

Roasted Okra - CACFP



General Information

Recipe #	Category	Source
1752852	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Okra, raw	5 lbs., 12 oz.		
Vegetable oil, palm kernel	3 tbsp.		
Spices, garlic powder	1 tbsp.		
Cheese, parmesan, shredded	½ c.		
Salt, table	1 tsp.		

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Cut fresh okra into 1/2 inch circles, then toss in oil.
- Mix in granulated garlic and parmesan cheese with okra and toss together until fully coated.
3. Spray 3 half pans with pan spray. Bake okra on pans for 10 minutes at 375 degrees. Remove from oven, stir and bake for another 10-15 minutes until tender.
4. Store on baking sheets until service time in oven on warm setting.
- 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



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Serving Size	Yield
0.5 Cup	25.00

Nutrition Facts

Serving Size 0.5 Cup (108 gm)

Amount Per Serving		
Calories		56.367
% Daily Value*		
Total Fat	2.270 gm	3.493%
Saturated Fat	1.636 gm	8.18%
Trans Fat	0.000* gm	
Cholesterol	1.152 mg	0.384%
Sodium	127.681 mg	5.32%
Total Carbohydrate	8.097 gm	2.699%
Dietary Fiber	3.372 gm	13.488%
Total Sugars	1.567 gm	
Includes 0.000 gm of Added Sugars		
Protein	2.681 gm	5.362%
Vitamin A, RAE	41.221 mcg	4.58%
Vitamin C	24.000 mg	39.999%
Vitamin D	0.008 mcg	0.04%
Calcium	105.947 mg	10.595%
Iron	0.683 mg	3.792%
Potassium	317.945 mg	6.765%

Saturated Fat % of Calories 26.123%

* 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 the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

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.

Dates

Last Updated	Created
02-20-2025	02-20-2025

Component	Measurement
Other Vegetables	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe