



Winter Greens

Although harvested in the winter, greens are great any time of the year! Winter Greens are fresh kale, cooked with onions, garlic and red pepper flakes.

CACFP Adult Portion Crediting Information

½ cup (4 oz spoodle) provides ½ cup vegetable (½ cup dark green vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommended to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Canola oil or Sesame oil		⅓ cup		¼ cup	1 Heat oil in a large stock pot uncovered over high heat. 2 Add kale, onions, sugar, garlic, red pepper flakes, vegetable base and jalapeños (optional). Cook uncovered for 5-6 minutes over high heat stirring constantly.
*Fresh kale, chopped (stems removed)	4 lb	4 gal	8 lb	8 gal	
Dehydrated onions		⅓ cup	3 oz	⅔ cup	
Sugar		2 Tbsp		¼ cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, minced	3 oz	1/3 cup	6 oz	2/3 cup	
Red pepper flakes		1 tsp		2 tsp	
Vegetable base, low sodium		1/3 cup		2/3 cup	
Fresh jalapeños, seeded, diced (optional)		2 each		4 each	
Water		1 cup		2 cups	3 Add water.
					4 Reduce heat to low. Stir well and cook for an additional minute. Add additional water if needed to prevent sticking.
					5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					6 Pour 4 lb (about 3 qt 2 cups) kale into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Serve 1/2 cup (portion with 4 oz spoodle or No. 8 scoop).



NUTRITION INFORMATION

For ½ cup (4 oz spoodle or No. 8 scoop)

NUTRIENTS	AMOUNT
Calories	59
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	118 mg
Total Carbohydrate	7 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	2 g
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Vitamin A	520 mcg RAE
Vitamin C	33 mg
Vitamin D	0 IU
Calcium	59 mg
Iron	1 mg
Potassium	201 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh Kale	5 lb 7 ½ oz	10 lb 15 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

25 Servings	50 Servings
About 4 lb	About 8 lb
About 3 qt 2 cups/ 1 steam table pan (12" x 20" x 4")	About 1 gal 3 qt/ 2 steam table pans (12" x 20" x 4")

SOURCE:

CACFP Adult Portion Recipe Project

