

# SUMMER SQUASH (FROZEN)



VEGETABLES (OTHER)

**MEAL COMPONENT CONTRIBUTION:**

½ cup other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Onions, Frozen, Diced, #1610	1 pound(s)
Pan Release Spray, Vegetable Oil, #2514	5 gram(s)
Margarine, Bulk, #1319	4 ounce(s)
Squash, Summer, Yellow, Slice, Frozen, #1622	13 pound(s)
Salt, Table, #2219	1 tablespoon(s)

**DIRECTIONS**

- Chop onions or use pre-cut diced onions.  
Spray braising pan or steam-jacketed kettle with food release spray. Sauté fresh onions and set aside.

## 2. COOKING METHODS

To steam squash:

- Place squash in solid steamtable pans (12" x 20" x 2 ½").
- Add margarine, sautéed onions and salt.
- Steam for 4 minutes.
- Drain excess liquids.
- Transfer to steamtable pans.

To saute squash:

- Place squash in braising pan with sautéed onions.
- Add margarine and salt and sauté for 8 to 10 minutes or until just tender.
- Drain excess liquids.
- Transfer to steamtable pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

- Portion with a #8 scoop or a 4 ounce spoodle per serving. Each portion provides ½ cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

**NUTRIENTS PER SERVING**

Calories	42	Dietary Fiber	1.58 g	Sodium	166.27 mg	Sat. Fat	0.81 g
Carbohydrates	6.26 g	Protein	1.05 g	Total Fat	1.96 g	Trans Fat	0.00 g