Recipe Name: Baked Potato with Broccoli and Cheese

Recipe Category: Lunch Entree

Portion Size: 1 Potato with ½ c. cheese sauce and ½ c. broccoli

Ingredients: Yields: 50 servings

Ingredients	Notes:
50 Medium Baking Potatoes	Scrub and trim
16-20 AP broccoli flowerets	Wash and trimmed
1 gallon low salt vegan chicken or vegetable broth	
1 ½ quarts diced carrots	Wash, peel and trim
2 tablespoons salt	
1 teaspoon black pepper	
3 pounds shredded low fat cheddar cheese	For vegan: use vegan cheese
3 quarts can evaporated fat free milk	For vegan: use vegan cream cheese
1 cup flour	
3 cup margarine	For vegan: use vegan margarine

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Pre heat oven to 400°F Wrap potatoes in foil. Pierce with fork 2-3 times. Bake in oven for 1 hour or until tender	
2	Steam broccoli in steamer.	
3	In medium sauce pan, melt margarine over medium high heat. Add carrots and cook until tender.	
4	Add flour and toss to coat flour. Stir in chicken broth, salt, pepper and evaporated milk. Bring to boil.	
5	Reduce heat. Add cheese 1 cup at a time and stir until melted.	Temperature check must reach 165 °F degrees
6	Spilt open baked potato. Top with broccoli and then cheese sauce. Serve hot.	

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 prior to layering. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: potato peeling. May serve over mashed potatoes.

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 prior to layering. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: potato peeling. May serve over mashed potatoes.

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 prior to layering. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: potato peeling. May serve over mashed potatoes.

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 broth 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. Foods that do not process well should be omitted. Omit: potato peeling.

Serve ½ c. puree potato (remove skin before pureeing), ½ c. cheese sauce and ½ c. puree broccoli separately.

Therapeutic Modified Diets:

Lowfat: No changes needed

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

Bland/Anti Reflux: Use green beans in place of broccoli. Omit pepper

Liberal House Renal: Use alternate menu item

No Added Salt: No changes needed

2 Gram Sodium: omit salt. Use SF broth.

Gluten Free: Use gluten free flour and chicken broth. 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	X					

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