

# Spiced Butternut Squash

**Makes:** 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Butternut squash (use local produce, if available)	20 lb		40 lb	
Cinnamon		2 tsp		1 Tbsp + 1 tsp
Salt		2 Tbsp		4 Tbsp
Pepper, black, ground		2 tsp		1 Tbsp + 1 tsp

## Directions

1. Place squash in 2-inch hotel pans.
2. Steam squash for 30-40 minutes, or until tender.
3. If unpeeled, remove the skins.
4. In a small bowl, mix cinnamon, salt, and pepper.
5. Place steamed squash and spices in a mixing bowl. Use a wire whip attachment to mash the squash.
6. Serve 1/2 cup (4 ounces).

## Notes

### Serving Tips:

If butternut squash is not available locally, can substitute fresh winter squash- peeled, seeded, and cut into large cubes or frozen winter squash, peeled, seeded, and cubed.

### Additional Tips:

You can find the recipe for 25 servings and family sized servings [here](#).

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	60	
Total Fat	1 g	
Protein	2 g	
Carbohydrates	16 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	290 mg	

## Meal Components

Vegetables	1/2 cup
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