

Baked Apples and Squash

⌚ Cooking time: 45 minutes

HACCP Process #2 Same Day Service



1 Serving Provides

CACFP: ¼ cup Vegetables, ¼ cup Fruit

NSLP: ¼ cup Red/Orange Vegetables, ¼ cup Fruit

SFSP: ¼ cup Vegetables, ¼ cup Fruit

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Butternut squash, fresh, washed, peeled, seeds removed	1 pound 10 ounces		3 pounds 4 ounces	
Apples, fresh, washed	13 ounces		1 pound 10 ounces	
Vegetable oil		1½ Tablespoons		3 Tablespoons
Brown sugar, packed		2 Tablespoons		¼ cup
Cinnamon		2 teaspoons		1 Tablespoon 1 teaspoon
Salt		¼ teaspoon		½ teaspoon



Directions

1. Preheat oven to 400°F. Cut the peeled and seeded butternut squash into uniform 1- or 1½-inch cubes. Leave the skin on the apples but remove cores and cut into uniform 1- or 1½-inch cubes, the same size as the butternut squash. Place the cubed squash and apples in a large mixing bowl.
2. Add the vegetable oil to the squash and apples. Stir to distribute the oil evenly over the pieces.
3. In a small bowl stir together the brown sugar, cinnamon and salt. Sprinkle the sugar and spice mixture over the squash and apples. Stir until the pieces are evenly coated with seasoning.
4. Spray sheet pans with pan-release spray. For 12 servings use 2 half-sized sheet pans; for 24 servings use 4 half-size sheet pans or 2 full-size sheet pans. Place squash and apples in a single layer on prepared sheet pans being careful not to overcrowd the pan.
5. Roast in the preheated oven for 30 - 45 minutes, stirring the squash and apples half way through the time. The squash and apples should be tender and caramelized.

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 135°F or higher.

Serve ½ cup portions.

continued...

Baked Apples and Squash, continued

Serving	Yield	Volume
½ cup	12 Servings: about 2 pounds 24 Servings: about 4 pounds	12 Servings: about 6 cups 24 Servings: about 12 cups

Nutrients Per Serving					
Calories	69	Sodium	52 mg	Vitamin C	14 mg
Total Fat	1.8 g	Carbohydrate	14 g	Iron	0.5 mg
Saturated Fat	0.2 g	Dietary Fiber	2 g	Calcium	37 mg
Cholesterol	0 mg	Vitamin A	6547 IU		

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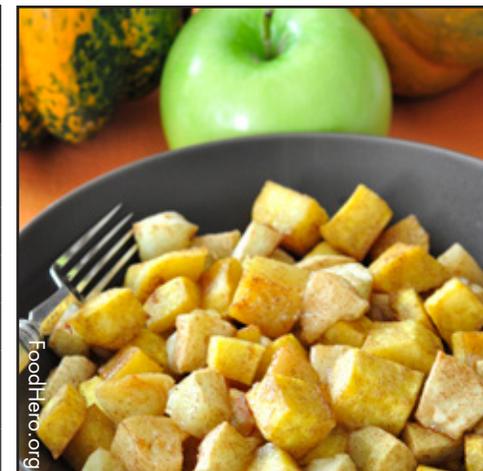
1 Serving Provides

CACFP: ¼ cup Vegetables, ¼ cup Fruit

NSLP: ¼ cup Red/Orange Vegetables, ¼ cup Fruit

SFSP: ¼ cup Vegetables, ¼ cup Fruit

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Butternut squash, fresh, washed, peeled, seeds removed	6 pounds 8 ounces		13 pounds	
Apples, fresh, washed	3 pounds 4 ounces		6 pounds 8 ounces	
Vegetable oil		¼ cup 2 Tablespoons		¾ cup
Brown sugar, packed		½ cup		1 cup
Cinnamon		2 Tablespoons 2 teaspoons		¼ cup 1 Tablespoon 1 teaspoon
Salt		1 teaspoon		2 teaspoons



Directions

1. Preheat oven to 400°F. Cut the peeled and seeded butternut squash into uniform 1- or 1 ½-inch cubes. Leave the skin on the apples but remove cores and cut into uniform 1- or 1 ½-inch cubes, the same size as the butternut squash. Place the cubed squash and apples in a large mixing bowl.
2. Add the vegetable oil to the squash and apples. Stir to distribute the oil evenly over the pieces.
3. In a small bowl stir together the brown sugar, cinnamon and salt. Sprinkle the sugar and spice mixture over the squash and apples. Stir until the pieces are evenly coated with seasoning.
4. Spray sheet pans with pan-release spray. For 48 servings use 4 full-size sheet pans, for 96 servings use 8 full-size sheet pans. Place squash and apples in a single layer on prepared sheet pans being careful not to overcrowd the pan.
5. Roast in the preheated oven for 30 - 45 minutes, stirring the squash and apples half way through the time. The squash and apples should be tender and caramelized.

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 135°F or higher.

Serve ½ cup portions.

continued...

Baked Apples and Squash, continued

Serving	Yield	Volume
½ cup	48 Servings: about 8 pounds 96 Servings: about 16 pounds	48 Servings: about 1 ½ gallons 96 Servings: about 3 gallons

Nutrients Per Serving			
Calories	69	Sodium	52 mg
Total Fat	1.8 g	Carbohydrate	14 g
Saturated Fat	0.2 g	Dietary Fiber	2 g
Cholesterol	0 mg	Vitamin A	6547 IU
		Vitamin C	14 mg
		Iron	0.5 mg
		Calcium	37 mg