

CHOP! CHOP! Video Series - Winter Squash Recipe

Source: *Fresh from the Farms: The Massachusetts Farm to School Cookbook*

**RECIPE NAME:** Sweet Butternut Mash

|                                                                                                                                                                                                 |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|------------------------------------------------|-------------------------|
| Grade Group:K-12                                                                                                                                                                                |                   |                     |                                          | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes cooling step                                                                                                                                                                                        |   |                                                |                         |
| Number of Portions:50                                                                                                                                                                           |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |
| Portion Size: ½ cup                                                                                                                                                                             |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |
| Serving Utensil: #8 scoop                                                                                                                                                                       |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |
| Servings Per Pan:                                                                                                                                                                               |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |
| <b>Ingredients:</b>                                                                                                                                                                             |                   | <b>Weight</b>       | <b>Measure</b>                           | <b>Procedure:</b>                                                                                                                                                                                                                                                                                                                                                        |   |                                                |                         |
| Butternut squash, fresh, peeled, (halved or cubed)*<br>Butter<br>Brown sugar<br>Salt<br>Cinnamon<br>Pepper, black<br><br>*To yield 15 lb 10 oz peeled squash, purchase 18 lb 10 oz whole squash |                   | 15 lb 10 oz<br>6 oz | ¾ c<br>3 Tbsp<br>2 tsp<br>1 tsp<br>1 tsp | 1. Steam squash until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes (check after 10 minutes).<br><br>CCP: Heat to 140°F.<br><br>2. Mash butters squash in a mixer or food processor until smooth.<br><br>3. Mix in butter, brown sugar, salt, cinnamon and pepper.<br><br>CCP: Hold for hot service at 140°F or higher. |   |                                                |                         |
| <b>Total Yield</b>                                                                                                                                                                              |                   | Number of Pans:     |                                          | Equipment (if not specified in procedures above):                                                                                                                                                                                                                                                                                                                        |   |                                                |                         |
| Weight:                                                                                                                                                                                         | Measure (volume): | Pan Size:           |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |
| <b>Meal Component Contribution Based on Portion Size</b>                                                                                                                                        |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   | <b>Nutrient Analysis Based on Portion Size</b> |                         |
| Meat/Meat Alternate                                                                                                                                                                             |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   | Calories: 76                                   |                         |
| Vegetable Subgroups                                                                                                                                                                             |                   | D/G                 | B/P                                      | R/O                                                                                                                                                                                                                                                                                                                                                                      | S | O                                              | Saturated Fat (g): 1.81 |
|                                                                                                                                                                                                 |                   |                     |                                          | ½ c                                                                                                                                                                                                                                                                                                                                                                      |   |                                                | Sodium (mg): 120        |
| Fruits                                                                                                                                                                                          |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |
| Grains                                                                                                                                                                                          |                   |                     |                                          |                                                                                                                                                                                                                                                                                                                                                                          |   |                                                |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other