


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	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Zucchini, fresh, whole	8 pounds 12 ounces		17 pounds 8 ounces	
Vegetable oil		¼ cup + 1 Tablespoon		½ cup + 2 Tablespoons
Garlic powder		2½ teaspoons		1 Tablespoon + 2 teaspoons
Dried oregano		2 teaspoons		1 Tablespoon + 1 teaspoon
Salt		1 teaspoon		2 teaspoons
Ground black pepper		1 teaspoon		2 teaspoons



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 50 servings use 2–3 full-size sheet pans, for 100 servings use 5–6 full-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	50 Servings: about 8 pounds 100 Servings: about 16 pounds	50 Servings: about 1 gallon 2 quarts 1 cup 100 Servings: 3 gallons 2 cups

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