

OKRA MELANGE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
47 cal	10 g	2 g	1 g	0 mg	196 mg	73 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 GARLIC POWDER
 CELERY, FRESH, CHOPPED
 PEPPERS, GREEN, FRESH, CHOPPED
 OKRA, FROZEN, CUT
 TOMATOES, CANNED, DICED, DRAINED
 SALT
 PEPPER, BLACK, GROUND
 JUICE, LEMON
 PARSLEY, DEHYDRATED, FLAKED
 BREADCRUMBS, DRY, GROUND, FINE

Weight

2 oz
 2 lbs
 2-3/8 oz
 1 lbs
 2 lbs
 14-2/3 lbs
 7-1/8 lbs
 1-1/4 oz
 1/4 oz
 8-5/8 oz
 1/8 oz
 3-3/4 oz

Measure

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

Issue

2-1/4 lbs
 1-3/8 lbs
 2-1/2 lbs

Method

- 1 Spray steam jacketed kettle with non-stick cooking spray. Saute onions and garlic in a steam-jacketed kettle until translucent. Add celery and green peppers. Cook an additional 5 minutes.
- 2 Add thawed okra and drained tomatoes. Cook okra.
- 3 Season with salt, pepper, lemon juice and parsley. Place in baking pans. Sprinkle with bread crumbs. Using a convection oven, bake at 400 F. for 10 minutes or until bread crumbs are brown. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.