

Winter Squash

Vegetable

Recipe Category:

KSU Developed

	50 Servings		_____ Servings		Directions
Ingredients	Weight	Measure	Weight	Measure	
Butternut squash, fresh, whole, un pared	13 lb 7oz				<ol style="list-style-type: none"> 1. For whole squash, remove seeds and peel. Cut into ½-inch cubes. 2. Place the squash cubes into a large mixing bowl and add canola oil. Toss until squash cubes are evenly coated with oil. 3. Placed squash cubes into a baking dish and roast in oven at 350°F. Roast for 34-40 minutes or until squash is tender and can be easily mashed with a fork. 4. CCP: Cook to a temperature of 135° F or above. 5. CCP: Hold at 135° F or warmer.
OR	OR				
Butternut squash, cubed, pared, ready to cook	11 lb 5 oz				
OR	OR				
Hubbard squash, fresh, whole, unpared	22 lb 13 oz				
OR	OR				
Hubbard squash, cubed, pared, ready to cook	14 lb 10 oz				
Canola or vegetable oil		½ cup			

Winter Squash

Vegetable

Recipe Category:

KSU Developed

Serving: ½ cup cooked, cubed, squash	Yield:		Volume:	
1-2 years: ⅛ cup	50 Servings:		50 Servings:	
3-5 years: ¼ cup				
6-18 years: varies see menu	100 Servings:		100 Servings:	

NOTES:

Nutrients based on butternut, baked, cubed. Canola oil in analysis decreased from ½ cup to 1/3 cup to reflect loss to mixing bowl and cookware during preparation.

Nutrients Per Serving					
Calories	54	Saturated Fat	0.13 g	Iron	0.61 mg
Protein	0.92 g	Cholesterol	0 mg	Calcium	42.02 mg
Carbohydrate	10.75 g	Vitamin A-RAE	571.69 mcg	Sodium	4.10 mg
Total Fat	1.57 g	Vitamin C	15.48 mg	Dietary Fiber (2016)	3.28 g