

Category:Roasted Zucchini Squash (Frozen)

Q-122-53

Vegetables

G4G Color Code

green

Sodium Code

high

Yield

100 Portions

Each Portion

¾ cup (4-¾ oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (12)



Ingredients

Item	Measure	Weight	Approx Issue
ZUCCHINI, FROZEN, COINS	21-½ gal	80 lb	
OIL, CANOLA	3-¾ cups	1 lb 12 oz	
SALT	6 tbsp	3-¾ oz	
PEPPER, BLACK, GROUND	1 tbsp + 2 tsp	0.44 oz	
COOKING SPRAY, NONSTICK	undefined	3 oz	

Nutrition Facts

Calories	141
Carbohydrates	13 g
Sugars*	4 g
Protein	4 g
Fat	9 g
Saturated Fat	0.6 g
Sodium	413 mg
Calcium	86 mg
Fiber	4.3 g

Directions

1. In a large mixing bowl, toss zucchini with oil, salt and pepper. Mix well until seasoning is well distributed.
2. Lightly spray sheet pans with nonstick cooking spray.
3. Place about 1 gal + 3 qt (6 lb 10 oz) zucchini on each sheet pan in a single layer.
4. In an oven on convection mode, bake at 425°F (218°C) for 15 to 20 minutes until lightly browned. CCP: Internal temperature must reach 145°F (63°C) for 15 seconds.
5. Transfer to serving pans. Serve immediately or CP: Hold for hot service at 135°F (57°C).

Temperature

425°F (218°C)

Time

15 to 20 min.

Recipe Notes

1. To improve the texture of the cooked product, it is recommended to thaw frozen zucchini under refrigeration at 41°F (5°C) over night. To thaw, place 2 gal (8 lb) frozen zucchini in a 12 x 20 x 2-½-inch perforated pan. Insert perforated pan into a 12 x 20 x 2-½-inch steam table pan to collect any water drippings that may occur.
2. *Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
3. Original recipe number: Q-122-03