

# Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	5 lb 4 oz	1 gal ¼ qt	10 lb 8 oz	2 gal ½ qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes  Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		2 ½ Tbsp		¼ cup 1 Tbsp	
*Fresh red onions, diced	4 oz	¾ cup	8 oz	1 ½ cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced		3 Tbsp	1 ¾ oz	½ cup	
*Fresh red bell peppers, diced	4 ¼ oz	¾ cup	8 ½ oz	1 ½ cups	4. Line a sheet pan (9"x 13"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan.  5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes  Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven.  Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	1 oz	⅛ cup	2 oz	¼ cup	
Water		¾ cup		¾ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.  7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	8 ½ oz OR 8 ½ oz	1 cup (⅓ No. 10 can) OR 1 cup	1 lb 1 oz OR 1 lb 1 oz	2 cups (¼ No. 10 can) OR 2 cups	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		¼ cup 1 Tbsp		½ cup 2 Tbsp	
Sweetened applesauce	12 ½ oz	1 ⅓ cups	1 lb 9 oz	2 ⅔ cups (¼ No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		1 tsp		2 tsp	
Fresh lime juice (optional)		⅓ cup		¼ cup	
					10. Fold in onion and pepper mixture.
					11. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Low-fat granola, no fruit	8 oz	2 ¼ cups	1 lb	1 qt ½ cup	12. Sprinkle granola evenly over the top.  13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes  Critical Control Point: Heat for 140 °F or higher for at least 15 seconds.
					14. Critical Control Point: Hold for hot service at 135 °F or higher.  15. Portion with No. 8 scoop (½ cup).

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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>Special tip for preparing dry beans:  <b>SOAKING BEANS</b>  <b>OVERNIGHT METHOD:</b> Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.  <b>QUICK-SOAK METHOD:</b> Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.  <b>COOKING BEANS</b>            Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.            Use hot beans immediately.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use.            Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.            1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.</p>

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Butternut squash	6 lb 4 oz	12 lb 8 oz
Red onions	5 oz	10 oz
Jalapeno peppers	1 oz	2 oz
Red bell peppers	5 ½ oz	11 oz
Dry black beans	4 ¼ oz	8 ½ oz

Nutrients Per Serving			
Calories	97.43	Saturated Fat	0.32 g
Protein	2.03 g	Cholesterol	0 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)
Total Fat	1.92 g	Vitamin C	18.56 mg
		Iron	1.01 mg
		Calcium	43.98 mg
		Sodium	114.57 mg
		Dietary Fiber	3.65 g

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ¾ cup red/orange vegetable, ¾ cup other vegetable, and ¼ oz equivalent grains.	25 Servings: about 7 lb 8 oz	25 Servings: 1 steam table pan
	50 Servings: about 14 lb	50 Servings: 2 steam table pans

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