***NR#38 Another Calabacita Recipe***

***Serving Size and Ingredients: 1/2 cup***

|  |  |  |  |
| --- | --- | --- | --- |
| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 3 1/8 | 61/4 | 12 1/2 | Green Chile |
| 6 ¼ TBSP | ¾ cup | 1.5 cups | Sunflower oil |
| 6 ¼ | 12 1/2 | 25 | Garlic cloves finely chopped |
| ¾ tsp | 1 ½ tsp | 3 1/8 tsp | Salt |
| 1 ½ tsp | 3 1/8 tsp | 6 ¼ tsp | Ground black pepper |
| 25 | 50 | 100 | Yellow corn, kernels cut from the cob |
| 12 1/2 | 25 | 50 | Small zucchini, cut into 2 inch long, julienne |
| 12 1/2 | 25 | 50 | Yellow squash, cut into 2 inch-long, julienne |
| 3 1/8 | 6 ¼ | 12 1/2 | Red bell pepper |
| 3/4cup | 1 1/2cup | 3 1/8 cup | Sunflower seeds |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

***Instructions:***

**1. Roast the chile, peel seed and coarsely chop it.**

**2. In a sauté pan, heat the oil over medium high heat. When the oil is hot but not smoking, add the garlic, chile, salt, and black pepper.**

**Cook for 1 to 2 minutes, stirring occasionally, to allows the flavors to blend.**

**3. Add the corn, zucchini, squash, and red bell pepper. Decrease the heat and allow the vegetables to simmer for about 10 minutes, until they are tender.**

**4. Add the sunflower seeds and simmer for another 5 minutes. Serve hot.**

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs served immediately, fish, shellfish, beef, lamb, veal, pork, corn beef and ham to an internal temperature of 145 degrees for 15 seconds; ground meat, ground fish, meat mixtures and eggs cooked and held for service to 155 degrees for 15 seconds; chicken, turkey, soups, stews, dressing, casseroles, mixed dishes, stuffed meat, stuffed poultry, stuffed fish, stuffed pasta and leftovers to 165 degrees for 15 seconds; all other food items should be cooked to 140 degrees for 15 seconds. All hot food should be held at 140 degrees F or hotter until service.***