



Winter Greens USDA Recipe for CACFP

Kale, collard greens, garlic, and onions are combined and cooked in a vegetable-based broth.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup		½ cup	<ol style="list-style-type: none"> 1 Heat oil in a large stock pot uncovered over high heat. 2 Add onions. Cook uncovered for 5 minutes, stirring constantly. 3 Add sugar. Cook uncovered for 2–3 minutes, stirring constantly. Onions will begin to caramelize. 4 Add garlic and pepper flakes. 5 Reduce heat to medium. Add kale and vegetable base. Cook uncovered for 2–3 minutes. 6 Add water. Stir well.
*Onions, fresh, diced	13 oz	2 ½ cups 2 tsp	1 lb 10 oz	1 qt 1 cup 1 Tbsp 1 tsp	
Sugar	4 oz	½ cup	8 oz	1 cup	
Garlic, minced	3 oz	¼ cup	6 oz	½ cup	
Red pepper flakes		1 tsp		2 tsp	
*Kale, fresh, chopped (stems removed)	4 lb 4 oz	4 gal 1 qt	8 lb 8 oz	8 gal 2 qt	
Vegetable base		3 Tbsp		¼ cup 2 Tbsp	
Water		3 qt		1 gal 2 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
(Optional) Jalapeños, fresh		2 each		4 each	<p>7 (Optional) Add jalapeños.</p> <p>8 Bring to a boil, and turn down to a simmer. Cook uncovered over medium heat for 30–45 minutes until greens are tender.</p> <p>9 Critical Control Point: Heat to 140 °F or higher.</p> <p>10 Pour 1 gal (about 6 lb 14 oz) kale into a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>11 Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>12 Remove jalapeños, if used, before serving.</p> <p>13 Portion with No. 8 scoop (½ cup).</p>



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	76
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	323 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	0 IU
Calcium	65 mg
Iron	1 mg
Potassium	210 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	15 oz	1 lb 14 oz
Kale	5 lb 14 oz	11 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 14 oz	About 13 lb 12 oz
About 3 qt 1¾ cups/1 steam table pan (12" x 20" x 2½")	About 1 gal 2 qt 3½ cups/2 steam table pans (12" x 20" x 2½")

