

CORN COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	18 g	3 g	4 g	0 mg	66 mg	36 mg

Ingredient

CORN,FROZEN,WHOLE KERNEL
 BEANS,GREEN,FROZEN,CUT
 CARROTS,FROZEN,SLICED
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

11-1/4 lbs
 11-1/4 lbs
 7-1/2 lbs
 1 lbs
 1-5/8 lbs

Measure

1 gal 3-3/4 qts
 2 gal 2-1/4 qts
 1 gal 2-5/8 qts
 2 cup
 3 cup

Issue**Method**

- 1 Cook corn for 4 to 6 minutes, beans for 5 to 8 minutes and carrots for 10 to 13 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: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.