

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, ¼" slices	3 lb	2 qt 2 cups	6 lb	1 gal 1 qt	1. Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender.
*Fresh sweet potatoes, peeled, cubed 1"	3 lb	1 qt 2 cups	6 lb	3 qt	2. 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
*Fresh butternut squash, peeled, cubed ½"	3 lb	1 qt 2 ⅔ cups	6 lb	3 qt 1 ½ cups	
*Fresh red onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Extra virgin olive oil		⅔ cup		1 ½ cups	
Sea salt		2 tsp		1 Tbsp 1 tsp	
*Fresh green apples, peeled, cubed ½" 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 ⅔ cups	8 lb	1 gal 3 ¾ qt	3. Combine apples, thyme, oregano, sage, rosemary, and garlic.
Fresh thyme, finely chopped		3 Tbsp		¼ cup 2 Tbsp	
Fresh oregano, finely chopped		3 Tbsp		¼ cup 2 Tbsp	
Fresh sage, finely chopped		3 Tbsp		¼ cup 2 Tbsp	
Fresh rosemary, finely chopped		2 Tbsp		¼ cup	
Minced garlic		2 Tbsp 1 tsp		¼ cup 2 tsp	4. 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 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 50 servings use 2 pans. For 100 servings, use 4 pans.

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Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Maple syrup		¼ cup 1 Tbsp		½ cup 2 Tbsp	6. 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.
*Fresh spinach, coarsely chopped	11 oz	1 qt 2 cups	1 lb 6 oz	3 qt	7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
Dried cranberries, finely chopped	2 oz	⅓ cup	4 oz	⅔ cup	
					8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
½ cup (4 fl oz spoodle or No. 8 scoop) provides ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and ⅓ cup fruit.	50 Servings: about 18 lb	50 Servings: about 1 gallon 2 quarts 2 steam table pans
	100 Servings: about 36 lb	100 Servings: about 3 gallons 4 steam table pans

Marketing Guide		
Food as Purchased for	50 servings	100 servings
Carrots	4 lb 4 oz	8 lb 8 oz
Sweet potatoes	4 lb	8 lb
Butternut squash	3 lb 8 oz	7 lb
Red onions	1 lb 2 oz	2 lb 4 oz
Green apples	5 lb 2 oz	10 lb 4 oz
Spinach	12 ½ oz	1 lb 8 ½ oz

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