


Roasted Zucchini

 Cooking time: 15 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetables
NSLP: ½ cup Other Vegetables
SFSP: ½ cup Vegetables

Ingredients	12 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Zucchini, fresh, whole	2 pounds 3 ounces		4 pounds 6 ounces	
Vegetable oil		1 Tablespoon + ¾ teaspoon		2 Tablespoons + 1½ teaspoons
Garlic powder		½ teaspoon		1¼ teaspoons
Dried oregano		½ teaspoon		1 teaspoon
Salt		¼ teaspoon		½ teaspoon
Ground black pepper		¼ teaspoon		½ teaspoon



Directions

1. Preheat oven to 400°F.
2. Wash zucchini and cut into 3-inch lengths. Then cut each 3-inch section into ½-inch thick sticks.
3. Combine zucchini sticks with oil, garlic powder, oregano, salt, and pepper. Place in a single layer onto sheet pans that have been lightly coated with pan-release spray. Be careful to not crowd the pieces of zucchini. For 12 servings use 2 half-size sheet pans. For 25 servings, use 4–5 half-size sheet pans.
4. Bake in the preheated 400°F oven for approximately 12–15 minutes, or until lightly caramelized but still tender-crisp.

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 25 Servings: about 4 pounds	12 Servings: about 1 quart 2 cups 25 Servings: about 3 quarts ½ cup

Nutrients Per Serving					
Calories	26	Sodium	53 mg	Vitamin A	162 IU
Total Fat	1.6 g	Carbohydrate	3 g	Vitamin C	14 mg
Saturated Fat	0.3 g	Dietary Fiber	0.8 g	Iron	0.3 mg
Cholesterol	0 mg	Protein	1 g	Calcium	14 mg