

Local Harvest Bake

Meal Components: Vegetable - Red / Orange

Side Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut Squash, cubed	4.6 lbs				1. Test: Toss all ingredients together.
Beets, fresh, cubed	4.25 lbs				2. Test: Transfer to a steam table pan.
Sweet potatoes, fresh, cubed	3.75 lbs				
Extra virgin olive oil		2/3 cup			
Sea salt		2 tsp			
Garlic, fresh, minced		2 tbsp	1 tsp		

Notes

Keep noodles and sauce separate (TEST)

Serving	Yield	Volume
Test 1 cup (8fl oz)	<p>50 Servings: Test 50 Servings: about 25 lbs 8 oz</p> <p>100 Servings: Test 50 Servings: about 25 lbs 8 oz</p>	<p>50 Servings: Test 2 lbs</p> <p>100 Servings: Test 2 lbs</p>

Nutrients Per Serving					
Calories	92.01	Total Fat	3.11 g	Sodium	143.25
Protein	1.57 g	Saturated Fat	NA		mg
Carbohydrate	15.53 g	Vitamin A	9262.29 IU	Dietary Fiber	NA