

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..... 002030 PEPPER, BLACK..... 004582 VEGETABLE OIL, CANOLA..... 799943 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE... 799939 GARLIC, RAW..... 011282 ONIONS, RAW..... 904006 Basil Leaves, chiffonade..... 002044 Bay Leaves..... 902819 Tomato Paste..... 014429 WATER, MUNICIPAL.....	6 TSP 6 TSP, ground 1 CUP 32 large whole (3" dia) 8 cloves, minced 4 Medium, chopped 8 each 8 leaves 1/2 CUP 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..... 011507 SWEET POTATO, RAW, UNPREP..... 011352 POTATO, FLESH & SKN, RAW..... 011209 EGGPLANT, RAW..... 011641 Squash, Yellow.....	16 medium 16 sweetpotato, 5" long 16 medium (2.25"-3.25") 16 each, peeled (1.25lb a/p) 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..... 001032 CHEESE, PARMESAN, GRATED..... 904005 Herbs de Provence.....	9 lb. 4 CUP 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.