

HONEY DIJON VEGETABLES

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
62 cal	14 g	3 g	0 g	0 mg	121 mg	38 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CARROTS,FROZEN,SLICED	12 lbs	2 gal 2-5/8 qts	
CAULIFLOWER,FROZEN	12 lbs		
BRUSSELS SPROUTS,FROZEN	6 lbs	1 gal 3/8 qts	
COOKING SPRAY, NONSTICK	1/8 oz	1/8 tsp	
ONIONS,FRESH,CHOPPED	8-1/2 oz	1-1/2 cup	9-3/8 oz
VEGETABLE BROTH		3 qts	
MUSTARD,DIJON	12-3/4 oz	1-1/2 cup	
HONEY	10-1/2 oz	3/4 cup 2 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
CORNSTARCH	4 oz	3/4 cup 2 tbsp	

Method

- 1 Cook carrots for 10 to 13 minutes, cauliflower for 4 to 8 minutes and brussels sprouts for 7 to 9 minutes. Use progressive cooking techniques for optimal vegetable texture.
- 2 Stir-cook onions in a lightly sprayed steam jacketed kettle about 5 minutes or until tender, stirring constantly.
- 3 Prepare vegetable broth according to package directions. Reserve 2 cups vegetable broth for use in Step 5.
- 4 Add remaining vegetable broth, mustard, honey and pepper to onions in steam jacketed kettle. Stir to blend. Bring to a simmer.
- 5 Blend reserved broth and cornstarch until smooth. Add to hot liquid mixture stirring constantly. Bring to a boil. Cook gently 2 to 3 minutes, stirring occasionally.
- 6 Pour glaze evenly over vegetables. Toss lightly until well coated. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.