



825155 - Zucchini Fire Stix

Source: Farm to School
 Number of Portions: 25
 Size of Portion: 9 sticks

Components:

Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR... 002047 SALT, TABLE.....	4 lbs + 4 OZS (fesh, AP) 1/2 Tbsp	Preheat convection oven to 400°F. Using a vegetable brush, scrub zucchini under running water to remove sand and debris. Drain in a colander. Cut zucchini into thirds, then using 4 wedge blade of sectionizer, cut into wedges. Yield should be 12 sticks per zucchini. (Note: If sectionizer is not available, cut each third of the zucchini lengthwise into 4 sticks with a chef knife to yield 12 sticks per zucchini.)
826508 Olive Oil Blend 90/10, Colavita L116..... 002028 PAPRIKA..... 002020 GARLIC POWDER..... 002026 ONION POWDER..... 002031 PEPPER,RED OR CAYENNE..... 002030 PEPPER,BLACK..... 799906 THYME LEAF,DRIED..... 901058 OREGANO LEAVES,DRIED.....	1/2 cup 2 Tbsp 2 tsp 2 tsp 1/4 tsp 2 TSP (ground) 2 TSP (leaves) 2 TSP (leaves)	In mixing bowl, whisk olive oil blend with paprika, garlic powder, onion powder, cayenne pepper, black pepper, thyme, oregano and salt. Add zucchini sticks to bowl, and using a spatula, toss to coat evenly with oil spice mixture.
		Place 3 pounds of zucchini sticks in a single layer on each full size sheet pan. Spread evenly so sticks are not touching. Bake at 400°F for 12-15 minutes or until easily pierced with a fork. CCP: Heat to 135° F or higher.

		<p>Transfer roasted zucchini sticks to 2 inch full size steam table pans for service.</p> <p>Serve 9 sticks using tongs to provide 1/2 cup vegetable credit.</p> <p>This product is best when prepared for just in time service to avoid excessive leftover which are not high quality when reheated.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
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*Nutrients are based upon 1 Portion Size (9 sticks)

Calories	53 kcal	Cholesterol	0 mg	Sugars	*1.2* g	Calcium	18.11 mg	82.52%	Calories from Total Fat
Total Fat	4.82 g	Sodium	142 mg	Protein	0.95 g	Iron	0.54 mg	6.66%	Calories from Saturated Fat
Saturated Fat	0.39 g	Carbohydrates	2.69 g	Vitamin A	1046.9 IU	Water ¹	*64.74* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.04 g	Vitamin C	8.9 mg	Ash ¹	*0.84* g	20.43%	Calories from Carbohydrates
								7.23%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.