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

	50 Servings		100 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Zucchini, fresh, whole	8 pounds 12 ounces		17 pounds 8 ounces			
Vegetable oil		¼ cup + 1 Tablespoon		¹ / ₂ 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		Nutrients Per Serving						
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	Calories Total Fat Saturated Fat Cholesterol	26 1.6 g 0.3 g 0 mg	Sodium Carbohydrate Dietary Fiber Protein	53 mg 3 g 0.8 g 1 a	Vitamin A Vitamin C Iron Calcium	162 IU 14 mg 0.3 mg 14 mg	

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