

SAVORY SUMMER SQUASH

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
35 cal	7 g	1 g	1 g	0 mg	212 mg	26 mg

Ingredient

ONIONS,FRESH,SLICED
 OIL,SALAD
 SQUASH,FRESH,SUMMER
 WATER,BOILING
 SUGAR,GRANULATED
 SALT
 BASIL,SWEET,WHOLE,CRUSHED
 PEPPER,BLACK,GROUND

Weight

2 lbs
 2-3/8 oz
 24 lbs
 1 lbs
 3-1/2 oz
 1-7/8 oz
 1/3 oz
 1/8 oz

Measure

2 qts
 1/4 cup 1-1/3 tbsp
 2 cup
 1/2 cup
 3 tbsp
 2 tbsp
 1/3 tsp

Issue

2-1/4 lbs
 25-1/4 lbs

Method

- 1 Saute onions in salad oil or melted shortening until tender. Set aside for use in Step 3.
- 2 Add squash to water; cook, covered, in steam-jacketed kettle or stock pot about 5 minutes or until just tender.
- 3 Add sugar, salt and pepper to squash. Add basil if desired. Add sauteed vegetables; mix lightly.
- 4 Cook, covered, about 5 minutes, or until just heated through, stirring occasionally. CCP: Hold at 140 F. or higher for service.

Notes

- 1 Prepare in batches of 25 as needed. DO NOT peel squash.