

Idaho Child Nutrition

Recipe: 000418 Whole Grain Polenta
 Recipe Source: CIA
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 24
 Size of Portion: 2" squares

001001 BUTTER,WITH SALT..... 011215 GARLIC,RAW..... 014429 WATER,MUNICIPAL..... 000084 CHICKEN STOCK..... 001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM).... 117073 SALT, KOSHER..... 114658 PEPPER BLACK, RESTAURANT.....	1 3/4 OZ 2 TBSP 1 3/4 QT 2 QT 1 QT 1/2 TSP 1/2 TSP	Heat butter in a large saucepan. Add the garlic and saute until aromatic. Add the stock, milk, salt, and pepper. Bring to a boil.
020020 CORNMEAL,WHOLE-GRAIN,YEL..... 020011 BUCKWHEAT FLR,WHOLE-GROAT.....	1 LB 1 LB	Whisking constantly, gradually rain the cornmeal and flour into the stock. Lower the heat and simmer for about 45 minutes, stirring frequently.
115860 CHEESE, PARMESAN, GRATED.....	3 1/2 OZ	Remove the mixture from the heat and stir in the cheese. Brush a 1/2 sheet pan with water and pour the polenta onto the pan. Cool and cover with plastic, and refrigerate until firm. When firm, cut into 2" squares and serve. Polenta could be served with a hot bowl of soup or chili; on top of a southwest or taco salad; topped with tomato bruschetta; or as a side dish to a main entree salad bar.

Calories	186	Iron	1.48 mg	Protein	7.30 g	15.71%	Calories from Prot
Cholesterol	10 mg	Calcium	115.04 mg	Carbohydrates	30.58 g	65.83%	Calories from Carb
Sodium	623 mg	Vitamin A	201.1 IU	Total Fat	4.30 g	20.82%	Calories from T Fat
Dietary Fiber	3.28 g	Vitamin A	54.5 RE	Saturated Fat	2.13 g	10.33%	Calories from S Fat
		Vitamin C	0.22 mg	Trans. Fat	0.00* g	%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
Moisture & Fat Change					
Moisture Change.	%				
Fat Change.....	%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001001	BUTTER, WITH SALT			
I	011215	GARLIC, RAW			
I	014429	WATER, MUNICIPAL			
I	000084	CHICKEN STOCK			
I	001085	MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR			
I	117073	SALT, KOSHER			
I	114658	PEPPER BLACK, RESTAURANT			
I	020020	CORNMEAL, WHOLE-GRAIN, YEL			
I	020011	BUCKWHEAT FLR, WHOLE-GROAT			
I	115860	CHEESE, PARMESAN, GRATED			

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