



825187 - South of the Border Greens

Source: Farm to School

Number of Portions: 24

Size of Portion: 1/2 cup

Alternate Recipe Name: South of the Border Kale

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011144 CELERY,CKD,BLD,DRND,WO/SALT.....	1 CUP (diced)	Rinse fresh celery, onions, and peppers under running water and drain in a colander. Dice raw celery, onions, and peppers into ¼ inch pieces and measure required amount. Heat stockpot or kettle to medium heat. Add oil and sauté celery, onions, and peppers for 4 minutes until softened.
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	1 CUP (fresh, diced)	
011823 PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT.....	1 CUP (diced)	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	2 Tbsp	
011980 PEPPERS,CHILI,GRN,CND.....	2 Tbsp	Add green chilies, garlic powder, cumin, oregano, thyme, and red pepper flakes to sautéed vegetables. Add chicken base and water; use a whisk to combine with the seasonings.
002020 GARLIC POWDER.....	1 tsp	
900670 CUMIN,GROUND.....	1 tsp	
901058 OREGANO LEAVES,DRIED.....	1 TSP (leaves)	
901088 PEPPERS, CRUSHED RED.....	1/2 tsp	
826501 Base, Chicken, Low NA, no MSG, Sysco.....	1/3 cup + 2 TSP (AP)	
014429 WATER,MUNICIPAL.....	2 qts	
011234 KALE,CKD,BLD,DRND,WO/SALT.....	4 LBS (raw, shredded)	Bring to a boil, add shredded kale and cook for 5 minutes and then reduce to a simmer. Continue to simmer for 30 minutes. Transfer to 2 inch deep steam table pan. Serve 1/2 cup using a 4 ounce spoodle or #8 disher. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	51 kcal	Cholesterol	0 mg	Sugars	*2.7* g	Calcium	55.47 mg	43.44%	Calories from Total Fat
Total Fat	2.46 g	Sodium	146 mg	Protein	2.50 g	Iron	0.74 mg	3.90%	Calories from Saturated Fat
Saturated Fat	0.22 g	Carbohydrates	6.39 g	Vitamin A	8924.1 IU	Water ¹	*157.42* g	*0.00%*	Calories from Trans Fat

Trans Fat ²	*0.00* g	Dietary Fiber	1.63 g	Vitamin C	37.1 mg	Ash ¹	*0.77* g	50.29% Calories from Carbohydrates
								19.63% Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>								

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							