

## Harvest Delight

RED/ORANGE VEGETABLE, OTHER VEGETABLE, FRUIT						SIDE DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Fresh carrots, 1/4" slices	3 lb	2 qt 2 cups	6 lb	1 gal 1 qt		<ol style="list-style-type: none"> <li>Place carrots in a perforated steam table pan (12" x 20" x 2-1/2"). Cover and steam for 10 minutes or until tender.</li> <li>Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes</li> <li>Combine apples, thyme, oregano, sage, rosemary, and garlic.</li> <li>Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes</li> <li>Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2-1/2") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</li> <li>Drizzle with maple syrup and toss to coat Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</li> <li>Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.</li> <li>Critical Control Point: Hold for hot service at 135 °F or higher.</li> <li>Portion with 4 fl oz spoodle or No. 8 scoop (1/2 cup).</li> </ol>
Fresh sweet potatoes, peeled, cubed 1"	3 lb	1 qt 2 cups	6 lb	3 qt		
Fresh butternut squash, peeled, cubed 1/2"	3 lb	1 qt 2-2/3 cups	6 lb	3 qt 1-1/3 cups		
Fresh red onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2-1/4 cups		
Extra virgin olive oil		2/3 cup		1-1/3 cups		
Sea salt		2 tsp		1 Tbsp 1 tsp		
Fresh green apples, peeled, cubed 1/2" Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.	4 lb	3 qt 2-2/3 cups	8 lb	1 gal 3-3/4 qt		
Fresh thyme, finely chopped		3 Tbsp		1/4 cup 2 Tbsp		
Fresh oregano, finely chopped		3 Tbsp		1/4 cup 2 Tbsp		
Fresh sage, finely chopped		3 Tbsp		1/4 cup 2 Tbsp		
Fresh rosemary, finely chopped		2 Tbsp		1/4 cup		
Minced garlic		2 Tbsp 1 tsp		1/4 cup 2 tsp		
Maple syrup		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp		
Fresh spinach, coarsely chopped	11 oz	1 qt 2 cups	1 lb 6 oz	3 qt		
Dried cranberries, finely chopped	2 oz	1/3 cup	4 oz	2/3 cup		

(continued)

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Serving: 1/2 cup (4 fl oz spoodle or No. 8 scoop) provides 3/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/8 cup fruit.	Yield: 50 servings: about 18 lb 100 servings: about 36 lb	Volume: 50 servings: about 1 gal 2 qt, 2 steam table pans 100 servings: about 3 gal, 4 steam table pans
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NUTRIENTS PER SERVING					
Calories	92.61	Saturated Fat	0.43 g	Iron	1.56 mg
Protein	1.20 g	Cholesterol	0 mg	Calcium	37.86 mg
Carbohydrate	16.16 g	Vitamin A	11203.66 IU (560.18 RAE)	Sodium	102.64 mg
Total Fat	3.14 g	Vitamin C	10.94 mg	Dietary Fiber	3.13 g

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