

Sautéed Summer Squash

Vegetable/Fruit

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Zucchini	9 lbs 12 oz				<ol style="list-style-type: none"> 1. Thoroughly wash and dry all produce. Trim ends from squash. 2. Cut vegetables into ¼" coins. 3. Heat oil in steam jacketed kettle or tilt kettle over medium high heat. 4. Add ground pepper to oil and stir. 5. Add vegetables to oil and sauté over medium heat for 2 minutes, stirring constantly. 6. Reduce heat to medium low, cover steam jacketed kettle and steam for 3 minutes. Do not overcook vegetables as they will continue to cook on the steam table. 7. Portion ½ cup squash per serving. <p>CCP: Hold at or above 135°F before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> • Optional cooking method is to oven roast squash. Place squash on a sheet pan in a single layer and drizzle with vegetable oil. Oven roast at 400° for 25-30 minutes, turning the pan during the cooking period.
Summer squash	12 lbs 8 oz				
Vegetable oil*		2 cups			
Ground black OR white pepper		2 tsp			

Serving Size	1 Serving Provides	Yield
½ cup	½ cup other vegetable.	

Nutrients Per Serving

Calories	50	Sodium	3 mg	Vitamin A	1000 IU
Total Fat	4.7 g	Carbohydrates	2 g	Vitamin C	12 mg
Saturated Fat	<1 g	Dietary Fiber	1 g	Calcium	16 mg
Trans Fat	0 g	Protein	1 g	Iron	0.3 mg
Cholesterol	0 mg	Calories from Total Fat	81 %	Calories from Saturated Fat	13 %
