Quick Baked Potatoes

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes, 80-count	15 lb 8 oz	25 (80-count)	31 lb	50 (80-count)	.....	1. Wash potatoes and cut in half lengthwise, skin on.
Garlic salt	.....	½ tsp	.....	1 tsp	.....	2. Mix spices and place in spice shaker.
Celery salt	.....	½ tsp	.....	1 tsp	.....	
White pepper	.....	½ tsp	.....	1 tsp	.....	
Black pepper	.....	½ tsp	.....	1 tsp	.....	
Paprika	.....	1 Tbsp 1 tsp ..	.....	2 Tbsp 2 tsp ..	.....	
Salt	.....	1 tsp	.....	2 tsp	.....	
Vegetable oil	.....	½ cup	.....	1 cup	.....	3. Spread 2 Tbsp (1 oz) of oil in each 12" x 20" x 2½" steam table pan. 4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up. 5. Sprinkle spice mixture over potatoes. 6. Turn potatoes cut-side down for browning. 7. **To Bake:** Conventional Oven 450°F, 25-30 minutes Convection Oven 425°F, 20-25 minutes Bake until the surface is golden-brown.

(over)

Quick Baked Potatoes *(continued, page 2 of 2)*

SERVING: ½ potato, with skin
provides ⅝ cup of vegetable

YIELD: 50 servings: 50 half-potatoes
100 servings: 100 half-potatoes

Nutrients Per Serving

Calories	143	Saturated Fat	.4 g	Iron	1.6 mg
Protein	3 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	29 g	Vitamin A	11 RE/112 IU	Sodium	88 mg
Total Fat	2.3 g	Vitamin C	15 mg	Dietary Fiber	3 g

Herbed Broccoli and Cauliflower Polonaise

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter, melted ..	8 oz	1 cup	1 lb	2 cups	.....	1. Heat margarine or butter in a stock pot until browned.
Lemon juice	.....	1/4 cup	.....	1/2 cup	.....	2. Turn off heat and add lemon juice.
*Onions, 1/4" diced	5 oz	1 cup	10 oz	2 cups	.....	3. Add fresh or rehydrated onions, basil, parsley, white pepper, onion, salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside.
OR						
†Dried onions	.....	1/4 cup	.....	1/2 cup	.....	
Dried basil leaves	.....	1 Tbsp	.....	2 Tbsp	.....	
Dried parsley	.....	2 Tbsp	.....	4 Tbsp	.....	
White pepper	.....	1/2 tsp	.....	1 tsp	.....	
Onion salt	.....	2 tsp	.....	1 Tbsp 1 tsp ..	.....	
Parmesan cheese, grated	4 oz	3/4 cup	8 oz	1 1/2 cups	.....	
Dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt	.....	
Frozen broccoli spears	6 lb 4 oz	.....	12 lb 8 oz	.....	.....	4. Place broccoli and cauliflower in separate 12" x 20" x 2 1/2" steam table pans. Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. Drain water from pans.
Frozen cauliflower	6 lb 4 oz	.....	12 lb 8 oz	.....	.....	5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each 12" x 20" x 2 1/2" steam table pan.
						6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.
						7. Each pan serves 25.

*See Marketing Guide.

†Rehydrate onions in an equal amount of water. Do not drain.

(over)

Herbed Broccoli and Cauliflower Polonaise *(continued, page 2 of 2)*

SERVING: ½ cup (No. 8 scoop)
provides ½ cup of vegetable

YIELD: 50 servings: 12 lb 11 oz
100 servings: 25 lb 6 oz

Special Tip: For best results, use perforated pans to steam vegetables.

Nutrients Per Serving

Calories	97	Saturated Fat	1.3 g	Iron	1.1 mg
Protein	5 g	Cholesterol	2 mg	Calcium	82 mg
Carbohydrate	10 g	Vitamin A	125 RE/927 IU	Sodium	216 mg
Total Fat	5.0 g	Vitamin C	54 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	5½ oz	11 oz	.....

Corn and Green Bean Casserole

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat mayonnaise	1 lb 4 oz	2½ cups	2 lb 8 oz	1 qt 1 cup		1. In a large bowl, mix the lowfat mayonnaise, lowfat cheddar cheese, celery, and onions (optional).
Lowfat cheddar cheese, shredded	6 oz	1½ cups	12 oz	3 cups		
*Fresh celery, chopped	1 lb	1 qt	2 lb	2 qt		
*Onions, chopped (optional)	8 oz	1¼ cups	1 lb	2½ cups		2. Place 5 lb of corn and 5 lb of green beans in a steam table pan (12" x 20" x 2½"). Add 2 qt of mayonnaise mixture to vegetables and mix thoroughly.
Frozen corn, thawed	5 lb	3 qt 2 cups	10 lb	1 gal 3 qt		
Frozen French-cut green beans, thawed	5 lb	1 gal 1½ cups	10 lb	2 gal 3 cups		
Soft bread crumbs	1 lb	2 qt 2 cups	2 lb	1 gal 1 qt		3. Mix bread crumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each steam table pan.
Margarine or butter, melted	4 oz	½ cup	8 oz	1 cup		4. **To Bake:** Conventional Oven 350°F, 40 minutes Convection Oven 350°F, 30 minutes Bake until golden brown. 5. Cut each steam table pan into 5 x 10 cuts for 50 servings.

*See Marketing Guide.

(over)

Corn and Green Bean Casserole *(continued, page 2 of 2)*

SERVING: ½ cup
provides ½ cup of vegetable

YIELD: 50 servings: 15 lb 3 oz
100 servings: 30 lb 6 oz

Special Tip: For best results, thaw vegetables overnight in a refrigerator.

Nutrients Per Serving

Calories	129	Saturated Fat	1.0 g	Iron	.9 mg
Protein	4 g	Cholesterol	4 mg	Calcium	49 mg
Carbohydrate	20 g	Vitamin A	52 RE/357 IU	Sodium	158 mg
Total Fat	5.0 g	Vitamin C	8 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Celery	1 lb 4 oz	2 lb 8 oz	.....
Onions	10 oz	1 lb 3 oz	.....