



825198 - Tangy Sautéed Kale

Source: Farm to School

Number of Portions: 24

Size of Portion: 1/2 cup

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
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011282 ONIONS,RAW.....	3 CUPS (diced) 2 CUPS (diced)	Rinse tomatoes under running water. Note: 1 lb. 10 oz. yields 1 ½ lbs. diced tomatoes. Dice tomatoes into ¼ inch pieces. CCP: Hold at 41° F or below. Clean and rinse onions under running water. Cut onions in half, then cut into ¼ inch dices.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE..... 002068 VINEGAR,RED WINE..... 019335 SUGARS,GRANULATED..... 014429 WATER,MUNICIPAL.....	1/4 cup 2 tsp 1 tsp 1/2 cup 1 Tbsp + 1 tsp 1 cup	Heat kettle or large stockpot to medium heat. Add oil and onions and sauté for approximately 4 to 5 minutes. Add garlic, salt, red wine vinegar, sugar, and water.
011234 KALE,CKD,BLD,DRND,WO/SALT.....	4 LBS (raw, shredded)	Place 1 bag of kale into stock pot or kettle with onions (push down if using stockpot smaller than 35 to 40 qts. - it will seem too full). When kale has reduced in size, add remaining kale. Cover with lid. Cook for 5 minutes, then reduce heat to low, stir and cook an additional 15 minutes or until kale is tender. (Note: Add additional water if more liquid is needed.) Add diced tomatoes, and cook until tomatoes are soft. CCP: Heat to 135° F or higher.
002030 PEPPER,BLACK.....	1 TSP (ground)	Remove from heat, add 1 teaspoon black pepper, stir, cover, and let rest for 5 minutes before transferring to 2 inch steamtable pan. Serve using 4 ounce spoodle. CCP: Hold at 135° F or higher.

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

Calories	52 kcal	Cholesterol	*0* mg	Sugars	*2.7* g	Calcium	52.61 mg	44.79%	Calories from Total Fat
Total Fat	2.59 g	Sodium	114 mg	Protein	1.61 g	Iron	0.70 mg	6.96%	Calories from Saturated Fat

Saturated Fat	0.40 g	Carbohydrates	6.66 g	Vitamin A	8894.3 IU	Water ¹	*106.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.82 g	Vitamin C	30.3 mg	Ash ¹	*1.00* g	51.31%	Calories from Carbohydrates
								12.40%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									