

Cafeteria Case Recipes

Developed With K12 Needs In Mind!



Sunflower Crunch Vegetable Stir Fry

Servings: 100 | Serving Size: 10 oz (#6 scoop x 2)

Meal Contribution: 2 M/MA, 1 GRN, 1/4c VEG (Red/Orange), 1/4c VEG (Dark Green), 1/4c VEG (Other)

Featured Components

- Zee Zees Honey Roasted Sunflower Kernels Cafeteria Case (#624813)

Ingredients

6 lb 8 oz	Brown rice, parboiled
17 1/4 cups	Water
7 lb 3 oz	Broccoli, frozen (no salt added)
4 lb 9 oz	Carrots, sliced, frozen (no salt added)
4 lb 9 oz	Cauliflower florets, frozen
5 lb	Red bell pepper, strips
3 lb	Red Cabbage, shredded
9 lb 6 oz	Edamame, Shelled
1 cup	Oil, Vegetable, Soybean
6 lb 4 oz	Zee Zees Honey Roasted Sunflower Kernels Cafeteria Case (#624813)
2 qt	Sunflower Sizzle Sauce (see reverse)

Cooking Instructions

- 1) Wash all produce and prep according to ingredients.
- 2) Prepare Sunflower Sizzle Sauce according to recipe (see reverse) and set aside.
- 3) In a large stockpot or steam table pans, cook rice according to package directions. Cover; maintain at 135°F or higher.
- 4) In a large sauté pan or steam kettle, heat oil over medium to high heat and sauté the vegetables for 5 minutes, working in batches.
- 5) Reduce heat to medium low. Add the Sunflower Sizzle Sauce and Zee Zees Sunflower Kernels. Sauté for 2-5 minutes. Add cooked rice and mix. Maintain at 135°F or higher.
- 6) For service, portion 2 #6 scoops (2/3 cup) per serving. Enjoy!

Details, including allergens and special diet needs, can differ based on the ingredients and preparation methods used. Please refer to your state agency guidance which may have additional requirements.

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Sunflower Sizzle Sauce

Servings: 100 | Serving Size: 1-1/4 Tbsp

Meal Contribution: N/A

Featured Components

- Zee Zees Honey Roasted Sunflower Kernels Cafeteria Case (#624813)

Ingredients

1 lb 6 oz	Zee Zees Honey Roasted Sunflower Kernels Cafeteria Case (#624813)
4 cups	Water
4 cups	Soy Sauce, Low Sodium
2/3 cup	Garlic Powder
2/3 cup	Ginger Powder

Blending Instructions

- 1) Combine all ingredients into a food processor or blender.
- 2) Blend until smooth and set aside (2 quarts total). Enjoy!

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