.274 gm		
Includes N/A* of Added Sugars			
Protein	5.031 gm	10.061 %	
Vitamin A	8,804.720 iu	176.094 %	
Vitamin C	92.964 mg	154.94 %	
Vitamin D	0.000 mcg		
Calcium	346.877 mg	34.688 %	
Iron	0.861 mg	4.784 %	
Potassium	465.535 mg	9.905 %	
Saturated Fat % of Calories		5.685%	

\* 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

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated  
01-22-2025

Created  
01-15-2025