


# 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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Butternut squash, fresh, washed, peeled, seeds removed	6 pounds 8 ounces		13 pounds	
Apples, fresh, washed	3 pounds 4 ounces		6 pounds 8 ounces	
Vegetable oil		¼ cup + 2 Tablespoons		¾ cup
Brown sugar, packed		½ cup		1 cup
Cinnamon		2 Tablespoons + 2 teaspoons		¼ cup + 1 Tablespoon + 1 teaspoon
Salt		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons



## Directions

- 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.
- Add the vegetable oil to the squash and apples. Stir to distribute the oil evenly over the pieces.
- 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.
- Spray sheet pans with pan-release spray. For 48 servings use 4 full-size sheet pans; for 96 servings use 8 full-size sheet pans. Place squash and apples in a single layer on prepared sheet pans being careful not to overcrowd the pan.
- 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	48 Servings: about 8 pounds 96 Servings: about 16 pounds	48 Servings: about 1½ gallons 96 Servings: about 3 gallons

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