

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

$\frac{1}{2}$ cup ($\frac{1}{2}$ cup measuring cup or No. 8 scoop) provides $\frac{1}{2}$ cup vegetable ($\frac{3}{8}$ cup dark green vegetable, and $\frac{1}{8}$ cup red/orange vegetable).



Preparation Time: 15 minutes

Cooking Time: 3 minutes

Makes: 6 servings

Ingredients

1 Tbsp Margarine, trans fat free
 $\frac{1}{4}$ cup or $1\frac{1}{2}$ oz Fresh onions, diced
 $\frac{1}{2}$ cup or $1\frac{1}{2}$ oz Fresh red bell pepper, diced
2 tsp Garlic, minced
2 tsp Fresh ginger, chopped
Or
 $\frac{1}{2}$ tsp Ground ginger
 $\frac{1}{4}$ tsp Red pepper flakes
12 oz Fresh spinach leaves
2 oz Canned no-salt-added tomato paste
 $\frac{1}{4}$ 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 $\frac{1}{2}$ cup ($\frac{1}{2}$ 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	<ol style="list-style-type: none"> 1 Heat margarine over medium heat in a large stock pot.
*Fresh onions, diced	8 oz	1 $\frac{1}{2}$ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	<ol style="list-style-type: none"> 2 Add onions, bell peppers, garlic, tomato paste, diced tomatoes, ginger. Sauté uncovered for 2 minutes over medium heat. Stir frequently.
*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		

Sautéed Spinach and Tomatoes - CACFP Adult Portion

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	<p>3 Add spinach in batches (1 lb per batch). Stir for 30 seconds after adding each batch. (Overcooking spinach will significantly reduce yield).</p> <p>4 After last batch, cook for 30 seconds, stirring briskly and remove from heat immediately.</p>
Salt		1 $\frac{1}{2}$ tsp		3 tsp	5 Add salt and red pepper flakes. Stir well.
Red Pepper Flakes		1 tsp		2 tsp	<p>6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> <p>7 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.</p>
					8 Critical Control Point: Hold for hot service at 140 °F or higher.
					9 Serve $\frac{3}{4}$ cup (portion with 6 oz spoodle).



NUTRITION INFORMATIONFor $\frac{3}{4}$ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	39
Total Fat	1g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	199 mg
Total Carbohydrate	6 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars Included	N/A
Protein	2 g
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	

SOURCE:

CACFP Adult Portion Recipe Project

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 1/2")	About 1 gal 2 qt/2 steam table pans (12" x 20" x 2 1/2")

