

# The Big Red

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Barley	1.6 lb	
Butternut squash, peeled, seeded and diced		1 gal
Fresh Beets, scrubbed, trimmed and peeled		5 cup
Vegetable oil, canola		3 Tbsp 2 tsp
Cinnamon, ground		2 Tbsp
Pumpkin seeds, toasted		2 cup
Reduced fat shredded cheddar cheese	17 oz	
Coarse or kosher salt		2 Tbsp



## Directions

1. Wash hands for 20 seconds and dry with single-use paper towel.
2. Boil barley for approximately 60 minutes on medium heat or until tender.
3. Drain, rinse and coat barley with 1/3 the oil.
4. You can chill barley for further use later. Chill to 70°F within 2 hours and to 40°F within 4 hours, if you do not continue with preparation.
5. Peel, seed and dice butternut squash.
6. Scrub, trim, and peel beets, then dice. Do not prepare in advance or beet juice may dry out and recipe may not be as pink in color.

7. Mix balance of oil with cinnamon. Toss half of oil mixture with diced butternut squash and the other half with the diced beets. Roast vegetables separately in a convection oven at 400°F for 10 minutes and 350°F for 25 minutes on sheet pans.
8. Toast pumpkin seeds for 15 minutes at 300°F, if not already toasted.
9. Shred cheese if it is in block form.
0. Mix all ingredients together, except for cheese.
  1. Serve with a #8 scoop or a 1/2 cup serving.
  2. Garnish with shredded cheese.