

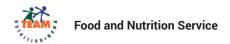
# Sautéed Spinach and Tomatoes USDA Recipe for Schools

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!

#### **NSLP/SBP CREDITING INFORMATION**

¹/₃ cup (No. 12 scoop) provides ¹/₃ cup dark green vegetable and ¹/₃ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
Margarine, trans-fat free	3 oz	1/4 cup 2 Tbsp	6 oz	<sup>3</sup> / <sub>4</sub> cup	1 Heat margarine over medium heat in a large stock pot.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 21/4 cups	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 red bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Garlic, minced	3 oz	¹⁄₄ cup	6 oz	¹⁄₂ cup	
Fresh ginger, chopped OR Ground ginger (only if fresh is unavailable)	2 oz	1/4 cup 1 Tbsp 1 tsp	4 oz	½ cup 2 Tbsp 2 tsp	





INGREDIENTS	50 SERVINGS		100 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Red Pepper Flakes		2 tsp		1 Tbsp 1 tsp	
*Fresh spinach, leaves	6 lb	2 gal 1 qt 21/4 cups	12 lb	4 gal 3 qt ½ cup	3 Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.
Tomato paste, canned, no-salt-added	1 lb	1½ cups 3 Tbsp 2 tsp (approx. 1/8 No. 10 can)	2 lb	31/4 cups 3 Tbsp 1 tsp (approx. 1/4 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 Tbsp		2 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 21/2") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7 Critical Control Point: Hold for hot service at 135 °F or higher.
					8 Portion with No. 12 scoop (1/3 cup).

### **NUTRITION INFORMATION**

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

NUTRIENTS Calories	AMOUNT 35
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	1 g 0 g 0 mg 189 mg 5 g 2 g 2 g N/A 2 g
Vitamin D Calcium Iron Potassium N/A=data not available.	0 IU 70 mg 2 mg 317 mg

## **SOURCE**

USDA Standardized Recipes Project.

MARKETING GUIDE					
Food as Purchased for	50 Servings	100 Servings			
Mature onions Spinach Red bell peppers	1 lb 6 oz 6 lb 14 oz 1 lb 6 oz	2 lb 12 oz 13 lb 12 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 Service.

YIELD/VOLUME				
50 Servings	100 Servings			
About 7 lb 14 oz	About 15 lb 12 oz			
About 3 qt 3¾ cups/2 steam table pans (12" x 20" x 2½")	About 1 gal 3 qt 3½ cups/4 steam table pans (12" x 20" x 2½")			