



Zucchini Sticks With Red Sauce

USDA Recipe for CACFP

Sliced zucchini is coated with a bread-crumb mixture, baked, and served with a tomato-based dipping sauce.

CACFP CREDITING INFORMATION

$\frac{3}{8}$ cup zucchini sticks (a rounded 3 fl oz spoonle/about 2–3 zucchini sticks) and 2 Tbsp tomato sauce provides $\frac{1}{2}$ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Zucchini, fresh	4 lb 6 oz	3 qt $\frac{1}{2}$ cup	8 lb 12 oz	1 gal 2 qt 1 cup	<ol style="list-style-type: none"> 1 Cut zucchini into $\frac{1}{2}$" x 3" sticks. Recommend to cook in batches of 25. 2 Combine zucchini and egg whites in a large bowl. Toss well. Set aside for step 4. 3 Combine bread crumbs and parmesan cheese in a large bowl. Stir well. Set aside for step 4. 4 Coat zucchini sticks with bread crumb and parmesan mixture. 5 Place 1 qt $2\frac{1}{4}$ cups (about 2 lb 6 oz) zucchini sticks on each sheet pan (18" x 26" x 1") lightly coated with pan-release spray and lined with parchment paper. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Egg whites	1 lb 4 oz	$2\frac{1}{2}$ cups	2 lb 8 oz	1 qt 1 cup	
Panko bread crumbs	15 oz	$3\frac{3}{4}$ cups	1 lb 14 oz	1 qt $3\frac{1}{2}$ cups	
Parmesan cheese, grated	8 oz	$2\frac{3}{4}$ cups 1 Tbsp 1 tsp	1 lb	1 qt $1\frac{1}{2}$ cups 2 Tbsp 2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Bake: Conventional oven: 400 °F for 35 minutes. Convection oven: 375 °F for 35 minutes.
					7 Critical Control Point: Heat to 160 °F or higher for at least 15 seconds
					8 Remove from oven. Set aside for step 14.
Canola oil		1½ tsp		1 Tbsp	9 Heat oil in a large stock pot.
*Onions, fresh, diced	2 oz	⅓ cup 2¾ tsp	4 oz	⅔ cup 1 Tbsp 2½ tsp	10 Add onions, tomato paste, diced tomatoes, water, spices, vegetable base, and salt. Simmer uncovered over medium heat for 5 minutes. Set aside for step 12.
Tomato paste, canned, low-sodium	5 oz	½ cup 2 tsp	10 oz	1 cup 1 Tbsp 1 tsp	
Tomatoes, diced, canned, low-sodium, undrained	13 oz	1½ cups 1 Tbsp (⅛ No. 10 can)	1 lb 10 oz	3 cups 2 Tbsp (approx. ¼ No. 10 can)	11 Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Water		¼ cup		½ cup	
Black pepper, ground		⅛ tsp		¼ tsp	
Parsely, dried		1 Tbsp		2 Tbsp	
Garlic powder		1½ tsp		1 Tbsp	
Basil, dried		⅛ tsp		¼ tsp	
Oregano, dried		⅛ tsp		¼ tsp	
Thyme, dried		⅙ tsp		⅛ tsp	
Vegetable base		1 tsp		2 tsp	
Salt		½ tsp		1 tsp	
					12 Using a 1 fl oz ladle, portion 2 Tbsp tomato sauce into each soufflé cup.
					13 Critical Control Point: Hold for hot service at 155 °F or higher.
					14 Portion ⅔ cup zucchini sticks (a rounded 3 fl oz spoodle or about 2–3 zucchini sticks) and 1 soufflé cup.



NUTRITION INFORMATION

For 2–3 zucchini sticks and 2 Tbsp tomato sauce.

NUTRIENTS	AMOUNT
Calories	127
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	8 mg
Sodium	284 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	7 g
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Vitamin D	1 IU
Calcium	121 mg
Iron	1 mg
Potassium	314 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Zucchini	4 lb 10 oz	9 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb 8½ oz	About 9 lb 1 oz
About 2 qt 1⅞ cups/2 sheet pans (18" x 26" x 1")	About 1 gal 2⅞ cups/4 sheet pans (18" x 26" x 1")