



Butternut Squash Surprise

Butternut Squash Surprise, a comforting and creamy combination of fresh butternut squash, eggs, fat-free half and half, and spices is a fall seasonal favorite.

CACFP Adult Portion Crediting Information

One piece (2" x 3 ¾") provides ½ cup vegetable (½ cup red/orange vegetable).

The Dietary Guidelines identifies grain-based desserts as sources of added sugars and saturated fats. To better align the CACFP meal pattern with the Dietary Guidelines, grain-based desserts cannot count toward the grains requirement at any meal or snack under the updated CACFP meal pattern regulations (7 CFR 226.20 (a)(4)(iii)).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Whole-wheat flour	10 oz	3 ¼ cups	1 lb 4 oz	1 qt 2 ½ cups	1 Topping: Combine flour, oats, 2 cups sugar, 1 Tbsp cinnamon, 2 Tbsp nutmeg, and ¼ tsp salt in a large bowl. Stir well. Set remaining sugar, cinnamon, nutmeg and salt aside for step 3.
Oats, rolled, dry	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt	
Brown sugar	1 lb 8 oz	1 qt	3 lb	2 qt	
Ground cinnamon		¼ cup		½ cup	
Ground nutmeg		⅓ cup		⅔ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		½ tsp		1 tsp	
Margarine, trans fat-free	12 ½ oz	1 ½ cups	1 lb 9 oz	3 cups	2 Add 1 cup (about 8 oz) margarine and ¼ cup of oil (2 oz). Using a fork or pastry blender, cut margarine into flour until mixture has a crumbly consistency. Set remaining margarine aside for step 3. Set topping aside for step 5. For 25 servings, 3 qt (3 ½ lb). For 50 servings, 1 gal 2 qt (7 lb).
Canola oil		¼ cup		½ cup	
*Fresh butternut squash, peeled, diced	5 lb 12 oz	1 gal	11 lb 8 oz	2 gal	3 Squash mixture: Combine remaining sugar, cinnamon, nutmeg, salt, and margarine. Add squash, half and half, allspice, vanilla extract, and eggs to dry mixture in a large bowl. Stir well.
Fat-free half and half		2 cups		1 qt	
Ground allspice		2 tsp		1 Tbsp 1 tsp	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	
Frozen eggs, thawed	8 oz	¾ cup	1 lb	1 ⅓ cups	4 Pour 1 gal (about 8 lb) squash mixture into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5 Sprinkle 3 qt (about 3 ½ lb) topping over each pan.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Bake until golden brown: Conventional oven: 375 °F for 35-40 minutes. Convection oven: 350 °F for 30-35 minutes.
					7 Critical Control Point: Heat to 140 °F for at least 15 seconds.
					8 Allow to rest 30 minutes before serving.
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Portion: Cut each pan 5 x 5 (25 pieces per pan).
					11 Serve 1 piece (2" x 3 ¾" square).

NUTRITION INFORMATION

For 1 piece (2"x 3 ¾" square)

NUTRIENTS	AMOUNT
Calories	371

Total Fat	12 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	168 mg
Total Carbohydrate	62 g
Dietary Fiber	7 g
Total Sugars	30 g
Added Sugars included	N/A
Protein	8 g

Vitamin A	512 mcg RAE
Vitamin C	14 mg
Vitamin D	68 IU
Calcium	104 mg
Iron	2 mg
Potassium	390 mg
N/A = no data available	

MARKETING

Food as Purchase for	25 Servings	50 Servings
Butternut Squash	6 lb 13 ½ oz	13 lb 11 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 10 lb 3 oz	About 20 lb 6 oz
1 steam table pan (12" x 20" x 2 ½")	2 steam table pans (12" x 20" x 2 ½")

SOURCE

CACFP Adult Portion Recipe Project