

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	2 cups
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Margarine, Bulk, #1319	4 ounces
Squash, Summer, Yellow, Slice, Frozen, #1622	12 pounds + 8 ounces
Salt, Table, #2219	1 teaspoon

DIRECTIONS

1. Thaw frozen onions overnight in the refrigerator. Drain them thoroughly before preparing the recipe.
2. Spray a stockpot, braising pan or steam-jacketed kettle with pan release spray. Sauté the onions and set them aside.

3. COOKING METHODS

To steam squash:

- Place no more than 5 pounds of frozen squash in perforated steamtable pans.
- Steam them for 3 to 4 minutes.
- Place the squash in solid steamtable pans for seasoning and service.
- If using solid steamtable pans to steam, drain the liquids from the pans prior to seasoning and service.
- Add the margarine, salt and sautéed onions to the squash. Mix the ingredients to combine them well.

To saute squash:

- Place the thawed squash in a stock pot, braising pan or steam jacketed kettle with the sautéed onions.
- Sauté the vegetables for 8 to 10 minutes, or until the squash is just tender.
- Drain any excess liquids.
- Combine the margarine and salt with the the squash and onions.
- Transfer to steamtable pans.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

4. Serve the squash immediately, or cover them and place in a warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30

5. 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.

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NUTRIENTS PER SERVING

Calories	42	Dietary Fiber	1.53 g	Sodium	71.80 mg	Sat. Fat	0.73 g
Carbohydrates	6.08 g	Protein	1.02 g	Total Fat	1.95 g	Trans Fat	0.00 g