

Artichoke, Bean & Spinach Potato

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Russet Potatoes, whole, 6 oz. or 120-count		50 ea.		100 ea.
Onion, diced	2 lbs.		4 lbs.	
Vegetable oil		1 ½ cups		3 cups
Garlic, minced		1 cup		1 pint (2 cups)
Fresh baby spinach, chopped	2 lbs.		4 lbs.	
Artichoke hearts, canned, drained, chopped *may substitute 5 lbs. chopped fresh mushrooms, or heart of palm, chopped	5 lbs. 8 oz. OR	11-#300 (14 oz.) cans	11 lbs. OR	22-#300 (14 oz.) cans
Great Northern beans, canned, drained, rinsed		4-#10 cans OR 1 ½ gallons +1 cup		8-#10 cans OR 3 gallons + 1 pint
Coconut Cream(milk), canned		2 cups		1 pint
Lemon juice		¼ cup		½ cup
Salt		3 Tbsp.		¼ cup + 2 Tbsp.
Black Pepper		3 Tbsp.		¼ cup +2 Tbsp.
Nutritional Yeast		1 ½ cups		3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 400 degrees.
2. Bake the potatoes 1 hour or until soft inside. The potatoes can be made ahead and cooled, following HACCP.
3. Heat a large skillet, pot or steam kettle over medium heat and add oil. Add the onions and cook until soft, about 7-9minutes. Add garlic and cook 3-5 minute. Add the beans, stir until they are well mixed, and cook for 10 minutes. Add the spinach and sauté stirring until wilted, 3-5 minutes. Finally, add the chopped artichoke hearts (or mushrooms) and cook 7-9 minutes. Add the coconut cream, lemon juice, salt, nutritional yeast and oil to artichoke mix. Bring to just the boil point, immediately turn down to low and simmer until mixture thickens, 5-7 minutes, remove from heat.

HACCP – Critical Control Point: Cool so that internal temperature is less than 70°F in 2 hrs., and less than 41°F in an additional 4 hrs.

HACCP – Critical Control Point: Reheat to internal temperature of 165°F for at least 15 seconds

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Continued

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Serving Information

On the serving line, cut baked potatoes in the middle and portion 2-#8 scoops or 1 cup of the bean, artichoke and spinach mixture in the open portion of the baked potato. Each stuffed potato provides 2 meat alternates and $\frac{3}{4}$ cup vegetable serving ($\frac{1}{2}$ cup starchy, $\frac{1}{8}$ cup dark green and $\frac{1}{4}$ cup other)

OR

On the serving line, cut baked potatoes in half and portion 1-#8 scoop or $\frac{1}{2}$ cup of the bean, artichoke and spinach mixture on one half of the potato. Each stuffed potato provides 1 meat alternate and $\frac{3}{8}$ cup vegetable serving ($\frac{1}{4}$ cup starchy and $\frac{1}{8}$ cup other)

Nutrition Information per full stuffed potato *From USDA Nutrient Database

Calories: 485 Total Fat: 11.5g Saturated Fat: 3.6g Monounsaturated Fat: 6.7g Polyunsaturated Fat: 3.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 75g Fiber: 17g Total Sugar: 5.6g Protein: 23g Sodium: 764mg Vitamin A: 87 μ g Vitamin C: 26mg Calcium: 148mg Iron: 5.4mg Folate: 190 μ g

