

Recipe Name: Asparagus with Lemon

Recipe Category: Vegetable

Portion Size: ½ cup asparagus

Ingredients: Yields: 50 servings

Ingredients	Notes:
18-20 lbs. asparagus	Washed and trimmed
1/3 cup olive oil	
1 cup grated Parmesan cheese	Optional
3 tablespoons cloves garlic, minced	Washed, peeled and minced
1 cup lemon juice	
2 tablespoons lemon zest	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 425°F.	
2	Wash and trim end of asparagus by remove woody ends: grasp root end of stalk and bend until it snaps.	
3	Arrange asparagus in baking dish.	
4	Drizzle with olive oil, Parmesan Cheese and garlic. Toss to coat.	
5	Remove zest from lemon and add to asparagus.	
6	Add juice from lemon to asparagus.	
7	Bake in oven until tender, about 12 to 15 minutes. Season with salt and pepper.	Cook until internal temperature reaches 135°F.

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size after cooking. Moisten with broth as needed after cutting.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with broth as needed after chopping.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed after processing.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit lemon, pepper and garlic

Liberal House Renal: Omit Parmesan and salt

No Added Salt: No changes needed

2 Gram Sodium: Omit Parmesan and salt

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
	X					

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free