

THICKENUP® GREEN PEAS - Canned

serving = 1/2 cup vegetable

INGREDIENTS	NUMBER OF SERVINGS			
	9	18	27	
Green Peas, drained	1 qt. 1/2 cup	2 1/4 qt.	3 qt. 1 1/2 cups	
Liquid from Vegetables or Water, hot	1/4 cup	1/2 cup	3/4 cup	
RESOURCE® ThickenUp®	1/2 cup 3 Tbsp.	1 1/3 cups 2 tsp.	2 cups 1 Tbsp.	

HOW TO PREPARE:

1. Blend cooked, drained Green Peas with hot liquid until smooth.
2. Add **ThickenUp**. Process briefly until mixed, scraping sides of bowl.
3. For each serving, portion #12 scoop into mold coated with vegetable cooking spray. Spread evenly. Place on tray; cover and freeze until solid.
4. After mixture is frozen (about 2 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 below, to 165° F.
5. Hold for service at internal temperature of 140°F. or higher.
6. Portion one molded shape per serving.

NOTE: Measurements of liquid and ThickenUp may be adjusted to achieve desired consistency.

	CONVENTIONAL OVEN AT 375° F	CONVECTION OVEN AT 325° F	STEAMER*
MEATS	20 to 25 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 165° F. Invert mold over sheet pan and push to remove food shapes. Hold for service at internal temperature of 140° F. or higher

APPROXIMATE NUTRITIONAL ANALYSIS

Portion: 1 mold

Calories 83
 Protein 4 gm
 Carbohydrate 16 gm
 Fat 0.3 gm
 Sodium..... 200 mg
 Cholesterol..... 0 mg

Diabetic Exchange:
 1 starch

