



Nutritious Recipes for Schools



Roasted Squash & Root Vegetable Cook Times

Wash all vegetables and remove necessary skins, rinds, etc. Cut squash and/or root vegetables of choice into 1/2-inch to 5/8-inch cubes. Place each type on a separate sheet tray (i.e., squash on one sheet pan, beets on a separate pan).

Bake in preheated 325°F oven according to the following times:

- Squash: 20–25 minutes
- Beets: 45–50 minutes
- Turnips: 35–40 minutes
- Rutabaga: 40–45 minutes
- Parsnips: 40–45 minutes

Roasted Squash and Beets

Makes 100 1-cup servings. Fulfills yellow vegetable requirement for National School Nutrition Standards.

- 75 cups (18–20 lbs.) winter squash cut into 1/2- to 5/8-inch cubes
- 25 cups (6–7 lbs.) beets cut into 1/2- to 5/8-inch cubes
- About 4 cups olive oil
- 3–4 tablespoons salt
- 1–2 tablespoons black pepper

Preheat oven to 325°F.

Evenly distribute beets one layer deep on sheet pans. Drizzle generously with olive oil (about 1 1/4 cups). Sprinkle with salt (about 1 tablespoon) and pepper. Toss lightly. Roast for 45–50 minutes, stirring occasionally.

Evenly distribute squash one layer deep on sheet pans. Drizzle generously with olive oil (about 3 cups). Sprinkle with salt (about 3 tablespoons) and pepper. Toss lightly. Roast for 20–25 minutes, stirring occasionally.

Place 3/4 cup squash and 1/4 cup beets per tray and gently toss together.

Roasted Squash with Parmesan Cheese

Makes 100 1-cup servings. Fulfills yellow vegetable requirement for National School Nutrition Standards.

- 75 cups (18–20 lbs.) winter squash cut into 1/2- to 5/8-inch cubes
- 25 pounds root vegetable of choice (see list above)
- 4 cups canola or olive oil
- 10 cups reduced-fat Parmesan cheese
- 2 tablespoons black pepper
- 1 tablespoon garlic powder

Preheat oven to 325°F.

Evenly distribute root vegetables one layer deep on sheet pans. Drizzle generously with canola or olive oil (about 1 cup). Sprinkle with Parmesan cheese (2 cups), pepper and garlic. Toss lightly. Roast according to cooking times above. Stir occasionally.

Evenly distribute squash one layer deep on sheet pans. Drizzle generously with olive oil (about 3 cups). Sprinkle with Parmesan cheese (about 8 cups), pepper and garlic. Toss lightly. Roast for 20–25 minutes, stirring occasionally.

Place 3/4 cup squash and 1/4 cup root vegetable per tray and gently toss together.



| Amount / Serving | % Daily Value* | Amount / Serving | % Daily Value* | *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
|--|----------------|-------------------------------|----------------|--|---------------------------|
| Total Fat 10g | 15% | Total Carbohydrate 14g | 5% | Total Fat | Less than 65g 80g |
| Saturated Fat 2.5g | 13% | Dietary Fiber 3g | 12% | Saturated Fat | Less than 20g 25g |
| Trans Fat 0g | | Sugars 2g | | Cholesterol | Less than 300mg 300mg |
| Cholesterol 5mg | 2% | Protein 3g | | Sodium | Less than 2,400mg 2,400mg |
| Sodium 150mg | 6% | | | Total Carbohydrate | 300g 375g |
| | | | | Dietary Fiber | 25g 30g |
| | | | | Calories per gram: | |
| | | | | Fat 9 • Carbohydrate 4 • Protein 4 | |
| Calories from Fat 90 | | | | | |
| Vitamin A 8% • Vitamin C 20% Calcium 15% • Iron 6% | | | | | |

| Amount / Serving | % Daily Value* | Amount / Serving | % Daily Value* | *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
|---|----------------|-------------------------------|----------------|--|---------------------------|
| Total Fat 9g | 14% | Total Carbohydrate 14g | 5% | Total Fat | Less than 65g 80g |
| Saturated Fat 1g | 5% | Dietary Fiber 3g | 12% | Saturated Fat | Less than 20g 25g |
| Trans Fat 0g | | Sugars 2g | | Cholesterol | Less than 300mg 300mg |
| Cholesterol 0mg | 0% | Protein 1g | | Sodium | Less than 2,400mg 2,400mg |
| Sodium 240mg | 10% | | | Total Carbohydrate | 300g 375g |
| | | | | Dietary Fiber | 25g 30g |
| | | | | Calories per gram: | |
| | | | | Fat 9 • Carbohydrate 4 • Protein 4 | |
| Calories from Fat 80 | | | | | |
| Vitamin A 8% • Vitamin C 20% Calcium 4% • Iron 6% | | | | | |