

Broccoli and Cauliflower Polonaise

Meal Components: Vegetable

I-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	2 oz	1/4 cup	4 oz	1/2 cup	<ol style="list-style-type: none"> Heat margarine or butter in a stock pot until browned. Turn off heat and add lemon juice. Add onions, basil, parsley, pepper, onion powder, Parmesan cheese, and bread crumbs. Mix, reserve for step 6.
Lemon juice		1 Tbsp		2 Tbsp	
*Fresh onions, chopped		1/4 cup	2 1/2 oz	1/4 cup 3 Tbsp	
Dried basil		3/4 tsp		1 1/2 tsp	
Dried parsley		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1/8 tsp		1/4 tsp	
Onion powder		1/2 tsp		1 tsp	
Reduced fat Parmesan cheese, grated		3 Tbsp	2 oz	1/4 cup 2 Tbsp	

Frozen broccoli spears	1 lb 9 oz	3 lb 2 oz	4. Place broccoli and cauliflower in separate pans (9" x 13" x 2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. CCP not needed.
Frozen cauliflower	1 lb 9 oz	3 lb 2 oz	5. Combine 11 oz of cooked broccoli and 11 oz of cooked cauliflower in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. 6. Sprinkle 1/2 cup of bread crumb mixture over each pan of vegetables before serving. 7. CCP: Hold at 140° F or warmer. Portion with No.16 scoop (1/4 cup).

Notes

* See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	2 oz	4 oz

Serving	Yield	Volume
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 3 lb 2 1/4 oz	25 Servings: 1 quart 2 1/4 cups
	50 Servings: 6 lb 5 1/2 oz	50 Servings: 3 quarts 1/2 cup

Nutrients Per Serving					
Calories	46	Saturated Fat	1 g	Iron	
Protein	2 g	Cholesterol	1 mg	Calcium	40 mg
Carbohydrate	5 g	Vitamin A	640	Sodium	130 mg
Total Fat	2 g		unknown	Dietary Fiber	2 g
		Vitamin C	21 mg		