



825178 - Harvest Squash and Onions

Source: Farm to School

Number of Portions: 32

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011468 SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,B... 011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	3 LBS (fresh , AP) 3 LBS (fesh, AP) 12 OZS (fresh, sliced)	Weigh required amount of squashes. Using a vegetable brush, scrub summer and zucchini squash well under running water to remove any sand or grit. Using a chef's knife, remove each end of the squash. Slice the squash into ¼ inch slices. Use a vegetable processor with slicing blade, if available. Clean and rinse onions under running water. Cut onions in half, then cut into quarters and slice into ¼ inch thick slices. Weigh required amount of prepared, sliced onions.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK..... 002025 NUTMEG,GROUND.....	1/4 cup 1/2 tsp 1/2 TSP (ground) 1/4 tsp	Prepare vegetables in an oven OR skillet per the following directions: Oven preparation: <ul style="list-style-type: none"> • Preheat oven to 350 degrees. • Spray full size sheet pan with pan release and place 6 lbs. 12 oz. of vegetables (squash and onions) on each pan. • Add seasonings to vegetables. • Sauté in oven at 350°F for approximately 15 - 20 minutes until al dente and lightly browned. Skillet preparation: <ul style="list-style-type: none"> • Turn tilting skillet to medium. Once heated, add oil. • Add onions and sauté for 2 minutes. • Add squash and seasonings, and sauté for 5 minutes until vegetables are al dente, and golden browned, but not overcooked.

		CCP: Heat to 135° F or higher.
		Place sautéed squash and onions in 2 inch deep full size steamtable pan. If necessary, this product may be held for up to 45 minutes in hot holding cabinet. Serve 1/2 cup using a 4 ounce spoodle or number 8 disher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	33 kcal	Cholesterol	0 mg	Sugars	*1.9* g	Calcium	16.54 mg	55.16%	Calories from Total Fat
Total Fat	2.00 g	Sodium	38 mg	Protein	0.91 g	Iron	0.29 mg	8.93%	Calories from Saturated Fat
Saturated Fat	0.32 g	Carbohydrates	3.22 g	Vitamin A	812.6 IU	Water ¹	*76.19* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.89 g	Vitamin C	9.4 mg	Ash ¹	*0.54* g	39.53%	Calories from Carbohydrates
								11.19%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							