

# Spinach & Garlic Sauté

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Fresh Spinach, ready-to-use	5 lbs.		10 lbs.	
Garlic, fresh, minced	4 oz.		8 oz.	
Salt		1 Tbsp.		2 Tbsp.
Black pepper		1 ½ tsp		1 Tbsp.
Oil, olive or vegetable		½ cup		1 cup

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 all ingredients in oil using a tilt skillet or steam jacketed kettle until spinach is wilted, approximately 3 minutes.

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

2. Transfer to appropriate serving pans.

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 spinach with 1 - #8 scoop or 4 ounce spoodle to provide ½ cup dark green vegetable.

**Nutrition Information** per ½ cup serving \*From USDA Nutrient Database

Calories: 31 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 2g Fiber: 1g Total Sugar: 0g Protein: 1g Sodium: 209mg Vitamin A: 203µg  
Vitamin C: 13mg Calcium: 46mg Iron: 1mg Folate: 84µg

