

Roasted Winter Squash

Wenatchee School District

Recipe Category: Vegetables

Ingredients	50 Servings (7 cups)		100 Servings (14 cups)		3 ½ cups		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Winter Squash, 3/4" diced		1 Qt 3 cups		3 Qt 2 cups		3½ cups	Preheat oven to 400°F. 1. Place diced squash in a medium bowl. 2. Toss with ½ cup olive oil. 3. Season with salt and pepper. 4. Spread out on a lined baking sheet in one layer. 5. Roast for 15 – 20 minutes or until tender and lightly browned. CCP: Place in the refrigerator until chilled to 41°F or lower for cold service.
Olive Oil		1 Cup		1 Pint		½ cup	
Salt		2 tsp		1 Tbsp		1 tsp	
Pepper						1 tsp	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup	3½ cups for Wheat Berry Salad	

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (orange/red)	

Nutrient Analysis		
Calories: 314 per cup	Saturated Fat: 4.30 grams per cup	Sodium: 679.04 mg per cup