



Yucca

USDA Recipe for CACFP

Yucca is a Hispanic root that is combined with fresh lime juice, apple cider vinegar, and red and green bell peppers.

CACFP CREDITING INFORMATION

½ cup (4 fl oz spoodle) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		½ cup		1 cup	1 Heat oil in a large stock pot.
*Fresh yucca, chopped	3 lb	1 qt 3 ½ cups 2 Tbsp	6 lb	3 qt 2 ¾ cups 2 Tbsp 2 tsp	2 Add yucca. Cook uncovered over medium–high heat for 3–5 minutes.
Fresh garlic, minced		2 Tbsp	3 oz	¼ cup	3 Add garlic and onions. Simmer uncovered over medium heat for 5–8 minutes.
*Fresh onions, chopped	10 oz	2 cup	1 lb 4 oz	1 qt	
*Fresh red bell peppers, chopped	1 lb 2 oz	3 ½ cups 2 tsp	2 lb 4 oz	1 qt 2 ⅔ cups 1 Tbsp 1 tsp	4 Add peppers, salt, and pepper. Simmer uncovered over high heat for 2–3 minutes.
*Fresh green bell peppers, chopped	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		1 ½ tsp		1 Tbsp	
Apple cider vinegar		¾ cup		1 ½ cups	5 Add vinegar and lime juice. Simmer uncovered over high heat for 2–3 minutes, stirring constantly to deglaze pan.
Fresh lime juice		½ cup		1 cup	
					6 Critical Control Point: Heat to 140 °F or higher.
					7 Pour 3 qt (about 5 lb) yucca mixture into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					8 Critical Control Point: Hold for hot service at 140 °F or higher.
					9 Portion with 4 fl oz spoodle (½ cup).



NUTRITION INFORMATION

For ½ cup (4 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	147
<hr/>	
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	194 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
<hr/>	
Vitamin D	4 IU
Calcium	15 mg
Iron	0 mg
Potassium	212 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Yucca	4 lb	8 lb
Mature onions	12 oz	1 lb 8 oz
Red bell peppers	1 lb 7 oz	2 lb 14 oz
Green bell peppers	15 oz	1 lb 14 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 5 lb About 2 qt 2 cups/1 steam table pans (12" x 20" x 2 ½")	About 10 lb About 1 gal 1 qt/2 steam table pans (12" x 20" x 2 ½")