

Orfalea Foundation- SFI

000175 - School Food Roasted Zucchini :

HACCP Process: #2 Same Day Service

Number of Portions: 32

Size of Portions: 1/2 cup

011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..	8 lbs
050385 OIL, VEGETABLE.....	1/4 cup
902401 PEPPER, crushed red.....	1 tsp
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1/2 tsp

Wash and trim zucchini. Cut into 1/4 inch thick half moons.

Pre-heat convection oven to 350° (400° for conventional oven)

1. In a large mixing bowl, toss zucchini with olive oil, red pepper flakes (optional), salt and pepper. Mix ingredients thoroughly. Alternatively, the zucchini can be tossed directly on the parchment paper lined sheet pans.

2. Spread zucchini on parchment paper lined sheet trays in a single layer. Do not overcrowd the sheet pans. Alternatively, for smaller batches the zucchini can be tossed with the other ingredients directly on the paper lined sheet trays.

3. Roast zucchini in preheated oven. Check zucchini after 20 minutes. Continue roasting for 5-10 minutes if necessary until zucchini is slightly caramelized and tender. Serve immediately, hold or chill according to HACCP SOP.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

EQUIPMENT:

2-Parchment lined sheet pans

1-Metal spatula

1-Large mixing bowl, if using

1-Measuring spoons, full set

1-Liquid measuring cup, cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	35 kcal	Cholesterol	0 mg	Protein	1.38 g	Calcium	18.51 mg	54.03%	Calories from Total Fat
Total Fat	2.08 g	Sodium	230 mg	Vitamin A	40.9 RE	Iron	0.43 mg	9.29%	Calories from Sat Fat
Sat Fat	0.36 g	Carbs	3.58 g	Vitamin A	250.0 IU	Water ¹	*107.50* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	D. Fiber	1.16 g	Vitamin C	20.3 mg	Ash ¹	*1.23* g	41.39%	Calories from Carbs
								15.98%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.