

Baked Winter Squash with Cranberries, Pears and Sweet Potatoes

A recipe for every season.

One 1-cup serving provides

$\frac{3}{4}$ cup red/orange vegetables

$\frac{3}{8}$ cup fruit

One $\frac{1}{2}$ -cup serving provides

$\frac{3}{8}$ cup red/orange vegetables

$\frac{1}{8}$ cup fruit





Baked Winter Squash with Cranberries, Pears and Sweet Potatoes

Yield: 48 servings (1-cup portion), 96 servings (1/2-cup portion)

Serving Size: 1 cup

Prep Time: 40 minutes

Cook Time: 40-50 minutes

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INGREDIENTS

WEIGHT

MEASURE

DIRECTIONS

Pan spray		
Butternut squash, fresh	10 lb.	
Sweet potatoes, fresh	8 lb.	
Bosc pears, fresh*	6 lb.	
Cranberries, dried	1 lb.	
Vegetable oil		1 cup
Salt		1/2 tsp.
Ground pepper		1/2 tsp.
Ground cinnamon**		1/2 tsp.

1. Wash all produce; peel squash and sweet potatoes; seed squash; core pears; cut all produce into 1/2-inch dice. **Chef's Tip:** Use apple slicer to cut pears into slices, then dice. Cut additional pear off core.
 2. In two 4-inch deep, full-size pans coated with pan spray, combine diced vegetables, pears and cranberries. Mix thoroughly with 1/2 cup of oil per pan to coat the mixture evenly.
 3. Cover and bake in a preheated 350°F oven for 30 minutes, rotating pans as needed for even cooking.
 4. Stir mixture and return to oven uncovered for 15 minutes, or until all vegetables are cooked and tender. Critical Control Point (CCP): Hot hold at 135°F or above.
 5. Just prior to serving, season with salt and pepper, and cinnamon, if desired. Or, offer cinnamon in a shaker for students to add individually for personal preference.
 6. **To Serve:** Offer a 1-cup serving to provide 3/4 cup red/orange vegetables and 3/8 cup creditable fruits. A 1/2-cup portion meets 1/2-cup requirement of fruits and/or vegetables for Offer Versus Serve reimbursable meals, 3/8 cup red/orange vegetables and 1/8 cup creditable fruits.
- Option:** Consider offering as a breakfast side dish. A 1-cup serving can credit toward the fruit meal component at breakfast.

*If fresh pears are not available, substitute 3 quarts of diced, drained canned pears.
 ****Seasoning option:** Substitute rosemary in place of cinnamon for a savory flavor.

Marketing Guide: Adjust recipe quantities based on yield if alternate forms of produce (pre-diced or frozen potatoes or squash) are used.

FOR ROASTED VEGETABLES: Combine the squash and sweet potatoes with 3/4 cup of oil. Divided between 4 baking sheets that have been lined with pan-release coated parchment sheets to prevent pieces from sticking to pan. Bake in preheated 350°F oven for 30 minutes, rotating pans as needed for even baking. While vegetables are roasting, mix pears, cranberries and remaining 1/4 cup of oil to evenly coat pieces. Remove roasted vegetables from the ovens and add 1/4 of the fruit mixture to each pan, mixing to distribute evenly. Return to oven and bake for 10 minutes. CCP: Hot hold at 135°F or above. Season with sprinkle of salt, pepper and cinnamon just prior to serving.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

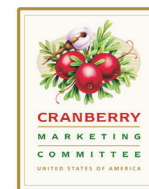
SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

SERVING: One 1-cup serving (48 per recipe) provides 3/4 cup red/orange vegetables, 3/8 cup fruit and one 1/2-cup serving (96 per recipe) provides 3/8 cup red/orange vegetables, 1/8 cup fruit

APPROXIMATE NUTRIENT ANALYSIS PER 1 CUP SERVING:

Calories 210 kcal	Saturated Fat 0.5 g	Cholesterol 0 mg	Carbohydrate 42 g	Protein 3 g	Calcium 70 mg	Vitamin A 25,000 IU
Total Fat 5 g	Trans Fat 0 g	Sodium 60 mg	Dietary Fiber 8 g	Vitamin C 30 mg	Iron 1 mg	

Note: Recipe concept by Doris Demers, foodservice director at Oyster River Cooperative Schools in Durham, NH for the 2016 Cranberry Marketing Committee / USA Pears Search for the Next Great Cranberry-Pear Recipe Contest



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