

# Calabacitas

ADAPTED FROM CHEF JOHN MERCER  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

**50 Servings**

**100 Servings**

Ingredients	Weight	Measure	Weight	Measure
Zucchini Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
Summer Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
Red Onion, diced	1 lb. 8 oz.		3 lbs.	
Frozen Corn, thawed	1 lb. 8 oz.		3 lbs.	
Diced Tomatoes, canned, drained		¼ - #10 can		½ - #10 can
Water		¼ cup		½ cup
Garlic, fresh, minced (garlic powder)		1 Tbsp.		2 Tbsp.
Italian Parsley, fresh, chopped		2 Tbsp.		¼ cup
Oregano, dried		1 ½ tsp.		1 Tbsp.
Pepper, ground		1 tsp.		2 tsp.

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

*HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.*

## Preparation

1. Sauté or steam the onion, garlic and water mixture using steamer, tilt skillet or steam jacketed kettle until onions look translucent, approximately 3-5 minutes.
2. Add zucchini and summer squash; cook for another 2-3 minutes.
3. Add corn, tomatoes, oregano and pepper. Mix until evenly distributed.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

4. Remove from heat and transfer to appropriate serving pans.
5. Evenly distribute chopped parsley over each pan of vegetables.

*HACCP Critical Control Point: Hold at 135°F or higher.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*



## Serving Information

Use 4 ounce spoodle or 1- #8 scoop to provide ½ cup other vegetable serving.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 43 Total Fat: 0.5g Saturated Fat: 0g Carbohydrate: 9g (2g Fiber) Protein: 2g Sodium: 9mg