

Sautéed Cabbage

Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cabbage, green, fresh, untrimmed, whole	7 lb 5 oz				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> Trim and quarter cabbage. Remove core and slice cabbage into 1/8 inch strips. Next cut 1/8 inch strips to 1-inch in length. Add oil to pan and heat on medium-low. Add cabbage to pan and cover. Stir frequently. As cabbage begins to soften, add garlic powder by sprinkling evening over cabbage. Continue to stir. Cook until all the pieces are tender. <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Canola oil		2 Tbsp			
Butter or buttery spread		3 Tbsp			
Garlic, powder (optional, adjust as needed)		2 Tbsp			

Notes:

Sautéed Cabbage

Vegetable

Side Dish

Recipe #KSU Developed

Nutrients calculated using Food Processor.

Serving: 1/2 cup, cooked vegetable	Yield:	Volume:
1-2 years: 1/8 cup	50 Servings:	50 Servings:
3-5 years: 1/4 cup		
6-18 years: 1/2 cup	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	26.26	Saturated Fat	0.13 g	Iron	0.15 mg
Protein	1.01 g	Cholesterol	0 mg	Calcium	36.32 mg
Carbohydrate	4.42 g	Vitamin A	15.04 RAE mcg	Sodium	11.10 mg
Total Fat	0.91 g	Vitamin C	28.13 mg	Dietary Fiber (2016)	1.46 g