| Ingredients | 50 Servings |  | 100 Servings |  | For 25 Servings | Directions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Weight | Measure | Weight | Measure |  |  |
| Butternut squash ■, average size (use local produce, if available) or <br> Fresh winter squash peeled, seeded, and cut into large cubes <br> or <br> Frozen winter squash peeled, seeded, and cubed | 20 lb |  | 40 lb |  | 10 lb | 1. Preheat oven to $350^{\circ} \mathrm{F}$. <br> 2. If not already prepared, remove seeds from squash and cut into lengthwise quarters or into large cubes. <br> 3. Place squash onto baking sheet that has been lightly coated with nonstick cooking spray. <br> 4. In a small bowl mix together |
| Cinnamon or Allspice |  | 2 tsp |  | $1 \mathrm{~Tb}+1 \mathrm{tsp}$ | 1 tsp | pepper. Mist squash with water or cooking spray and dust each with mixed spices. |
| Salt |  | 2 Tb |  | 4 Tb | 1 Tb | tender. |
| Black pepper, ground |  | 2 tsp |  | $1 \mathrm{~Tb}+1 \mathrm{tsp}$ | 1 tsp | ounces) cubed squash. |
| Spray oil, or water spray as needed |  |  |  |  |  |  |

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

Roasted Butternut Squash

## Nutrients Per Serving

| Calories | 60 |
| :--- | ---: |
| Percent Calories from Fat | $15 \%$ |
| Total Fat | 1.0 g |
| $\quad$ Saturated Fat | 0 g |
| $\quad$ Trans Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 290 mg |
| Total Carbohydrates | 16 g |
| $\quad$ Dietary Fiber | 5 g |
| $\quad$ Sugars | 3 g |
| Protein | 2 g |
| Vitamin A | $(17,000 \mathrm{IU}) 340 \%$ |
| Vitamin C | $(24 \mathrm{mg})$ |
| Calcium | $80 \%$ |
| Iron | $8 \%$ |
|  | $6 \%$ |

## Approximate preparation time

30 minutes
Child Nutrition Program Food Components $\qquad$

Fruit and Veggie Quantity Cookbook - Revised Edition - Oct 2011
NH Obesity Prevention Program, DHHS, DPHS • 603-271-4551 - www.dhhs.nh.gov/dphs/nhp/obesity.htm • Page 44

