

HARVEST DELIGHT

RSD #10, Avon & Canton Public Schools - 2018

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Fresh carrots, ¼” slices	1.5 lb.	1 qt. 1 cup	3 lb.	2 qt. 2 cups	<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> 1. Place carrots in a perforated steam table pan (12” x 20” x 2½”). Cover and steam for 10 minutes or until tender. 2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. <p>Line sheet pan (18” x 26” x 1”) with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan.</p> <p>For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p> <p>Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking:</p> <p>Conventional oven: 425°F for 25 minutes Convection oven: 425°F for 18 minutes</p> <ol style="list-style-type: none"> 3. Combine apples, thyme, oregano, sage, rosemary, and garlic. 4. Remove vegetables from oven. Lower heat to 400°F. Add apple mixture. Spread evenly. <p>Roast uncovered until slightly tender: Conventional oven: 400°F for 15 minutes Convection oven: 400°F for 10 minutes</p> <ol style="list-style-type: none"> 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12” x 20” x 2½”) lightly coated with pan release spray. <p>For 25 servings use 1 pan. For 50 servings use 2 pans.</p> <ol style="list-style-type: none"> 6. Drizzle with maple syrup and toss to coat. Roast until tender: <p>Conventional oven: 400°F for 8 minutes Convection oven: 400°F for 5 minutes</p> <ol style="list-style-type: none"> 7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
Fresh sweet potatoes, peeled, cubed 1”	1.5 lb.	3 cups	3 lb.	1 qt. 2 cups	
Fresh butternut squash, peeled, cubed ½”	1.5 lb.	3 1/3 cups	3 lb.	1 qt. 2¾ cups	
Fresh red onions, diced	0.5 lb.	1½ cup 1 Tbsp	1 lb.	3 cups 2 Tbsp	
Extra virgin olive oil		⅓ cup		¾ cup	
Sea salt		1 tsp		2 tsp	
Fresh green apples, peeled, cubed ½”	2 lb.	1.5 qt. 1⅓ cup	4 lb.	3 qt. 2¾ cups	
Fresh thyme, finely chopped		1.5 Tbsp		3 Tbsp	
Fresh oregano, finely chopped		1.5 Tbsp		3 Tbsp	
Fresh sage, finely chopped		1.5 Tbsp		3 Tbsp	
Fresh rosemary, finely chopped		1 Tbsp		2 Tbsp	
Minced garlic		1 Tbsp ½ tsp		2 Tbsp 1 tsp	
Maple syrup		2½ Tbsp		¼ cup 1 Tbsp	
Fresh spinach, coarsely chopped	5.5 oz.	3 cups	11 oz.	1 qt. 2 cups	
Dried cranberries, finely chopped	1 oz.	2 Tbsp 2 tsp	2 oz.	⅓ cup	

HARVEST DELIGHT (CONT'D)

Serving Size: ½ cup (4 fl. oz. spoodle or No. 8 scoop)

Meal Pattern Contribution: ¾ cup Red/Orange Vegetable; ¼ cup other vegetable; ½ cup fruit

Note: Recipe, nutrition information (below) and analysis from a Team Nutrition Recipe.*

Place apples in a bowl of water with a squirt of lemon juice to prevent browning. Drain when ready to use.

Per USDA Team Nutrition:

***Nutrients Per Serving:** Calories 92.61; Protein 1.20 g; Carbohydrate 16.16 g; Total Fat 3.14 g; Saturated Fat 0.43 g; Cholesterol 0 mg; Vitamin A 11203.66 IU (560.18 RAE); Vitamin C 10.94 mg; Iron 1.56 mg; Calcium 37.86 mg; Sodium 102.64 mg; Dietary Fiber 3.13 g

Serving Instructions

1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.
2. Portion with 4 fl. oz. spoodle or No. 8 scoop (½ cup).

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.



UConn
COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL
RESOURCES

EXTENSION