

# ROASTED BUTTERNUT SQUASH HUMMUS

Old Saybrook Schools - 2018

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Furmano chickpeas or garbanzo beans Butternut squash, peeled & diced Lemon juice Sunbutter Chopped garlic Vegetable oil Cumin Paprika	3 lbs 5 oz	6 ¼ cups  2 Tbsp ½ cup 2 Tbsp 1 Tbsp 1 Tbsp 1 Tbsp	6 lbs 10 oz	12 ½ cups  ¼ cup 1 cup 4 Tbsp 2 Tbsp 2 Tbsp 2 Tbsp	<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>Cut butternut into medium dice.</li> <li>Toss butternut with vegetable oil and place in a 350°F oven. Roast for 20 minutes or until soft.</li> <li>Drain chickpeas or garbanzo beans, reserve juice</li> <li>Combine all ingredients in food processor or mixer and puree to smooth consistency.</li> <li>If mixture is thick, add reserved bean liquid 1 tablespoon at a time until desired consistency.</li> </ol>
<p><b>Serving Size:</b> 4 oz (½ cup)  <b>Meal Pattern Contribution:</b> ¼ cup legumes, ¼ cup Red/Orange Vegetable</p> <p><b>Notes:</b> 1 #10 can of Chickpeas equals 42 portions of ¼ cup beans, drained            1 lb of butternut squash, whole = .84 lb peeled, cubed, RTC = 7.5 portions of ¼ cup of squash, cubed, cooked</p>					<p><b>HACCP/Serving Instructions:</b></p> <ol style="list-style-type: none"> <li>Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.</li> </ol>

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

