

Calabaza Asada (Roasted Winter Squash/Pumpkin) – adapted from “Fruit and Veggies Quantity Cookbook – Revised Edition” (Oct 2011)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Winter Squash (or pumpkin), fresh [§] , peeled, seeded, and cut into large cubes	20 lb.	40 lb.	10 lb.	<ol style="list-style-type: none"> 1. Preheat oven to 350 F. 2. Remove seeds from squash and cut into lengthwise quarters or into large cubes. 3. Place squash onto baking sheet that has been lightly coated with non-stick cooking spray. 4. In a small bowl, mix together cinnamon or allspice, salt and pepper. Mist squash with water or cooking spray and dust each with mixed spices. 5. Bake squash 30-40 minutes until fork-tender. <p>❖ Serving Size: ½ cup (4 ounces)</p> <p>★ Note: Temperature and baking time varies by ovens.</p>
Cinnamon or Allspice, ground	2 tsp	4 tsp	1 tsp	
Sea salt, fine	2 Tb	4 Tb	1 Tb	
Black pepper, ground	2 tsp	4 tsp	1 tsp	
Spray oil, or water spray as needed				

§WA product available when in season

Approximate preparation time: 45 min.

Tips & Variations:

- **How to Select:** Select squash that is heavy for their size. Avoid squash with soft spots or cracks.
- **Storage Tip:** **Winter squash** will store at room temperature for at least a month. Store for several months in a dry and cool (50-55 degree) but not cold location. Bruised or damaged squash will deteriorate more quickly.
- Got some left over? – You can toss with spring mix, top with dried cranberries and roasted almond slices to make a roasted squash salad.



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Child Nutrition Program Food Components:

✓ ½ cup vegetable

Nutrients Per Serving: (if butternut squash is used)

Calories	60 kcal
% Calories from Fat	15 %
Total Fat	1 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrates	16 g
Dietary Fiber	5 g
Sugar	3 g
Protein	2 g
Vitamin A (17,000 IU)	> 100 %
Vitamin C (24 mg)	96 %
Calcium	10 %
Iron	5 %

- ☝ *Winter squash is a good source of fiber, potassium and magnesium, and excellent source of vitamin A & C.*
- ☝ *In Washington, the peak harvest season of winter squash is October to December, but is usually available September to March. [Check out the Washington Grown Vegetable Seasonality Chart.](#)*
- ☝ *Did you know that winter squash is from South America? It became a staple product by the early to mid-1800s after introduction to North America through European colonization. [ref: "From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"]*

notes

