

BUTTERNUT MASHED "POTATOES"

Serving: 1/2 cup

Vegetable

This recipe is a New England classic, adapted from Somerville's "Lincoln Park Butternut Squash," Elise Bordage, Kitchen Manager at Forest Grove Middle School in Worcester, says she was happily surprised by the kids' response, as was Donna Bellefeuille, cook at Monson High, where it was dubbed "awesome." It goes particularly well with a turkey entrée.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Butternut squash, peeled (halved or cubed**)	15 lbs 10 oz	31 lbs 4 oz	<ol style="list-style-type: none"> 1. Steam squash until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes. (Check after 10 minutes.) CCP: Heat to 140°F or higher. 2. Mash butternut in a mixer or food processor until smooth. 3. Mix in butter, brown sugar, salt, cinnamon and pepper. 4. CCP: Hold for hot service at 140°F or higher.
Butter	6 oz butter (3/4 cup)	12 oz butter (1-1/2 cups)	
Brown sugar	3 Tbsp	1/4 cup + 2 Tbsp	
Salt	2 tsp	1 Tbsp + 1 tsp	
Cinnamon	1 tsp	2 tsp	
Pepper, black	1 tsp	2 tsp	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Butternut Squash:** Readily available peeled butternut makes this effortless to assemble.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	76	Vitamin A (IU)	2023
Cholesterol (Mg)	7	Vitamin C (Mg)	17.46
Sodium (Mg)	120	Protein (G)	1.38
Fiber (G)	2.16	Carbohydrate (G)	13.05
Iron (Mg)	0.87	Total Fat (G)	2.95
Calcium (Mg)	42.01	Saturated Fat (G)	1.81