

Bubble & Squeak

Recipe:	R-2922	HACCP Process:	Same Day Service		
# of Servings:	50.00	Serving Size:	1/4 cup	Source:	VT Harvest of the Month
Grams Per Serving:	98.22	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Cabbage, raw	4 LB	<p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <ol style="list-style-type: none"> 1. Melt the butter in a non-stick pan, allow it to get nice and hot, then add bacon. 2. As the bacon (16 slices) begins to brown, add the onion and garlic 3. Add the cabbage and let it brown slightly. 4. Combine the bacon, onion, garlic and cabbage with the mashed cooked potatoes in a bowl and mix. 5. Grease sheet pan with oil. 6. Spread mixture evenly over the sheet tray and bake for 20 minutes, or until the top is crispy. 7. Let cool and cut into squares. <p>CCP: Hold for hot service at 135° F or higher</p>
Potatoes, white, flesh and skin, raw	5 LB + 8 OZ	
BACON - 300 SLICES QUICK FINISH	4 OZ	
Onions, raw	2 CUP CHOPPED	
Garlic, raw	4 OZ	
MARGARINE, ZERO TRANS FAT, ADMIRATION	2 OZ	

Notes:

Production Notes:

Serving Notes: "Vermont Harvest of the Month provides ready-to-go materials to promote local food in your classroom, cafeteria and community. Find recipes, lessons, and more online at www.VermontHarvestoftheMonth.org."

Nutrients Per Serving:		(per 1/4 cup)			
Calories	70.239	Trans Fat (gm)	*	Iron (mg)	0.482*
Protein (gm)	2.156*	Chol (mg)	2.400	Calc (mg)	24.583*
Carb (gm)	11.292	Vit A (IU)	39.886*	Sodium (mg)	65.768
Tot Fat (gm)	2.103	VitC (mg)	24.292*	Fiber (gm)	2.261
Sat Fat (gm)	0.789			Sugars (gm)	*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1/4 cup)					
		----- Vegetables (Cups) -----					
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	0.125	Other	0.125
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	Fluid Milk (Cups)				

Allergens:

No Listed Allergens