

GR-273477 · Veggies on Fire · 0.5 c · 75 servings

 Dark Green: 1/8  Other Veg: 1/4  Soy

Section 1

Mushrooms, Frozen, IQF
5 lb

Corn, Canned, Yellow, Drained
1 5/8 qt

Peppers, Red, Sweet, Chopped
1 lb

Squash, summer, zucchini, includes
skin, raw
2 1/2 lb

Broccoli, raw
1 1/2 lb

Cauliflower, raw
7/8 lb

Carrots, Fresh, Shredded
1 lb

Oil, extra virgin olive, salad or cooking
1/8 c

Teriyaki sauce
3/8 c

Seasoning, BBQ Spice
2 tsp

A. GENERAL PREPARATION ON THE DAY BEFORE SERVICE.

- When possible, do your mis en place for next day production.
- Store fresh-cut produce between 33 to 41°F to maintain quality.

B. INGREDIENT COMBINATION AND HEATING ON THE DAY OF SERVICE.

1. Line bun pans with parchment paper. Apply spray release to paper.
2. Place **USDA IQF frozen mushrooms** on bun pans. Arrange mushrooms in single layer batches.
3. Manually take apart any clusters of frozen mushrooms. Convection oven method for roasting mushrooms: Roast mushrooms in a preheated oven at 425°F for 20 minutes or until product is evenly caramelized. While mushrooms are cooking, perform the following tasks.
 1. Open cans of **corn**, then transfer to a colander. Allow corn to drain off any excess liquid while preparing the rest of the ingredients.
 2. Using a colander, wash whole red peppers, trim top caps off, cut in half and remove seeds and veins.
 3. Cut **red peppers** into short Julienne strips. Slice **zucchini** into thin strips.
 4. Using a large mixing bowl, mix peppers, zucchini, **broccoli** (cut bite size), **cauliflower** (cut bite size), **carrots**, corn, **olive oil**, **teriyaki sauce**, roasted mushrooms and **spice seasoning**. Toss all ingredients together until mixed thoroughly.
 5. Line bun pans with parchment paper. Apply spray release to parchment paper.
 6. Transfer ingredients from mixing bowl to the bun pans. Fill bun pans with the veggie blend forming single layer batches. Convection oven method for vegetable blend: Bake in preheated oven at for 12- 15 minutes or until very lightly charred. Transfer vegetables into 2" hotel pans for steam table service.

Section 1

D. STUDENT MEAL SERVICE.

- Hold until and during service at a minimum internal temperature of 135°F.
- Serve students meal portions according to menus.
- Process #2: Same day service.

HACCP Information

- Inspect cans before opening for swollen ends, rust, or dents.
- Label food for storage with ingredient list and date of preparation.
- Hold cold foods at an internal temperature of 41 degrees F or lower.
- Prepare raw foods separately from ready to eat foods.
- Sanitize work surface, equipment, and utensils.
- Rotate products to ensure that the oldest inventory is used first.
- Wash and sanitize work surface, equipment and utensils.
- Wash hands before and after preparing food.
- Wear gloves when preparing food and change as needed.
- Thaw food in the refrigerator at 41 degrees Fahrenheit
- Discard food held in the temperature danger zone for longer than four hours.
- Remove from the refrigerator only as much product as can be prepared at one time.
- Wear a hair net when working in the production area.

Veggies on Fire

Nutrition Facts

Servings Per Container 1

Serving Size 0.5 c

Amount Per Serving

Calories **32**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 56mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **5%**

Sugars 3g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D: 0% DV • Vitamin A: 1% DV

Calcium: 1% DV • Vitamin C: 23% DV

Iron: 1% DV • Phosphorus: 1% DV

Potassium: 2% DV •

* 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.