

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. 3. Line sheet pan (18” x 26” x 1”) with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. <div style="margin-left: 40px;">For 25 servings, use 2 pans. For 50 servings, use 4 pans.</div> <p>Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: <div style="margin-left: 40px;">Conventional oven: 425°F for 25 minutes Convection oven: 425°F for 18 minutes</div> </p> <ol style="list-style-type: none"> 4. Combine apples, thyme, oregano, sage, rosemary, and garlic. 5. Remove vegetables from oven. Lower heat to 400°F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: <div style="margin-left: 40px;">Conventional oven: 400°F for 15 minutes Convection oven: 400°F for 10 minutes</div> 6. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12” x 20” x 2½”) lightly coated with pan release spray. <div style="margin-left: 40px;">For 25 servings use 1 pan. For 50 servings use 2 pans.</div>
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. 2⅔ cups	
Fresh red onions, diced	0.5 lb.	1½ cup + 1 Tbsp	1 lb.	3 cups + 2 Tbsp	
Extra virgin olive oil		⅓ cup		⅔ cup	
Sea salt		1 tsp		2 tsp	
Fresh green apples, peeled, cubed ½”	2 lb.	1.5 qt. + 1⅓ cup	4 lb.	3 qt. 2⅔ 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	

					<p>7. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400°F for 8 minutes Convection oven: 400°F for 5 minutes</p> <p>8. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.</p>
<p>Serving Size: ½ cup (4 fl. oz. spoodle or No. 8 scoop)</p> <p>Meal Pattern Contribution: ⅔ cup Red/Orange Vegetable; ⅛ cup other vegetable; ½ cup fruit</p> <p>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.</p> <p><i>Per USDA Team Nutrition:</i></p> <p>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</p>					<p>Serving Instructions</p> <ol style="list-style-type: none"> 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.



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