

# BUTTERNUT AND SWEET POTATO BAKE

Serving: 1/2 cup

## Vegetable

Denise Pianka, Cafeteria Manager at the Westfield North Middle School, adores cooking with fresh food. But prep time is always limited, so she manages to come up with easy-to-assemble recipes like this dish, which uses already peeled and cut squash and sweet potatoes. Just season, toss and roast!

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Butternut squash, peeled and cut into 2-inch pieces	10 lbs	20 lbs	<ol style="list-style-type: none"> <li>1. Add vegetables to cake pans that have been sprayed with oil (10 lbs per pan). Cut any large pieces of squash so all pieces are about the same size.</li> <li>2. Equally divide the oil and syrup among the pans and mix to thoroughly coat the vegetables.</li> <li>3. Sprinkle the onion powder, basil if using it, and pepper equally among the pans, then mix again to evenly distribute.</li> <li>4. Cover pans with wax paper (to steam) and then again with foil. Bake until soft, but not mushy.   <div style="margin-left: 40px;"> Convection oven:     375°F about 25-35 minutes  Conventional oven:   400°F about 30-40 minutes </div> </li> <li>5. Uncover and continue baking until just starting to brown, about 20 minutes.   CCP: Heat to 140°F or higher.</li> <li>6. CCP: Hold for hot service at 140°F or higher.</li> </ol>
*Sweet potatoes, peeled and cut into 2-inch pieces	10 lbs	20 lbs	
Oil, preferably olive	2 cups	1 qt	
*Maple syrup or pancake syrup	1 cup	2 cups	
Onion powder	2 Tbsp	1/4 cup	
Basil, dried (optional)	2 Tbsp	1/4 cup	
Pepper, black	1 Tbsp	2 Tbsp	

\* MA farm products needed for recipe. For ordering, see page 19.

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### Preparation Tips:

- **Butternut Squash:** Readily available peeled and halved or diced. For a smaller dice, dice more.
- **Sweet Potatoes:** *To peel*, use a vegetable peeler or paring knife. Sweet potatoes can sometimes be purchased in large peeled cubes.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	207	Vitamin A (IU)	18778
Cholesterol (Mg)	0	Vitamin C (Mg)	26.62
Sodium (Mg)	14	Protein (G)	2.29
Fiber (G)	2.99	Carbohydrate (G)	29.43
Iron (Mg)	0.91	Total Fat (G)	8.72
Calcium (Mg)	46.74	Saturated Fat (G)	1.21