

Glazed Cranberry & Broccoli Sauté

A recipe for every season.

One serving
provides

¼ cup dark green
vegetables

¼ cup fruit





Glazed Cranberry & Broccoli Sauté

Yield: 48 servings

Serving Size: ½ cup

Prep Time: 15 minutes

Cook Time: 20 minutes

A recipe for every season.

INGREDIENTS

WEIGHT

MEASURE

DIRECTIONS

Oil, vegetable		3 Tbsp.
Onion, sweet, chopped	2 lb. 8 oz.	2 qt.
Garlic, minced		3 Tbsp.
Broccoli florets, defrosted	6 lb.	1 ½ gal.
Vinegar, balsamic		1 ½ cups
Honey or maple syrup		¼ cup
Mustard, dry		2 Tbsp.
Salt		2 tsp.
Black pepper, ground		1 tsp.
Dried sweetened cranberries	1 lb. 12 oz.	1 ½ qt.

1. In a very large rondo or tilting skillet, heat oil over medium-high heat; add onions and sauté for 5 minutes, stirring often, until softened and just starting to caramelize.
2. Stir in garlic and continue cooking for 1 minute.
3. Add broccoli and cook, stirring often, until heated through and liquids have evaporated, about 5 minutes.
4. To make the balsamic glaze, whisk together vinegar, honey, mustard, salt and pepper in a bowl. Hold.
5. Stir dried cranberries and balsamic glaze into broccoli mixture and heat to a boil. Simmer on high 4-5 minutes or until glaze thickens and thinly coats cranberries and broccoli. CCP: Hold hot at 135°F or higher.
6. **To Serve:** For each serving, scoop ½ cup (#8 scoop) broccoli onto a plate and serve.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

SERVING: One serving provides ¼ cup dark green vegetables, ¼ cup fruit

NUTRIENTS PER SERVING:

Calories 94 kcal	Saturated Fat 0 g	Cholesterol 0 mg	Carbohydrate 21 g	Protein 2 g	Calcium 41 mg	Vitamin A 574 IU
Total Fat 1 g	Trans Fat 0 g	Sodium 114 mg	Dietary Fiber 3 g	Vitamin C 25 mg	Iron 0.5 mg	2% Calories from Saturated Fat

Hungry for more recipes? uscranberries.com

