

## Maple Butternut Squash

Diced butternut squash roasted with maple syrup and cinnamon.
Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Wisconsin Department of Public Instruction
Preparation Time: 33 minutes
Cook Time: 20 minutes
NSLP/SBP crediting information:
$1 / 2$ cup (No. 8 scoop or 4 fl oz spoodle) provides $1 / 2$ cup red/orange vegetable.

| INGREDIENTS | 50 SERVINGS |  | 100 SERVINGS |  | DIRECTIONS |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Weight | Measure | Weight | Measure |  |
| *Butternut squash, fresh, whole | 13 lb 8 oz |  | 27 lb |  | 1. Preheat conventional oven to $400^{\circ} \mathrm{F}$ or convection oven to $375^{\circ} \mathrm{F}$. <br> 2. Peel, seed, and cut squash to uniform size, approximately $3 / 4$-inch pieces. |
| Canola oil |  | $1 / 2$ cup |  | 1 cup | 3. Place squash evenly on lined sheet pans. Drizzle each pan with $1 / 4$ cup canola oil and toss to coat. Sprinkle each pan with 1 tsp cinnamon, 1 tsp, salt, and 1 tsp black pepper. <br> For 50 servings, use two sheet pans. <br> For 100 servings, use four sheet pans. |
| Ground cinnamon |  | 2 tsp |  | 1 Tbsp 1 tsp | 4. Bake: <br> Conventional oven at $400^{\circ} \mathrm{F}$ for 20 minutes. |



Convection oven at $375^{\circ} \mathrm{F}$ on low fan for 20 minutes.

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| Salt | 2 tsp | 1 Tbsp 1 tsp |
| Black pepper | 2 tsp | 1 Tbsp 1 tsp |
| Maple syrup | $1 \frac{1}{2}$ cups | 3 cups |

5. Remove pans from oven. Turn and toss the squash, redistributing into an even layer on each sheet pan. Drizzle each pan with $3 / 4$ cup maple syrup.
6. Roast squash another 20 minutes until tender and slightly brown on the edges. Remove squash from pan immediately.
Critical Control Point: Heat to $135^{\circ} \mathrm{F}$ or higher for at least 15 seconds. Hold for hot service at $135^{\circ} \mathrm{F}$ or higher.
7. Portion $1 / 2$ cup with No. 8 scoop or 4 fl oz spoodle.

MAPLE BUTTERNUT SQUASH NUTRITION INFORMATION
For $1 / 2$ cup (No. 8 scoop or 4 fl oz spoodle)

| NUTRIENTS | AMOUNT |
| :--- | ---: |
| Calories | 83 |

Total Fat 3 g
Saturated Fat 0 g
$\begin{array}{lr}\text { Cholesterol } & 0 \mathrm{mg} \\ \text { Sodium } & 95 \mathrm{mg}\end{array}$
Total Carbohydrate 16 g
Dietary Fiber 3 g
Total Sugars 9 g

Added Sugars included N/A
Protein 1 g

Vitamin A N/A
Vitamin C N/A
Vitamin D N/A
Calcium 34 mg
Iron 0 mg

Potassium N/A
N/A=data not available.

## *MARKETING GUIDE

| *MARKETING GUIDE |  |  |
| :--- | :---: | :---: |
| Food as Purchased for | 50 Servings | 100 Servings |
| Butternut squash, fresh, <br> whole | 13 lb 8 oz | 27 lb |
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## 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 |  |
| :--- | :--- |
| $\mathbf{5 0}$ Servings | 100 Servings |
| About 12 lb | About 24 lb |
| About 1 gal 2 qt 1 cup | About 3 gal 2 cups |

## SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

