


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		1 teaspoon		2 teaspoons



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-size sheet pans or 1 full-size sheet pan; 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.

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 A	6547 IU
Total Fat	1.8 g	Carbohydrate	14 g	Vitamin C	14 mg
Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	0.5 mg
Cholesterol	0 mg	Protein	1 g	Calcium	37 mg