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

	12 Servings		24 Servings	
Ingredients	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			

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