

HARVEST HOME “FRIES”

Serving: 1/2 cup

Vegetable

Sherry Fiske, Food Service Director at the Orange Schools, said the students dug in because the flavor was good. The tiny amount of butter in this recipe makes all the difference.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Oil, preferably olive oil or olive oil blend	1/4 cup	1/2 cup	<ol style="list-style-type: none"> 1 Combine the olive oil, onions and bell pepper, if you are using it, in a skillet. Cook over medium-high heat, stirring frequently, until the onions are well cooked and just beginning to brown, about 5 minutes. 2 Toss together the potatoes, squash, vegetable oil, butter, thyme, salt, garlic powder and black pepper to thoroughly combine. 3 Roast, in a single layer if possible, on a parchment-covered baking sheet until the vegetables are just cooked through, but NOT mushy. Convection oven: 375°F about 8-12 minutes Conventional oven: 400°F about 13-17 minutes CCP: Heat to 140°F or higher. 4 Add to a hotel pan and mix gently with rubber spatulas to avoid breaking up the vegetables too much. 5. CCP: Hold for hot service at 140°F or higher.
*Onions, preferably Spanish, small dice	1 lb 6 oz (1 qt 1-1/3 cup)	2 lbs 12 oz (2 qt 2-2/3 cup)	
*Pepper, bell, green or red, small dice or chop (optional)	1 lb (2-1/4 cup)	2 lbs (1 qt 1/2 cup)	
*Potatoes, any kinds peeled or unpeeled, 1/2 inch dice	10 lbs	20 lbs	
*Butternut squash, peeled and cored, 1/2 inch dice	2 lbs 8 oz	5 lbs	
Oil, vegetable	1/2 cup	1 cup	
Butter, melted	1/2 cup	1 cup	
*Thyme, fresh or dried leaves	1 Tbsp dried (3 Tbsp fresh)	2 Tbsp dried (1/4 cup 2 Tbsp fresh)	
Salt	3 Tbsp 1 tsp	1/4 cup 2 Tbsp 2 tsp	
Garlic powder	1 tsp	2 tsp	
Black pepper	1 tsp	2 tsp	

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

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Preparation Tips

- **Onions:** For a *small dice*, this traditional method is easiest. First, cut whole onion in half, point to point through root end to top of the onion. Peel and lay flat side down. Slice. To *dice*, with your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end. (Number will depend on size of onion.) Then cut across the onion, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.
- **Peppers:** To *dice*, first cut in half, lengthwise. Remove top and seeds with hands. Cut half, lengthwise. Then cut into strips lengthwise, turn and cut across into dice.
- **Potatoes:** To *dice*, cut in half lengthwise, or simply cut red potato in half. Lay flat end down. Cut in one direction, then the other direction. To *wash*, scrub with vegetable brush. Peel if needed. Cut potatoes should be held on cold water unless using immediately or they will brown. If held in water, drain and dry before roasting.
- **Butternut Squash:** Readily available peeled and halved or diced. For a smaller dice, dice more.
- **Thyme:** Remove leaves. Discard stems.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	81	Vitamin A (IU)	243
Cholesterol (Mg)	5	Vitamin C (Mg)	13.92
Sodium (Mg)	488	Protein (G)	0.97
Fiber (G)	1.21	Carbohydrate (G)	8.35
Iron (Mg)	0.39	Total Fat (G)	5.23
Calcium (Mg)	12.54	Saturated Fat (G)	1.65