



Local Harvest Bake

USDA Recipe for CACFP

Local Harvest Bake is root vegetables roasted with garlic, salt, and olive oil.

CACFP CREDITING INFORMATION

½ cup (No. 4 fl oz spoodle) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Butternut squash, fresh, peeled, cubed ½"	2 lb	1 qt 3½ cups	4 lb	3 qt 3 cups	1 Combine all ingredients in a large bowl. Mix well. Transfer mixture to a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Beets, fresh, peeled, cubed ½"	2 lb	1 qt 3½ cups	4 lb	3 qt 3 cups	
*Sweet potatoes, fresh, peeled, cubed ½"	2 lb	1 qt 2 cups	4 lb	3 qt	
Olive oil		⅓ cup		⅔ cup	
Salt, kosher		1 tsp		2 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, fresh, minced		1 Tbsp ½ tsp		2 Tbsp 1 tsp	
Parsley, dried		Pinch		2 tsp	
					2 Bake: Conventional Oven: 350 °F for 25 minutes. Convection Oven: 350 °F for 20 minutes.
					3 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					4 Transfer to steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5 Garnish with parsley.
					6 Critical Control Point: Hold for hot service at 140 °F or higher.
					7 Portion with No. 4 fl oz spoodle (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 4 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	84
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	129 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	28 mg
Iron	1 mg
Potassium	274 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Butternut squash	2 lb 7 oz	4 lb 14 oz
Beets	2 lb 11 oz	5 lb 6 oz
Sweet potatoes	2 lb 8 oz	5 lb

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 5 lb	About 10 lb
About 2 qt 2 cups/1 steam table pan (12" x 20" x 2½")	About 1 gal 1 qt/2 steam table pans (12" x 20" x 2½")