

CAULIFLOWER COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
93 cal	13 g	4 g	4 g	0 mg	130 mg	35 mg

Ingredient

CAULIFLOWER,FROZEN
 PEAS & CARROTS,FROZEN
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

7-1/2 lbs
 22-1/2 lbs
 1 lbs
 1-5/8 lbs

Measure

4 gal 2-1/4 qts
 2 cup
 3 cup

Issue

Method

- 1 Cook cauliflower 4 to 8 minutes and peas and carrots 6 to 8 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Vegetables must be heated to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.