

Delicata Smiles



NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	74 kcal
Protein	1.21 g
Carbohydrate	13.79 g
Total Fat	2.35 g
Saturated Fat	0.37 g
Cholesterol	0 mg
Vitamin A	1736.17 IU
Vitamin C	15.62 mg
Iron	0.76 mg
Calcium	38 mg
Sodium	5.90 mg
Dietary Fiber	1.91 g

EQUIVALENTS: ½ cup provides ½ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

“I would like to think that the work that we are doing is reshaping the thought process.”

— KORTNEE BUSH

Delicata Smiles • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			① Preheat convection oven to 350°F or conventional oven to 400°F. Coat 3 half sheet pans or 1 full sheet pan and 1 half sheet pan with cooking spray.
Delicata squash	14 lb		② Cut off ends of squash. Stand each on one flat end and cut in half lengthwise. Remove seeds and stringy flesh with a metal spoon. Place the squash halves cut side down on cutting board and cut into ¼-inch slices (“smiles”).
Vegetable oil		½ cup	③ Arrange the squash smiles on the prepared baking sheets. Brush with oil. Sprinkle with sugar, distributing as evenly as possible.
Brown sugar		¾ cup (packed)	
			④ Bake until the sugar is just melted and the smiles are just golden, about 12 to 15 minutes in a convection oven or 20 minutes in a conventional oven.

NOTES

