

Central Valley Harvest Bake

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains

Side Dishes, I-20r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh butternut squash, peeled, cubed 1/2"	10 lb 8 oz	2 gal 1/2 qt	21 lb	4 gal 1 qt	<ol style="list-style-type: none"> 1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher. 3. Toss onions, jalapeno peppers, and red peppers with remaining oil. 4. Line a sheet pan (18"x 26"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable
Extra virgin olive oil		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp	
*Fresh red onions, diced	8 oz	1 1/2 cups	1 lb 1/2 oz	3 cups	
*Fresh jalapeno peppers, finely diced		1/3 cup	3 oz	3/4 cup	
*Fresh red bell peppers, diced	8 1/2 oz	1 1/2 cups	1 lb 1 oz	3 cups	

5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven.

Red quinoa, dry	2 oz	1/4 cup	4 oz	1/2 cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		3/4 cup		1 1/2 cup	7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel.
Canned low-sodium black beans, drained, rinsed	1 lb 1 oz	2 cups (1/4 No. 10 can)	2 lb 2 oz	1 qt (1/2 No. 10 can)	8. Combine squash, black beans, quinoa, and oregano.
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See Notes Section)	1 oz	2 cups	2 lb 2 oz	1 qt	
Fresh oregano, chopped		1/2 cup 2 Tbsp		1 1/4 cups	
Sweetened applesauce	1 lb 9 oz	2 2/3 cups (1/4 No. 10 can)	3 lb 2 oz	1 qt 1 1/3 cups (1/2 No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.

Fresh lime juice (optional)

1/4 cup

1/2 cup

10. Fold in onion and pepper mixture.

11. Lightly coat steam table pan (12"x 20"x 2 1/2") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Low-fat granola, no fruit

1 lb

1 qt 1/2 cup

2 lb

2 qt 1 cup

12. Sprinkle granola evenly over the top.

13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes.

14. Critical Control Point: Hold for hot service at 135 °F or higher.

15. Portion with No. 8 scoop (1/2 cup).

Notes

Our Story

The rich agricultural region of Manteca, California, grows many crops annually, including winter squash, pumpkin, corn, watermelon, and almonds. It was very important to the recipe team that they include locally grown produce in their recipe and introduce healthy, delicious vegetables to the students. Thus, butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin, was chosen as the featured vegetable of Central Valley Harvest Bake.

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful. It complements a variety of entrées,

including grilled chicken or roast turkey.

Joshua Cowell Elementary School

Manteca, California

School Team Members

School Nutrition Professional: Sandy Helsel

Chef: Bryan Ehrenholm (Owner, Pure Joy Bakery and The Lunch Pail Restaurant)

Community Members: Bonnie Bennett (School Principal) and Mary Tolan-Davi, RD (Community Registered Dietitian)

Students: Cameron H., Genesis M., Andrew R., Matthew M., and Elizabeth B.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Butternut squash	12 lb 8 oz	25 lb
Red onions	10 oz	1 lb 4 oz
Jalapeno peppers	2 oz	4 oz
Red bell peppers	11 oz	1 lb 6 oz
Dry black beans	8 1/2 oz	1 lb 1 oz

Serving	Yield	Volume
1/2 cup (No. 8 scoop) provides: 3/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.	50 Servings: about 14 lb	50 Servings: 2 steam table pans
	100 Servings: about 28 lb 8 oz	100 Servings: 4 steam table pans

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Nutrients Per Serving

Calories	97.43	Saturated Fat	0.32 g	Iron	1.01 mg
Protein	2.03 g	Cholesterol		Calcium	43.98 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU	Sodium	114.57 mg
Total Fat	1.92 g	Vitamin C	18.56 mg	Dietary Fiber	3.65 g