



Yucca

USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

½ cup (4 fl oz spoodle) provides ⅓ cup red/orange vegetable, ¼ cup starchy vegetable, and ⅓ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		1 cup		2 cups	1 Heat oil in a large stock pot.
*Yucca, fresh, chopped	6 lb	3 qt 2 ¾ cups 2 Tbsp 2 tsp	12 lb	1 gal 3 qt 1 ¾ cups 1 Tbsp 1 tsp	2 Add yucca. Cook uncovered over medium–high heat for 3–5 minutes.
Garlic, fresh, minced	3 oz	¼ cup	6 oz	½ cup	3 Add garlic and onions. Simmer uncovered over medium heat for 5–8 minutes.
*Onions, fresh, chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
*Red bell peppers, fresh, chopped	2 lb 4 oz	1 qt 2 ⅓ cups 1 Tbsp 1 tsp	4 lb 8 oz	3 qt 1 ½ cups 2 Tbsp 2 tsp	4 Add peppers, salt, and pepper. Simmer uncovered over high heat for 2–3 minutes.
*Green bell peppers, fresh, chopped	1 lb 8 oz	1 qt ½ cup	3 lb	2 qt 1 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Black pepper, ground		1 Tbsp		2 Tbsp	
Apple cider vinegar		1 ½ cups		3 cups	5 Add vinegar and lime juice. Simmer uncovered over high heat for 2–3 minutes, stirring constantly to deglaze pan.
Lime juice, fresh		1 cup		2 cups	
					6 Critical Control Point: Heat to 135 °F or higher.
					7 Pour 3 qt (about 5 lb) yucca mixture into a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					8 Critical Control Point: Hold for hot service at 135 °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
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
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	50 Servings	100 Servings
Yucca	8 lb	16 lb
Mature onions	1 lb 8 oz	3 lb
Red bell peppers	2 lb 14 oz	5 lb 12 oz
Green bell peppers	1 lb 14 oz	3 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 10 lb About 1 gal 1 qt/2 steam table pans (12" x 20" x 2 ½")	About 20 lb About 2 gal 2 qts/4 steam table pans (12" x 20" x 2 ½")