

Charred Orange Broccoli

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD:

10 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Broccoli, whole OR Broccoli, florets, ready-to-use	1 ½ lbs. OR lbs.		20 lbs. OR 8 lbs.	
Vegetable oil		1 ¼ cups		2 ½ cups
Orange juice		1 ¼ cups		2 ½ cups
Soy sauce, low sodium		¾ cup		1 ½ cups
Light brown sugar		½ cup		1 cup
Sweet Asian chili sauce		½ cup		1 cup
Sesame oil		1/3 cup + 1 Tbsp.		¾ cup
Optional: Sesame seeds		¾ cup		1 ½ cups

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe

Preparation

1. Preheat oven to 425 degrees Fahrenheit.
2. If using whole broccoli heads, cut into florets and toss with vegetable oil in a large bowl.
3. Place on a parchment covered sheet pans, making sure there is space between florets.
4. Bake 25-30 minutes, until broccoli is slightly browned and can be pierced easily with a knife
5. Meanwhile, combine the orange juice, soy sauce, light brown sugar, and sweet Asian chili sauce in a large saucepan and bring to a boil. Reduce to a simmer, and cook until thickened, 2-4minutes. Stir in sesame oil.
6. Remove broccoli from oven and drizzle orange juice sauce over broccoli. Sprinkle with toasted sesame seeds, if desired.

*Sauce can be combined in a steamtable pan, covered and steamed for about five minutes. Once heated through, stir in sesame oil and set aside.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above

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

Serving Information

Each Portion 1/2 cup serving of broccoli to provide ½ cup dark green vegetable serving.

OR

Portion ¼ cup broccoli to provide ¼ cup vegetable serving.

Nutrition Information per ½ cup serving without sesame seeds *From USDA Nutrient Database

Calories: 89 Total Fat: 7g Saturated Fat: 0.7g Monounsaturated Fat: 4g Polyunsaturated Fat: 2.2g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 5.5g Fiber: 1g Total Sugar: 3g Protein: 1.3g Sodium: 135mg Vitamin A: 11µg

Vitamin C: 33mg Calcium: 19mg Iron: 0.3mg Folate: 23µg

Nutrition Information per ½ cup serving with sesame seeds *From USDA Nutrient Database

Calories: 101 Total Fat: 8.3g Saturated Fat: 0.8g Monounsaturated Fat: 4.5g Polyunsaturated Fat: 2.7g

Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 6g Fiber: 1.3g Total Sugar: 3g Protein: 1.7g Sodium: 135mg

Vitamin A: 11µg Vitamin C: 33mg Calcium: 40mg Iron: 0.7mg Folate: 25µg



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