

Potatoes with Vegetables

Vegetable

Vegetables

I-01A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled, quartered	2 lb 8 oz		5 lb		<ol style="list-style-type: none"> In a pot, boil potato quarters in water about 30 minutes or until tender. Drain. In a mixing bowl, combine hot potatoes, milk, margarine or butter, salt, pepper, and salad dressing or mayonnaise (optional). Using the whip attachment, mix on medium speed for 3 minutes. Scrape down sides of bowl. Mix on high speed for 1 minute, until smooth. Place 1 lb 6 oz (3 ¼ cups) frozen mixed vegetables in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Spread 1 lb 7 ½ oz (3 ½ cups) mashed potatoes over vegetables in each pan. Bake uncovered: Conventional oven: 350° F for 30 minutes Convection oven: 350° F for 30 minutes CCP: Hold at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.
Lowfat 1% milk, hot		¾ cup		1 ½ cups	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Reduced calorie salad dressing (optional)	4 oz	½ cup	8 oz	1 cup	
OR	OR	OR	OR	OR	
Lowfat mayonnaise (optional)	4 oz	½ cup	8 oz	1 cup	
Frozen mixed vegetables	2 lb 12 oz	1 qt 2 ½ cups	5 lb 8 oz	3 qt 1 cup	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Potatoes	3 lb 2 oz	6 lb 4 oz

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SERVING:	YIELD:	VOLUME:
1 piece provides ½ cup of vegetable.	24 Servings: 5 lb 8 oz	24 Servings: 2 pans
	48 Servings: 11 lb	48 Servings: 4 pans
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Special Tip:
For variation, use red potatoes and leave skins on half of the potatoes. Mash as directed.

Nutrients Per Serving					
Calories	88	Saturated Fat	0.46 g	Iron	0.58 mg
Protein	2.57 g	Cholesterol	0 mg	Calcium	26 mg
Carbohydrate	15.87 g	Vitamin A	2323 IU	Sodium	240 mg
Total Fat	2.10 g	Vitamin C	7.3 mg	Dietary Fiber	3.1 g