

PUREE APPEAL® GREEN PEAS

serving = 1/4 cup vegetable

INGREDIENTS	NUMBER OF SERVINGS			
	9	18	27	
Peas, cooked and drained	2 1/4 cups	1 qt. 1/2 cup	1 qt. 2 3/4 cups	
Margarine	2 Tbsp.	1/4 cup	6 Tbsp.	
Liquid from Vegetables or Water	1/2 cup	1 cup	1 1/2 cup	
RESOURCE® Puree Appeal®	1/3 cup + 1 Tbsp.	3/4 cup	1 cup + 2 Tbsp.	

HOW TO PREPARE:

1. Blend cooked, drained green peas with margarine and liquid until smooth in texture.
2. Add **Puree Appeal** and blend briefly until mixed.
3. For each serving, portion #16 scoop into mold coated with vegetable cooking spray. Spread evenly. Place on tray; cover and freeze.
4. After mixture is frozen (about 3 hours), press it out of the mold. Place frozen shapes on a sheet pan or a steamtable pan coated with vegetable cooking spray. Cover tightly with aluminum foil. Heat as directed to serving temperature (150-160°F).
5. Successful holding (over 30 minutes) requires using a broth slurry in the bottom of the steamtable pan to protect the molded food from overcooking. After heating add 1/3 cup slurry per molded food portion in each pan.

Note: This slurry makes an acceptable gravy.

	CONVENTIONAL OVEN AT 375° F	CONVECTION OVEN AT 325° F	STEAMER*
MEATS	30 to 35 min	15 to 20 min	20 min
VEGETABLES	20 min	15 min	15 min

* Mixture may be left in mold when heating in steamer. Place frozen mold form directly on a sheet pan. Cover with foil; steam as directed to serving temperature. Invert mold over sheet pan and push to remove food shapes.

APPROXIMATE NUTRITIONAL ANALYSIS

Portion: 1 mold*

Calories	72
Protein	3.6 gm
Carbohydrate	8.5 gm
Fat	2.7 gm
Sodium.....	92 mg
Cholesterol.....	0 mg

* Calculations based on frozen peas.

Diabetic Exchange:

1 starch

