

Orange- Sauced Vegetables

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Broccoli, fresh or frozen, cuts	4 lb		8 lb	
Baby carrots, fresh or frozen	2 lb		4 lb	
Water chestnuts, canned or frozen	2 lb		4 lb	
Orange zest, minced		2 Tbsp		4 Tbsp
100% orange juice, unsweetened		3 cup		1 1/2 qt
Soy sauce, reduced sodium		1/4 cup		1/2 cup
Cornstarch		1/4 cup		1/2 cup

Directions

1. Steam broccoli and carrots until bright and slightly tender.
2. Heat water chestnuts thoroughly in saucepan until heated through.
3. In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil.
4. Combine soy sauce and corn starch to make a slurry.
5. While whisking, pour soy and cornstarch slurry into boiling orange juice and honey mixture to thicken.
6. Pour sauce over hot vegetables and toss lightly to coat.
7. Serve 1/2 cup (4 ounces).

Notes

Additional Tips

You can find the recipe for 25 servings and family sized

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	40	
Total Fat	0.1 g	
Protein	1 g	
Carbohydrates	9 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	70 mg	

Meal Components

Fruits	1/2 cup
Vegetables	1/2 cup

servings here.