



# **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:

 $\frac{1}{2}$  cup (No. 8 scoop or 4 fl oz spoodle) provides  $\frac{1}{2}$  cup red/orange

vegetable.

	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
*Butternut squash, fresh, whole	13 lb 8 oz		27 lb		<ol> <li>Preheat conventional oven to 400 °F or convection oven to 375 °F.</li> <li>Peel, seed, and cut squash to uniform size, approximately ¾-inch pieces.</li> </ol>
Canola oil		½ cup		1 cup	<ol> <li>Place squash evenly on lined sheet pans. Drizzle each pan with ¼ cup canola oil and toss to coat. Sprinkle each pan with 1 tsp cinnamon, 1 tsp, salt, and 1 tsp black pepper.</li> <li>For 50 servings, use two sheet pans.</li> <li>For 100 servings, use four sheet pans.</li> </ol>
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	<b>4.</b> Bake: Conventional oven at 400 °F for 20 minutes.

	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
					Convection oven at 375 °F on low fan for 20 minutes.
Salt		2 tsp		1 Tbsp 1 tsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Maple syrup		1 ½ cups		3 cups	<ol> <li>Remove pans from oven. Turn and toss the squash, redistributing into an even layer on each sheet pan.</li> <li>Drizzle each pan with <sup>3</sup>/<sub>4</sub> cup maple syrup.</li> </ol>
					<b>6.</b> Roast squash another 20 minutes until tender and slightly brown on the edges. Remove squash from pan immediately.
					<b>Critical Control Point:</b> Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.
					7. Portion ½ cup with No. 8 scoop or 4 fl oz spoodle.

## MAPLE BUTTERNUT SQUASH NUTRITION INFORMATION

For ½ cup (No. 8 scoop or 4 fl oz spoodle)

NUTRIENTS Calories	AMOUNT 83
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	95 mg
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				
Food as Purchased for	50 Servings	100 Servings		
Butternut squash, fresh, whole	13 lb 8 oz	27 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				
50 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