RECIPE NAME: Maple Squash Bake						File Category: Fruit/Vegetable		
Grade Group: K-12					HACCP Process:			
Number of Portions: 50					#1 No Cook			
Portion Size: 1/2 cup					#2 Cook & Serve Same Day			
Serving Utensil: 8 fl. oz. scoop						#3 Includes Cooling Step		
Servings per Pan:								
Ingredients:		Weight:		Measure:		Procedure:		
Acorn squash, whole		4.2 pounds		2 squash 1. Prehe		1. Prehea	eat oven to 350 °F.	
Olive oil				·		2. Peel, se	, seed and cut squash into 3/4-inch cubes.	
Apples, red variety, chopped				9 cups	, ,		squash evenly between two baking dishes. Toss each	
(125-138 count)					sheet with 2 Tbsp. olive oil and bake for 15 minutes.		h 2 Tbsp. olive oil and bake for 15 minutes.	
Maple syrup				1 cup			parate bowl, combine apples, maple syrup, and butter.	
Butter, unsalted, melted				1/4 cup		Add mixture to baking sheet with cooked squash. Stir to make		
Cranberries, dried					3 cups		mixture uniform.	
						5. Place squash miture back in oven. Reduce temperature to		
					320 °F and bake for one hour. Remove from oven, add			
						cranberries and serve.		
Total Yield: 50 por	Number of Pans:					Equipment (if not specified in the procedures above)		
Weight: Measure (volume): Pan Size:						
Meal Component Contribution Based on Portion Size							Nutrient Analysis Based on Portion Size	
Meat/Meat Alterna						Calories: 61		
Vegetable Subgroups		DG	B/P	R/O	S	0	Saturated Fat (g): 0.5	
				1/8			Sodium (mg): 2	
Fruits		3/8						
Grains								
DG= Dark Green B/P= E	Beans/Peas (L	egumes) R/O	=Red/Orang	e S=Starchy O=	Other			



