

Spiced Butternut Squash

Recipe I-24-B

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butternut squash, ■ (use local produce, if available) or Fresh winter squash peeled, seeded, and cubed or Frozen winter squash peeled, seeded, and cubed	20 lb		40 lb		10 lb	<ol style="list-style-type: none"> 1. Place squash in 2-inch hotel pans. 2. Steam squash for 30-40 minutes, or until tender. 3. <i>If unpeeled, removed the skins.</i> 4. In a small bowl, mix cinnamon, salt, and pepper. 5. Place steamed squash and spices in a mixing bowl. Use a wire whip attachment to mash the squash. <p>● Serve ½ cup (4 ounces).</p>
Cinnamon		2 tsp		1 Tb + 1 tsp	1 tsp	
Salt		2 Tb		4 Tb	1 Tb	
Pepper, black ground		2 tsp		1 Tb + 1 tsp	1 tsp	

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

Spiced Butternut Squash
Nutrients Per Serving

Calories	60
Percent Calories from Fat	15%
Total Fat	1.0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrates	16 g
Dietary Fiber	5 g
Sugars	3 g
Protein	2 g
Vitamin A	(17,000 IU) 340%
Vitamin C	(12 mg) 40%
Calcium	8%
Iron	6%

Approximate preparation time
45 minutes

Child Nutrition Program Food Components

- Each portion provides:
- 1/2 cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source

National Cancer Institute

NOTES
