

BUTTERNUT AND SWEET POTATO BAKE

Serving: 1/2 cup

Vegetable

Denise Pianka, Cafeteria Manager at the Westfield North Middle School, adores cooking with fresh food. But prep time is always limited, so she manages to come up with easy-to-assemble recipes like this dish, which uses already peeled and cut squash and sweet potatoes. Just season, toss and roast!

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Butternut squash, peeled and cut into 2-inch pieces	10 lbs	20 lbs	<ol style="list-style-type: none"> 1. Add vegetables to cake pans that have been sprayed with oil (10 lbs per pan). Cut any large pieces of squash so all pieces are about the same size. 2. Equally divide the oil and syrup among the pans and mix to thoroughly coat the vegetables. 3. Sprinkle the onion powder, basil if using it, and pepper equally among the pans, then mix again to evenly distribute. 4. Cover pans with wax paper (to steam) and then again with foil. Bake until soft, but not mushy. <div style="margin-left: 40px;"> Convection oven: 375°F about 25-35 minutes Conventional oven: 400°F about 30-40 minutes </div> 5. Uncover and continue baking until just starting to brown, about 20 minutes. CCP: Heat to 140°F or higher. 6. CCP: Hold for hot service at 140°F or higher.
*Sweet potatoes, peeled and cut into 2-inch pieces	10 lbs	20 lbs	
Oil, preferably olive	2 cups	1 qt	
*Maple syrup or pancake syrup	1 cup	2 cups	
Onion powder	2 Tbsp	1/4 cup	
Basil, dried (optional)	2 Tbsp	1/4 cup	
Pepper, black	1 Tbsp	2 Tbsp	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Butternut Squash:** Readily available peeled and halved or diced. For a smaller dice, dice more.
- **Sweet Potatoes:** *To peel*, use a vegetable peeler or paring knife. Sweet potatoes can sometimes be purchased in large peeled cubes.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	207	Vitamin A (IU)	18778
Cholesterol (Mg)	0	Vitamin C (Mg)	26.62
Sodium (Mg)	14	Protein (G)	2.29
Fiber (G)	2.99	Carbohydrate (G)	29.43
Iron (Mg)	0.91	Total Fat (G)	8.72
Calcium (Mg)	46.74	Saturated Fat (G)	1.21