

Harvest Delight

Meal Components: Fruits, Vegetable, Vegetable - Red / Orange

Side Dishes, I-21r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, 1/4" slices	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	<ol style="list-style-type: none"> Place carrots in a perforated steam table pan (12" x 20" x 2 1/2"). Cover and steam for 10 minutes or until tender. 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. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Combine apples, thyme, oregano, sage, rosemary, and garlic.
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
*Fresh butternut squash, peeled, cubed 1/2"	1 lb 8 oz	3 1/3 cups	3 lb	1 qt 2 2/3 cups	
*Fresh red onions, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Extra virgin olive oil		1/3 cup		2/3 cup	
Sea salt		1 tsp		2 tsp	
*Fresh green apples, peeled, cubed 1/2"	2 lb	1 qt 3 1/3 cups	4 lb	3 qt 2 2/3 cups	
Fresh thyme, finely chopped		1 1/2 Tbsp		3 Tbsp	

Fresh sage, finely chopped	1 1/2 Tbsp		3 Tbsp	
Fresh rosemary, finely chopped	1 Tbsp		2 Tbsp	
Minced garlic	1 Tbsp 1/2 tsp		2 Tbsp 1 tsp	<p>5. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender:</p> <p>6. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2½") lightly coated with pan release spray.</p>
Maple syrup	2 1/2 Tbsp		1/4 cup 1 Tbsp	<p>7. 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</p>
*Fresh spinach, coarsely chopped 5 1/2 oz	3 cups	11 oz	1 qt 2 cups	<p>8. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.</p>
Dried cranberries, finely chopped 1 oz	3 Tbsp	2 oz	1/3 cup	<p>9. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>10. Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).</p>

Notes

Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created. It features locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. It was served to the entire student body who were requested to complete an evaluation form. Over 90 percent of the students who evaluated the recipe rated it “very good” to “excellent.” The team was overjoyed with the recipe’s positive feedback. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? Your kids will be happy too when they taste this colorful and delicious blend of vegetables, fruits, and herbs.

The Protestant Guild for Human Services, INC.

Waltham, Massachusetts

School Team Members

School Nutrition Professional: Doreen Mangini, PhD

Chef: Chef Florentine

Community Member: Erin Ridge (Special Education Teacher)

Student: Samantha I.

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

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Carrots	2 lb 2 oz	4 lb 4 oz
Sweet potatoes	2 lb	4 lb
Butternut squash	1 lb 12 oz	3 lb 8 oz
Red onions	9 oz	1 lb 2 oz
Green apples	2 lb 9 oz	5 lb 2 oz
Spinach	6 1/4 oz	12 1/2 oz

Serving	Yield	Volume
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.	25 Servings: about 9 lb 50 Servings: about 18 lb	25 Servings: about 3 quarts 1 steam table pan 50 Servings: about 1 gallon 2 quarts 2 steam table pans

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Nutrients Per Serving

Calories	93	Saturated Fat		Iron	2 mg
Protein	1 g	Cholesterol		Calcium	38 mg
Carbohydrate	16 g	Vitamin A	11204 IU	Sodium	103 mg
Total Fat	3 g	Vitamin C	11 mg	Dietary Fiber	3 g