***Recipe # 436a Island Vegetables, updated***

***Serving Size and Ingredients: 4 oz.***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 3 cups | 1 ¾ qt. | 3 ½ qts. | Diced Red Bell Pepper |
| 3 cups | 1 ¾ qt. | 3 ½ qts. | Diced Fresh Carrots |
| 3 cups | 1 ¾ qt. | 3 ½ qts. | Chopped Broccoli |
| 3 cups | 1 ¾ qt. | 3 ½ qts. | Sugar Snap Peas |
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***Recipe # 436a Island Vegetables,***

 ***Instructions:***

1. ***Cook red peppers, carrots, broccoli, and peas in salted water until tender; Drain.***
2. ***Add salt and pepper if needed.***
3. ***Add margarine to season.***

NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145°; ground meat or meat mixtures to 155°; raw eggs not prepared for immediate service to 158°; poultry, stuffed meat/fish/ pasta to 165°.