

Roasted Butternut Squash - CACFP



General Information

Recipe #	Category	Source
1691449	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Squash, winter, butternut, raw	1 lbs., 10 oz.		
Garlic, raw	1 ½ tsp.		
Rosemary, fresh	¾ tsp.		
Vegetable oil, palm kernel	¾ tsp.		
Salt, table	⅛ tsp.		
Spices, pepper, black	< ⅛ tsp. ground		

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. Peel squash, remove seeds, and medium dice.
2. Combine squash, minced garlic, rosemary leaves, oil, and salt in a large bowl. Toss until vegetables are fully coated.
3. Place in a single layer on a baking sheet with parchment paper. Roast in 400° F oven for 30 minutes or until tender. Hold hot for service.

NOTES: Take CAUTION when cutting Butternut Squash. It is a very hard vegetable and is difficult to slice through.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.



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Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (124 gm)

Amount Per Serving		
Calories		58.637
% Daily Value*		
Total Fat	0.404gm	0.621%
Saturated Fat	0.251gm	1.254%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	51.550mg	2.148%
Total Carbohydrate	14.574gm	4.858%
Dietary Fiber	2.481gm	9.925%
Total Sugars	2.701* gm	
Includes 0.000 gm of Added Sugars		
Protein	1.273 gm	2.546%
Vitamin A, RAE	651.669 mcg	72.408%
Vitamin C	25.949 mg	43.249%
Vitamin D	0.000 mcg	
Calcium	60.413 mg	6.041%
Iron	0.877 mg	4.873%
Potassium	434.697 mg	9.249%
Saturated Fat % of Calories		3.848 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds.

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
02-20-2025	10-09-2024

Meal Components

Component	Measurement
Red/Orange	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe