

Local Harvest Bake

Red/Orange Vegetable-Other Vegetable

Vegetables

50 Servings

100 Servings

Directions 50-100

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients:	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size
Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.					#2 Same Day Service DIRECTIONS
*Fresh butternut squash, peeled, cubed 1/2"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 1 pt	1. Combine all ingredients in a large bowl. Mix well. Transfer mixture to a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh beets, peeled, cubed 1/2"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 1 pt	
*Fresh sweet potatoes, peeled, cubed 1/2"	4 lb	3 qt	8 lb	1 gal 2 qt	
Olive oil		2/3 cup		1 1/3 cup	
Kosher salt		2 tsp		1 Tbsp 1 tsp	
Fresh garlic, minced		2 Tbsp 1 tsp		1/4 cup 2 tsp	
Dried parsley		2 tsp		1 Tbsp	
					2. Bake: Conventional Oven: 350 °F for 25 minutes. Convection Oven: 350 °F for 20 minutes. 3. Critical Control Point: Heat to 135 °F or higher. 4. Transfer to steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 5. Garnish with parsley.

					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with No. 8 fl oz spoodle (1/2 cup).
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Marketing Guide for Selected Items			
	Food as Purchased for	50 Servings	100 Serving
Butternut Squash		4 lb 14 oz	9 lb 12 oz
Beets		5 lb 6 oz	10 lb 12 oz
Sweet Potatoes		5 lb	10 lb

Notes:

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.

Serving:	Yield: (not to exceed 54, 108)	Volume:
NSLP/SBP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.	50 Servings about 10 lb	about 2 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")
CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.	100 Servings about 20 lb	about 2 gallons 2 quarts / 4 steam table pans (12" x 20" x 2 1/2")

Nutrient % Daily Value		Minerals		Vitamins	
Total Calories		Calcium	28.15	Vitamin A	8515.13
83.69		mg		IU	
Protein		Potassium	274.42	Vitamin B6	0.12
1.3 g		mg		mg	
Carbohydrates		Sodium	128.94	Vitamin B12	0
12.43 g		mg		mcg	
Dietary Fiber		Copper	0.08	Vitamin C	10.36
2.57 g		mg		mg	
Total Sugars		Iron	0.7	Vitamin D	0
5.11 g		mg		IU	
Total Fat		Magnesium	23.63	Vitamin E	1.16 mg
3.56 g		mg		AT	
Saturated Fat		Phosphorus	32.09	Vitamin K	1.03
0.5 g		mg		mcg	
Monounsaturated Fat		Selenium	0.48	Folate	36.46
2.6 g		mcg		mcg	
Polyunsaturated Fat		Zinc	0.23	Thiamin	0.05
0.36 g		mg		mg	
Linoleic Acid				Riboflavin	0.03
0.31 g				mg	
α -Linolenic Acid				Niacin	0.62
0.03 g				mg	
Cholesterol	0			Choline	5.25
mg				mg	