



Recipe Production

Recipe Number: SI648

Recipe Name: ROASTED SUMMER SQUASH

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 0.5 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	0.5 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2594	SQUASH YELLOW SUMMER 20 LB	20	Pound	10	Ounce	(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	1	Cup	4	Tbsp	(Unassigned)
1024	SPICE PEPPER RED CRSHD	1 1/3	tsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	4	Tbsp			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times: Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Yield Factors -
 Summer Squash yield = 97%. 2# 1 oz wt summer squash AP yields 2# EP.
 Summer Squash weight will decrease by HALF after cooking. 2# raw will yield 1.16# cooked. 1.16# cooked yields (10) half - cup servings.
 Cut squash into 1/4 - inch half moons.

Preparation Instructions

In large mixing bowl, toss squash with oil, red pepper flakes, and salt.
 Mix thoroughly. Spread squash on parchment - lined sheet trays in a single layer.
 Do not overcrowd the trays.
 Roast in 350 degrees F convection oven with fan on high for 10 minutes. Hold for service.
 If preparing for cook/chill/ship:
 Transfer squash into 2.5 inch hotel pans and cool per HACCP.

Serving Instructions

Reheat, covered, in 350 degrees F oven to internal temp of 165 degrees F.
 Serving size 1/2 cup. Serve with 4 oz slotted spoodle.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	3,884.2663	47.8816	38.8427		
Saturated Fat	g	34.7447	0.4283	0.3474	8.05	
Sodium	mg	28,061.0609	345.9105	280.6106		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	293.4681	3.6176	2.9347	68.00	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	301.2883	3.7140	3.0129	31.03	
Total Dietary Fiber	g	77.6503	0.9572	0.7765		
Protein	g	78.4291	0.9668	0.7843	8.08	
Vitamin A (RE)	RE	2,751.0524	33.9124	27.5105		
Vitamin A (IU)	IU	12,202.2484	150.4179	122.0225		
Vitamin C	mg	1,498.6537	18.4740	14.9865		
Calcium	mg	1,647.9431	20.3143	16.4794		
Iron	mg	34.4851	0.4251	0.3449		
Moisture	g	7,321.0457	90.2470	73.2105		*
Ash	g	115.3397	1.4218	1.1534		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2594	SQUASH YELLOW SUMMER 20 LI	1.00	(Unassigned)	20	0.62 LB	/	
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.08 GAL	/	
1024	SPICE PEPPER RED CRSHD	1.00	(Unassigned)	0	0.09 OZ	/	
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.05 BOX (3 LB)	/	

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