



Harvest Hashbrown

Spaghetti squash enhances the nutritional value, flavor, and color of this hashbrown.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Pennsylvania Department of Education

Preparation Time: 75 minutes

Cook Time: 63 minutes

NSLP/SBP crediting information:

2 hashbrowns provide $\frac{1}{8}$ cup red/orange vegetable,
 $\frac{3}{8}$ cup starchy vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Potato flakes, dehydrated	1 lb 10 oz	2 qt	3 lb 4 oz	1 gal	<ol style="list-style-type: none"> In a large bowl, whisk together potato flakes, kosher salt, black pepper, garlic powder, and onion powder. Add hot water to potato mixture. Mix well by hand.
Kosher salt, fine ground		1 Tbsp		2 Tbsp	
Black pepper		1 tsp		2 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Hot water		3 qt 1 cup		1 gal 2 qt 2 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Spaghetti squash flesh, baked	3 lb	2 qt 2 cups	6 lb	1 gal 1 qt	<ol style="list-style-type: none"> 3. Preheat convection oven to 350 °F. Cover a sheet tray with parchment paper. 4. Slice squash in half long ways, stem to stem. Using a solid spoon, remove seeds. Place squash on parchment-lined sheet tray, skin side up. 5. Roast in oven for 35-45 minutes or until fork tender. Remove from oven and allow to cool for approximately 20 minutes or until able to handle. When cool, use a fork to scrape squash into a large bowl. Discard skin. 6. Fold in the squash using a rubber spatula. 7. Preheat convection oven to 400 °F. Spray parchment-lined sheet with cooking spray. 8. Portion mixture onto sheet tray using a No. 16 scoop (4 x 5). Spray top of scooped mixture with cooking spray. Lay parchment over the scooped mixture. Place a full sheet tray on top of parchment. Press gently to flatten into 3-inch diameter circles. Remove sheet tray and parchment from the top. 9. Bake at 400 °F for 16-18 minutes to an internal temperature of 165 °F for at least 15 seconds. 10. Once baked, serve using a metal spatula. Critical Control Point: Hold hot for service at 135 °F or higher. 11. Serve two hashbrowns per serving.

**HARVEST HASHBROWNS
NUTRITION INFORMATION**

For 2 hashbrowns

NUTRIENTS	AMOUNT
Calories	40
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Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	129 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	1 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	10 mg
Iron	0 mg
Potassium	128 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Spaghetti squash	5 lb 12 oz	11 lb 8 oz

NOTES

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

To roast spaghetti squash: Preheat convection oven to 350 °F.

Slice squash in half long ways, stem to stem. Using a solid spoon, remove seeds. Place squash on parchment-lined sheet tray, skin side up. Roast in oven for 35-45 minutes or until fork-tender. Remove from oven and allow to cool for approximately 20 minutes or until able to handle. When cool, use a fork to scrape squash into a large bowl. Discard skin.

Rotate sheet trays of hashbrowns halfway through baking time for best results.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 100 each About 7 lb 8 oz	About 200 each About 15 lb

