## Marcus’s A-1 Steamed Spinach

**Hartford Public Schools, FCNS - 2015**

**Grade:** K-12

**Yield:** 34 to 68 portions

### INGREDIENTS

<table>
<thead>
<tr>
<th>WEIGHT</th>
<th>MEASURE</th>
<th>34 SERVINGS</th>
<th>WEIGHT</th>
<th>MEASURE</th>
<th>68 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach - fresh, partly trimmed and cleaned.</td>
<td>9 lbs.</td>
<td>1 cs.</td>
<td>4 lbs.</td>
<td>2.5 #bags</td>
<td>18 lbs.</td>
<td>2 cs.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2/3 cup</td>
<td></td>
<td></td>
<td></td>
<td>1 ½ cup</td>
<td></td>
</tr>
<tr>
<td>Red onion, sliced**</td>
<td>2 medium**</td>
<td></td>
<td></td>
<td></td>
<td>4 medium**</td>
<td></td>
</tr>
<tr>
<td>Garlic, fresh minced</td>
<td>½ cup</td>
<td></td>
<td></td>
<td></td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>White pepper, ground</td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td>½ Tbsp</td>
<td></td>
</tr>
</tbody>
</table>

### DIRECTIONS

1. Sanitize work area with bleach & water solution.  
2. Wash hands.  
3. Put on food service gloves.  
4. Separate spinach into 4” deep hotel pans; you may need up to 4 set aside.  
5. In a small bowl combine olive oil, onions, garlic and white pepper.  
6. Pour mixture over spinach.  
7. Place hotel pans in steamer for six minutes. *** Only cook enough for each wave.  
8. Spinach should only be about half way cooked. - Spinach will continue to cook once it is placed on serving line.

### Serving Size:

½ cup - 4 oz perforated spoodle

**Meal Pattern Contribution:** ½ cup Dark Green Vegetable

**NOTES:**

1 lb fresh, partly trimmed spinach yields 3.8 - ½ cup portions cooked vegetable.

**Medium red onion weighs approx. 8 oz. & yields 1 cup diced onion.**

**HACCP / Serving Instructions:**

1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.