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ROASTED BUTTERNUT SQUASH

SERVINGS: 100 SERVINGS CALORIES: 70 KCAL

A recipe doesn't get much more simple than this! Squash is cut into bite-sized pieces and coated in olive oil. Once placed in the oven, the squash is roasted for less than an hour!

INGREDIENTS

34.64 pounds Butternut squash (33 pounds, 4 ounces)

1.56 cups Olive oil

INSTRUCTIONS

1. Preheat convection oven to 375°F.
2. Using a vegetable peeler, remove skin from squash.
3. Cut squash in half using a chef's knife, and remove seeds using a large spoon. To prevent injury, wear a safety glove on the hand not holding the chef's knife.
4. Use the chef's knife to dice the squash into medium dice pieces (½ inch).
5. Pour olive oil over diced squash. Toss and coat well.
6. Place 4 lbs 2 ½ oz of diced squash on each full-sized sheet pan (18"x26"x1"). Do not overload pan because the bottom layer will steam, not roast.
7. Roast squash at 375°F for approximately 40 minutes until golden brown.
8. Portion ½ cup squash per serving.

RECIPE NOTES

CCP: Hold at or above 135°F before and during service.

*Recipe Tip: Place the whole squash in the steamer or oven for 15-20 minutes before preparing, then remove and let cool. Peeling and cutting will be easier.

Notes: If using pre-cut squash, omit steps 2 through 4.

*Purchase amount for 100 servings of fresh squash is 40 lbs

Crediting: 1 serving provides ½ cup red/orange vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 70 kcal | Fat: 3.6 g | Saturated fat: 0.5 g | Sodium: 200 mg | Carbohydrates: 9 g | Fiber: 3 g | Protein: 1 g | Calcium: 230 %

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 8139

