

Kentucky Dept. of Education

001404 - Ratatouille

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 2.5 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: Perry Co. Central HS

002047 SALT, TABLE..... 6 TSP 002030 PEPPER, BLACK..... 6 TSP, ground 004582 VEGETABLE OIL, CANOLA..... 1 CUP 799943 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE... 32 large whole (3" dia) 799939 GARLIC, RAW..... 8 cloves, minced 011282 ONIONS, RAW..... 4 Medium, chopped 904006 Basil Leaves, chiffonade..... 8 each 002044 Bay Leaves..... 8 leaves 902819 Tomato Paste..... 1/2 CUP 014429 WATER, MUNICIPAL..... 8 CUP		Sauce: Add 1 cup oil to sauce pan on medium heat until pan is heated. Add minced garlic and saute for one minute. Add large diced tomatoes and water, bring to a simmer. Add basil sprigs and bay leaves. Add salt and pepper to taste. Simmer 10-15 minutes. Blend sauce with emulsifier.
011953 Zucchini..... 16 medium 011507 SWEET POTATO, RAW, UNPREP..... 16 sweetpotato, 5" long 011352 POTATO, FLESH & SKN, RAW..... 16 medium (2.25"-3.25") 011209 EGGPLANT, RAW..... 16 each, peeled (1.25lb a/p) 011641 Squash, Yellow..... 16 medium		Ratatouille: Finely slice eggplants, squash, zucchini, potatoes and sweet potatoes. Blanch potatoes for 10 minutes. Place sliced vegetables in pattern in glass pans.
011011 ASPARAGUS, RAW..... 96 spear, med (5.25"-7")		Asparagus: Drizzle asparagus with olive oil in mixing bowl. Sprinkle with salt and pepper. Put in baking with other vegetables. Bake at 350 degrees for 30 minutes.
075013 Chicken Breast..... 9 lb. 001032 CHEESE, PARMESAN, GRATED..... 4 CUP 904005 Herbs de Provence..... 5 TBSP + 1 TSP		Chicken: Coat pan with oil. Saute chicken with herbs de Provence, salt and pepper. Cook until reaches internal temp of 165 degrees. Hold at 135 degrees or higher for service. Serve: 3 oz chicken, 2 asparagus spears, with 1 cup ratatouille and 2-3 oz sauce. Top with parmesan cheese.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	309 kcal	Cholesterol	*32.84* mg	Sugars	*10.18* g	Calcium	*148.26* mg	27.28%	Calories from Total Fat
Total Fat	9.36 g	Sodium	*499.42* mg	Protein	18.86 g	Iron	*2.97* mg	6.95%	Calories from Sat Fat
Saturated Fat	2.38 g	Carbohydrate	41.21 g	Vitamin A	*7681.13* IU	Water ¹	*489.59* g	*0.27%*	Calories from Trans Fat
Trans Fat ²	*0.09* g	Dietary Fiber	*10.48* g	Vitamin C	*49.95* mg	Ash ¹	*4.90* g	53.37%	Calories from Carbohydrates
								24.42%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.