

Honey Cinnamon Roasted Squash

General Information

ACTIVE

Recipe #	Category	Source
1199914	Red/Orange Vegetables 🍠	Local

Ingredients

Name	Quantity	Quantity
Squash, winter, butternut, raw	2 lbs.	2
Honey	2 tbsp.	
Oil, olive, salad or cooking	2 tbsp.	
Spices, cinnamon, ground	1 tsp.	
Salt, table	½ tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove frozen product from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

1. Preheat oven to 375 degrees.
2. In a large bowl, combine the honey, olive oil, cinnamon, salt. Add the diced squash and toss to coat.
3. Place squash onto sprayed baking sheet. Roast for 25-30 minutes, stirring halfway through cooking.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

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In Use as a Sub Recipe



Honey Cinnamon Roasted Sweet Potatoes

Serving Size	Yield
¼ cup	16.00

Nutrition Facts

Serving Size ¼ cup (61 gm)

Amount Per Serving

Calories **48.813**

% Daily Value*

Total Fat 1.746 gm **2.686 %**

Saturated Fat 0.245 gm **1.227 %**

Trans Fat 0.000* gm

Cholesterol 0.000 mg

Sodium 75.094 mg **3.129 %**

Total Carbohydrate 8.922 gm **2.974 %**

Dietary Fiber 1.226 gm **4.902 %**

Total Sugars 3.407 gm

Includes N/A* of Added Sugars

Protein 0.581 gm **1.163 %**

Vitamin A 6,027.588 iu **120.552 %**

Vitamin C 11.926 mg **19.877 %**

Vitamin D 0.000 mcg

Calcium 29.063 mg **2.906 %**

Iron 0.432 mg **2.397 %**

Potassium 201.678 mg **4.291 %**

Saturated Fat % of Calories **4.526 %**

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Red/Orange	0.250 cups

Allergens

Not Available

Menus Using this Recipe

Dates

Last Updated
11-03-2023

Created
04-18-2022