

Central Valley Harvest Bake

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh butternut squash, ½" cubed	10 lb 8 oz	1 gallon 2 ¼ quarts	21 lb	3 gallon 2 cups	Preheat oven to 350°F Toss squash in large bowl with ¼ cup olive oil. Toss until evenly coated. Reserve remaining olive oil for onions and peppers. For 50 servings use 4 Tbsp For 100 servings use 8 Tbsp Transfer to sheet pans (18"x26"): For 50 use 2 sheet pans For 100 use 4 sheet pans Bake at 350°F: Conventional oven 30 minutes Convection oven 20 minutes
Olive oil, extra virgin	2 oz	¼ cup 1 Tbsp	4 oz	½ cup 2 Tbsp	
Fresh, onion ¼" diced	8 oz	1 ½ cups	1 lb	3 cups	While squash is roasting, place onion, jalapeño and red bell pepper in mixing bowl and toss with remaining olive oil. Line a sheet pan (18" x 26") with aluminum foil or a non-stick pan liner. Spread vegetable mixture on sheet pan(s) For 50 use 2 sheet pans For 100 use 4 sheet pans Roast at 350°F Conventional oven 15 minutes or until tender Convection oven 10 minutes or until tender Check after 10 minutes, the diced vegetables be slightly soft may brown around the edge, it is important the do not darken too much. Remove from oven and set aside. CCP: Hold at 135°F for service
Fresh, jalapeno pepper, finely diced		¼ cup 2Tbsp	3 oz	¾ cup	
Fresh red bell pepper, ¼" diced	8 oz	1 ½ cups	1 lb	3 cups	
Quinoa red, dry	2 oz	¼ cup	4 oz	½ cup	Prepare quinoa as follows. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine in pot, 1 part quinoa to 2 part water and bring to a boil. Turn down heat to low and simmer until water is completely absorbed, usually 25 minutes. The kernel will pop and the quinoa will be soft. When this occurs a white ring will pop out of the kernel. This is an indicator that the quinoa is completely cooked. .
Canned, applesauce, sweetened	1 lb 10oz	2 ½ cups	3lb 4 oz	1 quart 1 cup	In large bowl, combine applesauce, black beans, cooked quinoa, oregano and salt.

	(1 No. 2 1/2 can)		(2 No. 2 1/2 can)		<p>Spray steam table pan (12"x 20"x 2 1/2") with pan release (non-stick) spray For 50 use 2 pans For 100 use 4 pans</p> <p>Add roasted vegetable mixture to butternut squash and lightly toss in steam table pan. Add in applesauce/black bean mixture and combine well.</p>
Canned black beans, drained, rinsed	1 lb 1 oz	2 1/2 cups	2 lb 2 oz	1 quart 1 cup	
Fresh oregano, finely chopped	.7 oz	1/2 cup	1 1/2 oz	1 cup	
Salt, kosher		2 tsp		1 Tbsp 1 tsp	Press mixture to gently pack into pan(s).
Low fat granola, no fruit	7 oz	2 cup	14 oz	1 quart	<p>Sprinkle granola evenly over the top of the mixture.</p> <p>Bake at 350°F Conventional oven 30 minutes or until granola is lightly browned Convection oven 20 minutes or until granola is lightly browned</p> <p>CCP: Hold product at 135°F or higher for service.</p> <p>Portion with #8 scooper to provide 1/2 cup servings as a side dish.</p>

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Notes:

Directions to cook Quinoa: Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine in pot, 1 part quinoa to 2 part water and bring to a boil. Turn down heat to low and simmer until water is completely absorbed, usually 25 minutes. The kernel will pop and the quinoa will be soft. When this occurs a white ring will pop out of the kernel. This is an indicator that the quinoa is completely cooked. CCP: For grains, holding temperature at 141 degrees for service.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings

Serving:

½ cup (4 fl oz spoodle) provides ½ cup vegetables or 3/8 cup dark orange vegetable

Yield:

50 Servings:
14 lbs

100 Servings:
28 ½ lbs

Volume:

50 Servings:
2 Pans
(1 gallon 3 quarts)

100 Servings:
4 Pans
(3 gallon 2 quarts)