

ROASTED BUTTERNUT SQUASH WITH CINNAMON AND BROWN SUGAR

Serving: 1/2 cup

Vegetable

This winning recipe, using already peeled and cubed squash, was adapted from the Somerville schools. Even doubters gobbled it up when it was by tested by Denise Pianka, the Cafeteria Manager at North Middle School in Westfield. Lynn Petrowski, Food Service Director for the Middleborough Schools, who tested many of the recipes in this book, says it's her favorite.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Butternut squash, peeled and cut into 2-inch cubes	20 lbs	40 lbs	<ol style="list-style-type: none"> Add squash to a parchment-covered or oil sprayed-sheet pan. (10 lb capacity per pan.) Cut any extra large pieces, so size of squash pieces are similar. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon and pepper. Mix to combine thoroughly. Equally divide the butter mixture among pans, then stir until squash is well coated. Roast, uncovered, until cooked through and lightly browned. Convection oven: 350°F about 20-30 minutes Conventional oven: 375°F about 30-35 minutes CCP: Heat to 140°F or higher. CCP: Hold for hot service at 140°F or higher.
Butter, melted	1 lbs	2 lbs	
Brown sugar	2-1/4 cups	4-1/2 cups	
Salt	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Cinnamon	1-1/2 Tbsp	3 Tbsp	
Pepper, black	1 tsp, or to taste	1-1/4 tsp, or to taste	

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

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- **Butternut Squash:** Readily available peeled and halved or diced.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	135	Vitamin A (IU)	1496
Cholesterol (Mg)	20	Vitamin C (Mg)	11.51
Sodium (Mg)	249	Protein (G)	0.98
Fiber (G)	1.58	Carbohydrate (G)	17.9
Iron (Mg)	0.87	Total Fat (G)	7.49
Calcium (Mg)	40.83	Saturated Fat (G)	4.7