



Sautéed Spinach and Tomatoes

USDA Recipe for CACFP

Sautéed Spinach and Tomatoes contains fresh spinach cooked with onions, red bell peppers, herbs, and ginger. This dish is part of a satisfying African meal made up of Jollof Rice, Kati Kati Chicken, and Sautéed Spinach and Tomatoes. Check out the USDA version of all these recipes!

CACFP CREDITING INFORMATION

$\frac{1}{3}$ cup (No. 12 scoop) provides $\frac{1}{4}$ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free		3 Tbsp	3 oz	$\frac{1}{4}$ cup 2 Tbsp	1 Heat margarine over medium heat in a large stock pot. 2 Add onions, bell peppers, garlic, ginger, and red pepper flakes. Sauté uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.
*Fresh onions, diced	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Fresh red bell peppers, diced	8 oz	1½ cups	1 lb	3 cups	
Garlic, minced		2 Tbsp	3 oz	$\frac{1}{4}$ cup	
Fresh ginger, chopped OR Ground ginger (only if fresh is unavailable)		2 Tbsp 2 tsp	2 oz	$\frac{1}{4}$ cup 1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Red Pepper Flakes		1 tsp		2 tsp	
*Fresh spinach, leaves	3 lb	1 gal 3 ¹ / ₈ cups	6 lb	2 gal 1 qt 2 ¹ / ₄ cups	3 Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.
Tomato paste, canned, no-salt-added	8 oz	³ / ₄ cup 1 Tbsp 2 ¹ / ₂ tsp	1 lb	1 ¹ / ₂ cups 3 Tbsp 2 tsp (approx. ¹ / ₈ No. 10 can)	4 Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.
Salt		1 ¹ / ₂ tsp		1 Tbsp	
					5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					6 Transfer to a steam table pan (12" x 20" x 2 ¹ / ₂ ") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Portion with No. 12 scoop (¹ / ₃ cup).



NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS	AMOUNT
Calories	35
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	189 mg
Total Carbohydrate	5 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	0 IU
Calcium	70 mg
Iron	2 mg
Potassium	317 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	11 oz	1 lb 6 oz
Spinach	3 lb 7 oz	6 lb 14 oz
Red bell peppers	11 oz	1 lb 6 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 3 lb 15 oz	About 7 lb 14 oz
About 1 qt 3¾ cups/2 Tbsp/1 steam table pan (12" x 20" x 2½")	About 3 qt 3¾ cups/2 steam table pans (12" x 20" x 2½")