



Creamed Spinach USDA Recipe for Schools

NSLP/SBP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ½ cup dark green vegetables

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen chopped spinach	20 lb	2 gal 2 qt	40 lb	5 gal	<p>1 Thaw and squeeze spinach to eliminate excess water. Yields: For 50 servings, thaw 20 lb to obtain about 9 lb 8 oz (1 gal 2 qt). For 100 servings, thaw 40 lb to obtain about 19 lb (3 gal).</p> <p>2 Place spinach in a large bowl.</p> <p>3 Add salt and black pepper.</p> <p>4 Sauce: Heat oil in stock pot over medium heat.</p>
Kosher salt		1 ½ tsp		1 Tbsp	
Black pepper, ground		1 Tbsp		2 Tbsp	
Canola oil		½ cup		1 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, fresh, diced	1 lb	3 cups	2 lb	1 qt 2 cups	5 Add onions and saute for 5–6 minutes or until soft.
All-purpose flour, enriched	5 oz	1 cup	10 oz	2 cups	6 Add flour and cook for 5 minutes. Stir constantly.
Non-fat milk		2 qt		1 gal	7 Add milk, and stir until sauce comes to a boil. Reduce heat to low.
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	1 lb 9 oz	3 cups	3 lb 2 oz	1 qt 2 cups	8 Add half of the cheese. Stir until melted. Reserve remaining cheese for step 10.
					9 Fold in sauce with spinach.
					10 Lightly coat a steam table pan (12" x 20" x 2 ½") with pan release spray and place 3 qt 3 cups (about 7 ½ lb) spinach mixture in each pan. Sprinkle remaining cheese on top. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					11 Bake until cheese melts: Conventional: 350 °F for 12 minutes. Convection: 350 °F for 10 minutes.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					12 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					13 Critical Control Point: Hold for hot service at 135 °F or higher.
					14 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

for ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	168
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	8 mg
Sodium	521 mg
Total Carbohydrate	13 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	16 IU
Calcium	361 mg
Iron	0 mg
Potassium	89 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Onions	1 lb 6 oz	2 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 Process.

The size of the serving volume is less than the size of the combined crediting volume because of shrinkage that occurs during the cooking process.

YIELD/VOLUME

50 Servings	100 Servings
About 15 lb	About 30 lb
About 1 gal 3 qt 2 cups/2 steam table pans (12" x 20" x 2 ½")	About 3 gal 3 qt/4 steam table pans (12" x 20" x 2 ½")

