

Orange-Sauced Vegetables – adapted from “Fruit and Veggies Quantity Cookbook – Revised Edition” (Oct 2011)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Broccoli, fresh [§]	4 lb.	8 lb.	2 lb.	<ol style="list-style-type: none"> 1. Cut broccoli into bite-size. Halve carrots lengthwise and slice diagonally, about ½” thick. 2. Steam broccoli and carrots until bright and slightly tender. 3. Heat water chestnuts thoroughly in saucepan until heated through. 4. Combine soy sauce and starch to make slurry. 5. In a saucepan, combine orange zest, OJ and honey and bring to a boil. While whisking, pour 4 into boiling OJ to thicken. 6. Pour sauce over hot vegetables and toss lightly to coat. <p>❖ Serving Size: ½ cup (4 ounces).</p>
Carrots, fresh [§]	2 lb.	4 lb.	1 lb.	
Water chestnuts, canned or frozen	2 lb.	4 lb.	1 lb.	
Soy sauce, reduced sodium	¼ cup	½ cup	2 Tb	
Starch, potato or corn	¼ cup	½ cup	2 Tb	
Orange zest, minced	2 Tb	4 Tb	1 Tb	
100% orange juice, unsweetened	3 cup	1 ½ qt	1 ½ cup	
Honey [§]	2 Tb	¼ cup	1 Tb	

[§]WA product available when in season

Approximate preparation time: 30 min.

Tips & Variations:

- **Broccoli** stem is edible too – remove lowest part of the stem if woody or tough, trim any woody or tough skin using peeler and chop into bite-size.
- Water chestnuts are available at most Asian grocery stores.



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Child Nutrition Program Food Components:

✓ ½ cup vegetable

Nutrients Per Serving:

Calories	40 kcal
% Calories from Fat	0 %
Total Fat	0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrates	9 g
Dietary Fiber	2 g
Sugars	3 g
Protein	1 g
Vitamin A (2500 IU)	63 %
Vitamin C (30 mg)	> 100 %
Calcium	3 %
Iron	2 %

- 👉 In Washington State, **Broccoli** is usually available June through November. [Check out the Washington Grown Vegetable Seasonality Chart.](#)
- 👉 **Broccoli** has evolved from wild cabbage varieties growing along the coasts of Europe and was first cultivated by the ancient Romans. **Broccoli** is an excellent source of vitamin A & C and good source of calcium, potassium and iron. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)*]
- 👉 Storage Tip: **Broccoli** is best used within a few days. Store in a plastic bag in the hydrator drawer of the refrigerator. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)*]

notes

