

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, ¼" slices	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	1. Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender.
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes
*Fresh butternut squash, peeled, cubed ½"	1 lb 8 oz	3 ⅓ cups	3 lb	1 qt 2 ⅔ cups	
*Fresh red onions, diced	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Extra virgin olive oil		⅓ cup		⅔ cup	
Sea salt		1 tsp		2 tsp	
*Fresh green apples, peeled, cubed ½" Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.	2 lb	1 qt 3 ⅓ cups	4 lb	3 qt 2 ⅔ cups	3. Combine apples, thyme, oregano, sage, rosemary, and garlic.
Fresh thyme, finely chopped		1 ½ Tbsp		3 Tbsp	
Fresh oregano, finely chopped		1 ½ Tbsp		3 Tbsp	
Fresh sage, finely chopped		1 ½ Tbsp		3 Tbsp	
Fresh rosemary, finely chopped		1 Tbsp		2 Tbsp	
Minced garlic		1 Tbsp ½ tsp		2 Tbsp 1 tsp	4. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 25 servings use 1 pan. For 50 servings use 2 pans.

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Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Maple syrup		2 ½ Tbsp		¾ cup 1 Tbsp	6. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
*Fresh spinach, coarsely chopped	5 ½ oz	3 cups	11 oz	1 qt 2 cups	
Dried cranberries, finely chopped	1 oz	3 Tbsp	2 oz	⅓ cup	7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve. 8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).

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

Serving	Yield	Volume
½ cup (4 fl oz spoodle or No. 8 scoop) provides ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and ⅓ cup fruit.	25 Servings: about 9 lb	25 Servings: about 3 quarts 1 steam table pan
	50 Servings: about 18 lb	50 Servings: about 1 gallon 2 quarts 2 steam table pans

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Carrots	2 lb 2 oz	4 lb 4 oz
Sweet potatoes	2 lb	4 lb
Butternut squash	1 lb 12 oz	3 lb 8 oz
Red onions	9 oz	1 lb 2 oz
Green apples	2 lb 9 oz	5 lb 2 oz
Spinach	6 ¾ oz	12 ½ oz

Nutrients Per Serving					
Calories	92.61	Saturated Fat	0.43 g	Iron	1.56 mg
Protein	1.20 g	Cholesterol	0 mg	Calcium	37.86 mg
Carbohydrate	16.16 g	Vitamin A	11203.66 IU (560.18 RAE)	Sodium	102.64 mg
Total Fat	3.14 g	Vitamin C	10.94 mg	Dietary Fiber	3.13 g