

Broccoli and Cauliflower Polonaise

Meal Components: Vegetable

I-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	2 oz	1/4 cup	4 oz	1/2 cup	<ol style="list-style-type: none"> 1. Heat margarine or butter in a stock pot until browned. 2. Turn off heat and add lemon juice. 3. Add onions, basil, parsley, pepper, onion powder, Parmesan cheese, and bread crumbs. Mix, reserve for step 6.
Lemon juice		1 Tbsp		2 Tbsp	
*Fresh onions, chopped		1/4 cup	2 1/2 oz	1/4 cup 3 Tbsp	
Dried basil		3/4 tsp		1 1/2 tsp	
Dried parsley		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1/8 tsp		1/4 tsp	
Onion powder		1/2 tsp		1 tsp	
Reduced fat Parmesan cheese, grated		3 Tbsp	2 oz	1/4 cup 2 Tbsp	

Frozen broccoli spears	1 lb 9 oz	3 lb 2 oz	4. 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. CCP not needed.
Frozen cauliflower	1 lb 9 oz	3 lb 2 oz	5. 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. 6. Sprinkle 1/2 cup of bread crumb mixture over each pan of vegetables before serving. 7. CCP: Hold at 140° F or warmer. Portion with No.16 scoop (1/4 cup).

Notes

* See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	2 oz	4 oz

Serving	Yield	Volume
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 3 lb 2 1/4 oz	25 Servings: 1 quart 2 1/4 cups
	50 Servings: 6 lb 5 1/2 oz	50 Servings: 3 quarts 1/2 cup

Nutrients Per Serving					
Calories	46	Saturated Fat	0.62 g	Iron	0.43 mg
Protein	2.27 g	Cholesterol	1 mg	Calcium	40 mg
Carbohydrate	4.9 g	Vitamin A	640	Sodium	130 mg
Total Fat	2.34 g		unknown	Dietary Fiber	1.8 g
		Vitamin C	20.7 mg		