



Local Harvest Bake

Local Harvest Bake is a hearty vegetable side, full of fresh butternut squash, fresh beets, and fresh sweet potatoes. It is perfect for the fall season!

CACFP Adult Portion Crediting Information
 $\frac{3}{4}$ cup (6 oz spoodle) provides $\frac{3}{4}$ cup vegetable
 ($\frac{1}{2}$ cup red/orange, $\frac{1}{4}$ cup other vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25
	Weight	Measure	Weight	Measure	
*Fresh butternut squash peeled, cubed $\frac{1}{2}$ "	2 lb 14 oz	2 qt	5 lb 12 oz	1 gal	<ol style="list-style-type: none"> Preheat oven to bake: Conventional oven: 350 °F. Convection oven: 325 °F. Toss butternut squash, beets, sweet potatoes, olive oil, salt, and garlic, in a large bowl. Line sheet pan (18" x 26" x 1") with a layer of parchment paper. Spray lightly with pan release spray. Add vegetables to pan and spread evenly. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh beets, peeled, cubed $\frac{1}{2}$ "	2 lb 14 oz	2 qt 2 cups	5 lb 12 oz	1 gal 1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, peeled, cubed ½"	2 lb 14 oz	2 qt 2 cups	5 lb 12 oz	1 gal 1 qt	<p>4 Transfer to steam table 1 gal 1 qt (7 lb 4 oz) (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Olive Oil		⅓ cup		⅔ cup	<p>5 Critical Control Point: Heat to 140 °F for at least 15 seconds.</p>
Kosher salt		1 ¼ tsp		2 ½ tsp	<p>6 Garnish with parsley.</p>
Fresh garlic, minced		2 Tbsp		4 Tbsp	<p>7 Critical Control Point: Hold for hot service at 140 °F.</p>
Dried parsley (optional)		1 Tbsp		2 Tbsp	<p>8 Serve ¾ cup (portion with a 6 oz spoodle).</p>



NUTRITION INFORMATION

For ¾ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	95
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	168 mg
Total Carbohydrate	16 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	2 g
Vitamin A	553 mcg RAE
Vitamin C	15 mg
Vitamin D	0 IU
Calcium	40 mg
Iron	1 mg
Potassium	432 mg
N/A=data not available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Butternut Squash	3 lb 7 oz	6 lb 14 oz
Sweet Potatoes	3 lb 10 oz	7 lb 4 oz
Beets	3 lb 12 oz	7 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 7 lb 4 oz	About 14 lb 8 oz
About 1 gal 1 qt/1 steam table pan (12" x 20" x 2 ½")	About 2 gal 2 qt/2 steam table pans (12" x 20" x 2 ½")

SOURCE:

CACFP Adult Portion Recipe Project

