

# Baked Acorn Squash Bowls

Vegetable

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Acorn squash, 8 oz size		48 each			<ol style="list-style-type: none"> <li>1. Preheat convection oven to 350°F.</li> <li>2. Using a chef's knife, cut squash in half. To prevent injury, wear a safety glove on the hand not holding the chef's knife.</li> <li>3. Remove seeds using a large spoon. Steps 2 and 3 may be omitted if using pre-cut squash halves.</li> <li>4. To prepare the apples, wash and cut each apple in half using a chef's knife. Cut the half into quarters and remove the corner with seeds* (core).</li> <li>5. Place 20 squash halves on a full sized sheet pan (4 halves x 5 halves).</li> <li>6. Sprinkle each squash with 1/8 tsp. curry powder.</li> <li>7. Place 2 apple quarters inside squash bowl OR 3 apple wedges if using sectionizer.</li> <li>8. Bake squash at 350°F for approximately 35-40 minutes until squash is tender.</li> </ol> <p><b>CCP: Cook until internal temp reaches 135°F or above.</b></p> <p>The baking time may be less for locally grown squash with higher moisture content.</p> <p><b>CCP: Hold at or above 135°F before and during service.</b></p>
Apples (125-138 ct)		48 each			
Curry powder		4 Tbsp			

					Notes: <ul style="list-style-type: none"> <li>*If using a fruit sectionizer to core and wedge apples into 6 slices, place 3 wedges into each bowl. Component contribution remains the same at ¼ cup fruit and ¼ c red/orange vegetable.</li> </ul>
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Serving Size	1 Serving Provides	Yield
½ cup	¼ c red/orange vegetable and ¼ cup fruit	96 servings

**Nutrients Per Serving**

Calories	50	Vitamin A	240 IU	Iron	0.64 mg
Protein	0.7 g	Vitamin C	6 mg	Calcium	26 mg
Carbohydrate	13.5 g	Dietary Fiber	3.4 g	Cholesterol	0 mg
Fat	0.25 g	% Fat	4.5 %	Sodium	3 mg
Saturated Fat	0 g	% Saturated Fat	0 %		