

## Sautéed Spinach and Tomatoes

Sautéed Spinach and Tomatoes is a delicious combination of fresh spinach cooked with onions, red bell peppers, herbs, and ginger. This dish is part of a satisfying African meal made up of Jollof Rice, Kati Kati Chicken, and Sautéed Spinach and Tomatoes. Check out the USDA CACFP version of all these recipes!

### CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or No. 8 scoop) provides ½ cup vegetable (⅜ cup dark green vegetable, and ⅛ cup red/orange vegetable).



**Preparation Time:** 15 minutes

**Cooking Time:** 3 minutes

**Makes:** 6 servings

### Ingredients

- 1 Tbsp Margarine, trans fat free
- ¼ cup or 1 ½ oz Fresh onions, diced
- ½ cup or 1 ½ oz Fresh red bell pepper, diced
- 2 tsp Garlic, minced
- 2 tsp Fresh ginger, chopped
- Or
- ½ tsp Ground ginger
- ¼ tsp Red pepper flakes
- 12 oz Fresh spinach leaves
- 2 oz Canned no-salt-added tomato paste
- ¼ tsp Salt

### Directions

- 1 Heat margarine over medium heat in a medium saucepan.
- 2 Add onions, bell peppers, garlic, ginger, and red pepper flakes. Sauté uncovered for 3 minutes over medium heat. Stir frequently.
- 3 Add spinach. Once spinach begins to wilt, add tomato paste. Stir frequently.
- 4 Add salt. Stir well. Sauté uncovered over medium-high heat, for 1 minute, stirring frequently until spinach reduces. Remove from heat immediately. DO NO OVERCOOK. Overcooking spinach will significantly reduce the amount of spinach.
- 5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 6 Transfer spinach to a serving dish. Keep warm.
- 7 Critical Control Point: Hold at 140 °F or higher until served.
- 8 Serve ½ cup (½ cup measuring cup or No. 8 scoop).

### Source:

CACFP Home Childcare 6-Serving Recipe Project

**Nutrients Per Serving:** Calories 37, Protein 2 g, Carbohydrates 5 g, Dietary Fiber 2 g, Total Sugars 2 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 152 mg, Vitamin A 262 mcg RAE, Vitamin C 23 mg, Vitamin D 10 IU, Calcium 72 mg, Iron 2 mg, Potassium 324 mg



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### CACFP Adult Portion Crediting Information

$\frac{3}{4}$  cup (6 oz spoodle) provides  $\frac{3}{4}$  cup vegetable ( $\frac{1}{4}$  cup additional vegetable,  $\frac{3}{8}$  cup dark green vegetable,  $\frac{1}{8}$  cup red/orange vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25
	Weight	Measure	Weight	Measure	
Margarine, trans fat-free		3 Tbsp		$\frac{1}{3}$ cup 2 tsp	<b>1</b> Heat margarine over medium heat in a large stock pot.  <b>2</b> Add onions, bell peppers, garlic, tomato paste, diced tomatoes, ginger. Sauté uncovered for 2 minutes over medium heat. Stir frequently.
*Fresh onions, diced	8 oz	1 $\frac{1}{2}$ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Fresh red bell peppers, diced	8 oz	1 $\frac{1}{2}$ cups	1 lb	3 cups	
Garlic, minced		2 Tbsp		$\frac{1}{4}$ cup	
Canned tomato paste	8 oz		1 lb		

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low sodium diced tomatoes, drained	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	
Fresh ginger, chopped		2 Tbsp		$\frac{1}{4}$ cup	
OR		OR		OR	
Ground ginger (only if fresh is unavailable)		2 tsp		1 tbsp 1 tsp	
*Fresh spinach, leaves	4 lb	4 gal	8 lb	8 gal	<b>3</b> Add spinach in batches (1 lb per batch). Stir for 30 seconds after adding each batch. (Overcooking spinach will significantly reduce yield).
					<b>4</b> After last batch, cook for 30 seconds, stirring briskly and remove from heat immediately.
Salt		1 $\frac{1}{2}$ tsp		3 tsp	<b>5</b> Add salt and red pepper flakes. Stir well.
Red Pepper Flakes		1 tsp		2 tsp	<b>6</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>7</b> Transfer to a steam table pan (12" x 20" x 2 $\frac{1}{2}$ ") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>8</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>9</b> Serve $\frac{3}{4}$ cup (portion with 6 oz spoodle).

## NUTRITION INFORMATION

For ¾ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>39</b>

<b>Total Fat</b>	<b>1g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>199 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars Included	N/A
<b>Protein</b>	<b>2 g</b>

Vitamin A	328 mcg RAE
Vitamin C	27 mg
Vitamin D	7 IU
Calcium	89 mg
Iron	3 mg
Potassium	396 mg
N/A = no data available	

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh Spinach	3 lb 15 oz	7 lb 14 oz
Fresh onions	11 oz	1 lb 6 oz
Fresh green bell pepper	11 oz	1 lb 6 oz

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 5 oz	About 10 lb 10 oz
About 3 qt/1 steam table pan (12" x 20" x 2 ½")	About 1 gal 2 qt/2 steam table pans (12" x 20" x 2 ½")

## SOURCE:

CACFP Adult Portion Recipe Project