

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	2 oz	¼ cup	4 oz	½ cup	<ol style="list-style-type: none"> Heat margarine or butter in a stock pot until browned. Turn off heat and add lemon juice. Add onions, basil, parsley, pepper, onion powder, Parmesan cheese, and bread crumbs. Mix, reserve for step 6. Place broccoli and cauliflower in separate pans (9" x 13" x 2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. Combine 11 oz of cooked broccoli and 11 oz of cooked cauliflower in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Sprinkle ½ cup of bread crumb mixture over each pan of vegetables before serving. CCP: Hold at 140° F or warmer. <p>Portion with No. 16 scoop (¼ cup).</p>
Lemon juice		1 Tbsp		2 Tbsp	
*Fresh onions, chopped OR		¼ cup	2 ½ oz	¼ cup 3 Tbsp OR	
Dehydrated onions		2 Tbsp		¼ cup	
Dried basil		¾ tsp		1 ½ tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Onion powder		½ tsp		1 tsp	
Reduced fat Parmesan cheese, grated		3 Tbsp	2 oz	¼ cup 2 Tbsp	
Enriched dry bread crumbs	2 ½ oz	½ cup	5 oz	1 cup	
Frozen broccoli spears	1 lb 9 oz		3 lb 2 oz		
Frozen cauliflower	1 lb 9 oz		3 lb 2 oz		

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 3 lb 2 ¼ oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 6 lb 5 ½ oz	50 Servings: 3 quarts ½ cup
Edited 2014		

Nutrients Per Serving			
Calories	46	Saturated Fat	0.62 g
Protein	2.27 g	Cholesterol	1 mg
Carbohydrate	4.90 g	Vitamin A	640 IU
Total Fat	2.34 g	Vitamin C	20.7 mg
		Iron	0.43 mg
		Calcium	40 mg
		Sodium	130 mg
		Dietary Fiber	1.8 g