Roasted Butternut Squash

Recipe I-24

Ingredients	50 Servings		100 Servings		For 25	Discotions
	Weight	Measure	Weight	Measure	Servings	Directions
Butternut squash , average size (use local produce, if available) or Fresh winter squash peeled, seeded, and cut into large	20 lb		40 lb		10 lb	 Preheat oven to 350° F. If not already prepared, remove seeds from squash and cut into lengthwise quarters or into large cubes. Place squash onto baking sheet that has been lightly coated with nonstick cooking spray. In a small bowl mix together cinnamon or allspice, salt and pepper. Mist squash with water or cooking spray and dust each with mixed spices. Bake squash 30-40 minutes until tender. Serve one wedge or ½ cup (4 ounces) cubed squash.
cubes or Frozen winter squash peeled, seeded, and cubed						
Cinnamon or Allspice		2 tsp		1 Tb + 1tsp	1 tsp	
Salt		2 Tb		4 Tb	1 Tb	
Black pepper, ground		2 tsp		1 Tb +1 tsp	1 tsp	
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

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Page 43

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Nutrients Per Serving

Calories	60	
Percent Calories t	15%	
Total Fat	1.0 g	
Saturated Fat	0 g	
Trans Fat		0 g
Cholesterol		0 mg
Sodium		290 mg
Total Carbohydra	16 g	
Dietary Fiber	5 g	
Sugars		3 g
Protein		2 g
Vitamin A	(17,000 I	U) 340%
Vitamin C	(24 r	ng) 40%
Calcium		8%
ron		6%

Approximate preparation time

30 minutes

Child Nutrition Program Food Components Each portion provides:

■ ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source

New Hampshire Hospital

NOTES