# Fresh Steamed Zucchini

Hartford Public Schools, FCNS - 2014

**Grades:** K-12  
**Yield:** 25 or 50 portions

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
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<tbody>
<tr>
<td></td>
<td>WEIGHT</td>
<td>MEASURE</td>
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<tr>
<td>Zucchini, fresh, whole*</td>
<td>5 lbs 12 oz</td>
<td>1/4 cup</td>
<td>1. Sanitize work area with bleach &amp; water solution.</td>
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<td>Olive oil</td>
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<td>11 lbs 8 oz</td>
<td>1/2 cup</td>
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**Cooking Methods:** (Steamer)  
1. Wash, trim and slice zucchini, to ¼” round slices.  
2. Place 5 lbs prepared zucchini in a 2” hotel pan.  
3. Sprinkle with 1/4 cup olive oil.  
4. Cover and steam zucchini until tender, approximately four minutes.

**Serving Size:** ½ cup - 4 oz. perforated spoodle  
**Meal Pattern Contribution:** ½ cup other vegetable  
**Notes:** Discard unused cooked product.  
*Summer Squash (Yellow) can be substituted.  
25 servings would require 6 pounds summer squash to equal 25 servings of ½ cup Other Veg. Adjust amounts above accordingly.

**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.