

Calabacitas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Zucchini Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
Summer Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
Red Onion, diced	1 lb. 8 oz.		3 lbs.	
Frozen Corn, thawed	1 lb. 8 oz.		3 lbs.	
Diced Tomatoes, canned, drained		¼ - #10 can		½ - #10 can
Water		¼ cup		½ cup
Garlic, fresh, minced (garlic powder)		1 Tbsp.		2 Tbsp.
Italian Parsley, fresh, chopped		2 Tbsp.		¼ cup
Oregano, dried		1 ½ tsp.		1 Tbsp.
Pepper, ground		1 tsp.		2 tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sauté or steam the onion, garlic and water mixture using steamer, tilt skillet or steam jacketed kettle until onions look translucent, approximately 3-5 minutes.
2. Add zucchini and summer squash; cook for another 2-3 minutes.
3. Add corn, tomatoes, oregano and pepper. Mix until evenly distributed.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

4. Remove from heat and transfer to appropriate serving pans.
5. Evenly distribute chopped parsley over each pan of vegetables.

HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1/2 cup per serving. Each serving provides ½ cup other vegetable subgroup.

Nutrition Information per ½ cup serving *From USDA Nutrient Database

Calories: 38 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 5g Protein: 2g Sodium: 21mg Vitamin A: 20µg
Vitamin C: 29mg Calcium: 31mg Iron: 1mg Folate: 46µg

