

# Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable

Vegetables I-20r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	5 lb 4 oz	1 gal ¼ qt	10 lb 8 oz	2 gal ½ qt	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. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 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.
Extra virgin olive oil		2 ½ Tbsp		¼ cup 1 Tbsp	
*Fresh red onions, diced	4 oz	¾ cup	8 oz	1 ½ cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced		3 Tbsp	1 ¾ oz	½ cup	
*Fresh red bell peppers, diced	4 ¼ oz	¾ cup	8 ½ oz	1 ½ cups	4. Line a sheet pan (9"x 13"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan.  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.  Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	1 oz	⅛ cup	2 oz	¼ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		¾ cup		¾ 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. The white ring will appear only when it is fully cooked.

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Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	8 ½ oz OR 8 ½ oz	1 cup (⅓ No. 10 can) OR 1 cup	1 lb 1 oz OR 1 lb 1 oz	2 cups (⅓ No. 10 can) OR 2 cups	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		¼ cup 1 Tbsp		½ cup 2 Tbsp	
Sweetened applesauce	12 ½ oz	1 ⅓ cups	1 lb 9 oz	2 ⅔ cups	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		1 tsp		2 tsp	
Fresh lime juice (optional)		⅓ cup		⅓ cup	
					10. Fold in onion and pepper mixture.
					11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Low-fat granola, no fruit	8 oz	2 ¼ cups	1 lb	1 qt ½ 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  Critical Control Point: Heat for 140 °F or higher for at least 15 seconds.
					14. Critical Control Point: Hold for hot service at 135 °F or higher.  15. Portion with No. 8 scoop (½ cup).

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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>Special tip for preparing dry beans:  <b>SOAKING BEANS</b>  <b>OVERNIGHT METHOD:</b> Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.  <b>QUICK-SOAK METHOD:</b> 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 recipe.  <b>COOKING BEANS</b>            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.</p> <p>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.</p>

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Butternut squash	6 lb 4 oz	12 lb 8 oz
Red onions	5 oz	10 oz
Jalapeno peppers	1 oz	2 oz
Red bell peppers	5 ½ oz	11 oz
Dry black beans	4 ¼ oz	8 ½ oz

Nutrients Per Serving			
Calories	97.43	Saturated Fat	0.32 g
Protein	2.03 g	Cholesterol	0 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)
Total Fat	1.92 g	Vitamin C	18.56 mg
		Iron	1.01 mg
		Calcium	43.98 mg
		Sodium	114.57 mg
		Dietary Fiber	3.65 g

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ¾ cup red/orange vegetable and ¼ cup other vegetable.	25 Servings: about 7 lb 8 oz	25 Servings: 1 steam table pan
	50 Servings: about 14 lb	50 Servings: 2 steam table pans