



825197 - Zucchini Parmesan

Source: Farm to School

Number of Portions: 30

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011282 ONIONS,RAW.....	1 CUP (diced)	Clean and rinse onions under running water and drain in a colander. Cut onions in half, then cut into ¼ inch dices.
011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR...	3 LBS (fesh, AP)	Using a vegetable brush, scrub zucchini squash well under running water to remove any sand or debris. 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. Place zucchini into 2 inch deep perforated pan and steam for 10 minutes or until zucchini is cooked al dente and tender, but not mushy.
825189R Spicy Chile Sauce.....	1 qt	Prepare Spicy Chili Sauce according to recipe #825189. Spray full size 2 inch deep pan with pan release. Place steamed zucchini into prepared pan. Add 1 cup of diced onion and 1 quart of spicy chile sauce. Use a spatula to combine gently to prevent damage to steamed squash. Bake at 350°F for 25 to 30 minutes until most of the liquid from squash has evaporated. CCP: Heat to 135° F or higher.
051558 Cheese, Mozzarella, Lite, Shredded..... 001032 CHEESE,PARMESAN,GRATED.....	4 ozs 2 ozs	Combine cheeses and sprinkle evenly over top of cooked squash. Bake for 5 additional minutes until cheese is melted and bubbly. Serve using a 4 ounce spoon. CCP: Hold for hot service at 135° F or higher

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

Calories	37 kcal	Cholesterol	3 mg	Sugars	*2.4* g	Calcium	*33.28* mg	26.70%	Calories from Total Fat
Total Fat	1.11 g	Sodium	86 mg	Protein	2.41 g	Iron	*0.47* mg	14.37%	Calories from Saturated Fat
Saturated Fat	0.60 g	Carbohydrates	4.79 g	Vitamin A	*617.1* IU	Water ¹	*52.12* g	*0.40%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	0.98 g	Vitamin C	*10.1* mg	Ash ¹	*0.46* g	51.30%	Calories from Carbohydrates
								25.80%	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							