



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

$\frac{1}{3}$ cup (No. 12 scoop) provides $\frac{1}{8}$ cup dark green vegetable and $\frac{1}{8}$ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	3 oz	$\frac{1}{4}$ cup 2 Tbsp	6 oz	$\frac{3}{4}$ cup	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	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 $\frac{1}{4}$ cups	
*Fresh red bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Garlic, minced	3 oz	$\frac{1}{4}$ cup	6 oz	$\frac{1}{2}$ cup	
Fresh ginger, chopped OR Ground ginger (only if fresh is unavailable)	2 oz	$\frac{1}{4}$ cup 1 Tbsp 1 tsp	4 oz	$\frac{1}{2}$ cup 2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Red Pepper Flakes		2 tsp		1 Tbsp 1 tsp	
*Fresh spinach, leaves	6 lb	2 gal 1 qt 2¼ 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. ⅛ No. 10 can)	2 lb	3¼ cups 3 Tbsp 1 tsp (approx. ¼ 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 2½") 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 (⅓ cup).

**NUTRITION INFORMATION**

For ⅓ 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	50 Servings	100 Servings
Mature onions	1 lb 6 oz	2 lb 12 oz
Spinach	6 lb 14 oz	13 lb 12 oz
Red bell peppers	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 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")

