

Roasted Acorn Squash

Q-353-00
Vegetables

Color Code: Green
Sodium: High

Yield: 100 Portions

Each Portion: 4 to 5 slices (4 oz)

Pan Size and Number: 18 x 26-Inch Sheet Pans (9)

Temperature: 425°F
(218°C)

Time: 13 - 15 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
SQUASH, ACORN, SEEDED, SLICED ½-¾-INCH, HALF MOONS		38 lb	27 each
OIL, CANOLA	1 qt	1 lb 14 oz	
SALT	½ cup + 1 tbsp	5-¾ oz	
PEPPER, BLACK, GROUND	1 tbsp + 2 tsp	0.36 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Slice squash into ½ to ¾-inch thick half moons

2. Preheat oven to 425°F (218°C).
3. In a large bowl, combine squash, oil, salt, and pepper. Toss well to evenly distribute seasonings.
4. Place approximately 4 lb 4 oz squash on each sheet pan.
5. In an oven, on convection mode, roast at 425°F (218°C) for 13 to 15 minutes or until squash is fork-tender and just beginning to brown. CCP: Internal temperature must reach 145°F (63°C). Remove from pans and serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. Acorn squash skin is edible and kept on in this recipe for fiber and ease of labor.
2. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
3. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	158
Carbohydrates	21 g
Sugars*	0 g
Protein	2 g
Fat	9 g
Saturated Fat	0.7 g
Sodium	638 mg
Calcium	65 mg

Fiber

6.5 g



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