

Local Harvest Bake

Red/Orange Vegetable-Other Vegetable

Vegetables

25 Servings

50 Servings

Directions 25-50

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients:	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size
Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.					#2 Same Day Service DIRECTIONS
*Fresh butternut squash, peeled, cubed 1/2"	2 lb	1 qt 3 1/2 cups	4 lb	3 qt 3 cups	1. Combine all ingredients in a large bowl. Mix well. Transfer mixture to a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh beets, peeled, cubed 1/2"	2 lb	1 qt 3 1/2 cups	4 lb	3 qt 3 cups	
*Fresh sweet potatoes, peeled, cubed 1/2"	2 lb	1 qt 2 cups	4 lb	3 qt	
Olive oil		1/3 cup		2/3 cup	
Kosher salt		1 tsp		2 tsp	
Fresh garlic, minced		1 Tbsp 1/2 tsp		2 Tbsp 1 tsp	
Dried parsley		Pinch		2 tsp	2. Bake: Conventional Oven: 350 °F for 25 minutes. Convection Oven: 350 °F for 20 minutes. 3. Critical Control Point: Heat to 140 °F or higher. 4. Transfer to steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Garnish with parsley. 6. Critical Control Point: Hold for hot service at 140 °F or

					higher. 7. Portion with No. 8 fl oz spoodle (1/2 cup).
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Marketing Guide for Selected Items			
	Food as Purchased for	25 Servings	50 Servings
Butternut Squash		2 lb 7 oz	4 lb 14 oz
Beets		2 lb 11 oz	5 lb 6 oz
Sweet Potatoes		2 lb 8 oz	5 lb

Notes:

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.

Serving:	Yield: (not to exceed 27, 54)	Volume:
NSLP/SBP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.	25 Servings about 5 lb	about 2 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")
CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.	50 Servings about 10 lb	about 1 gallon 1 quart / 2 steam table pans (12" x 20" x 2 1/2")

Nutrient		Minerals		Vitamins	
	% Daily Value				
Total Calories	83.69	Calcium	28.15 mg	Vitamin A	8515.13 IU
Protein	1.3 g	Potassium	274.42 mg	Vitamin B6	0.12 mg
Carbohydrates	12.43 g	Sodium	128.94 mg	Vitamin B12	0 mcg
Dietary Fiber	2.57 g	Copper	0.08 mg	Vitamin C	10.36 mg
Total Sugars	5.11 g	Iron	0.7 mg	Vitamin D	0 IU
Total Fat	3.56 g	Magnesium	23.63 mg	Vitamin E	1.16 mg AT
Saturated Fat	0.5 g	Phosphorus	32.09 mg	Vitamin K	1.03 mcg
Monounsaturated Fat	2.6 g	Selenium	0.48 mcg	Folate	36.46 mcg
Polyunsaturated Fat	0.36 g	Zinc	0.23 mg	Thiamin	0.05 mg
Linoleic Acid	0.31 g			Riboflavin	0.03 mg
α -Linolenic Acid	0.03 g			Niacin	0.62 mg
Cholesterol	0 mg			Choline	5.25 mg