

# Butternut Squash with Baby Spinach, Fresh

Category: Side Dishes:Vegetable  
Master Ref:

Portion: 1/2 cup

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
88 kcal	16.0 gm	0.9 gm	3.1 gm	29.2 %	0 mg	31 mg	2.0 gm	41 mg

Step	Ingredients	14 Servings Amount	112 Servings Amount	308 Servings Amount
1	Squash,Butternut,Fresh,Cubed	2-1/2 lb	20 lb	55 lb
	Oil,50/50CanolaOliveOil,GEM	3 tbsp	1-1/2 cup	1 qt
	Salt	1/8 tsp	1 tsp	2-3/4 tsp
	Pepper,Black,Ground,Durkee	1/8 tsp	1 tsp	2-3/4 tsp
3	Spinach,Fresh,Bunch	6 oz	3 lb	8-1/4 lb
	Cranberries,Dried	3/4 cup	1-1/2 qt	1 gal

- 1 Preheat oven to 450 degrees. Toss squash with oil; season with salt and pepper.
- 2 Arrange in squash in a single layer on a baking sheet. Roast 25-30 minutes, until tender and brown at 450 degrees. Remove from oven.
- 3 Toss squash, spinach, and dried cranberries in 2" half pan.

Serving Pan: 2" Half Pan  
Serving Temp: 165 degrees  
Serving Utensil: 4 oz. Slotted Spoodle  
Serving Size: 1/2 cup

# Cherry & Sunflower Seed Kale Salad

Category: Starters:Salads  
Master Ref:

Portion: 1-1/2 cups

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
112 kcal	14.5 gm	2.1 gm	5.5 gm	42.8 %	0 mg	210 mg	1.6 gm	72 mg

Step	Ingredients	4 Servings Amount	64 Servings Amount	256 Servings Amount
1	Vinegar,Cider	1-1/2 tbsp	1-1/2 cup	1-1/2 qt
	Oil,50/50CanolaOliveOil,GEM	1 tbsp	1 cup	1 qt
	Mustard,Dijon	1 tsp	5-1/3 tbsp	1-1/3 cup
	Sugar,Granulated	1 tsp	5-1/3 tbsp	1-1/3 cup
	Salt	1/4 tsp	1-1/3 tbsp	5-1/3 tbsp
	Pepper,Black,Ground,Durkee	1/4 tsp	1-1/3 tbsp	5-1/3 tbsp
2	Kale	5 oz	5 lb	20 lb
	Cherries,Dried	1/4 cup	1 qt	1 gal
	Onions,Red,Sliced Thin	1/4 cup	1 qt	1 gal
	Sunflower Seeds	2 tbsp	2 cup	2 qt

- 1 Prepare dressing by combining vinegar, oil, Dijon mustard, sugar, salt, and pepper.
- 2 Prepare salad by combining kale, dried cherries, onion, and sunflower seeds. Toss salad with dressing just before serving.

Serving Temp: Below 41 degrees  
Serving Utensil: Tongs  
Serving Pan: 2" Full Pan  
Serving Size: 1-1/2 Cups of Salad

# Marinated Portobello Sandwich

Category: Entrees:Meatless  
Master Ref:

Portion: 1 each

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
439 kcal	55.8 gm	18.3 gm	17.8 gm	35.1 %	18 mg	663 mg	3.6 gm	308 mg

Step	Ingredients	50 Servings Amount	75 Servings Amount	200 Servings Amount
1	Mushrooms,Portobello	10 lb	15 lb	40 lb
2	Oil,50/50CanolaOliveOil,GEM	2 cup	3 cup	1/2 gal
	Basil,Leaf,Whole,Dried	1 tbsp	1-1/2 tbsp	1/4 cup
	Oregano Leaves,Dried,Durkee	1 tbsp	1-1/2 tbsp	1/4 cup
	Garlic Cloves,Fresh,Peeled,Chopped	6 tbsp	9 tbsp	1-1/2 cup
4	Cheese,Mozzarella,Sliced	50 each	75 each	200 each
	Cheese,Feta,Crumbled	1-1/2 lb	2-1/8 lb	5-3/4 lb
5	Bun,MediumSandwichSplitTop,Costanzo's	50 each	75 each	200 each
	Peppers,Roasted, Red	14 oz	1-1/3 lb	56 oz

- 1 Wash mushrooms and remove stems.
- 2 Mix ingredients listed in step 2. Place mushrooms in mixture and marinade for 2 - 4 hours.
- 3 Bake in a 2" insert at 350 degrees for 6 - 8 minutes, turning once during cooking.
- 4 Place one slice of mozzarella cheese and about 1/2 ounces of feta cheese on each mushroom cap. Bake until cheese has melted.
- 5 Place mushroom cap on bun and top with roasted red bell pepper strips.

Have white and wheat buns available.

Serving Pan: 2" Insert  
Serving Utensil: Spatula  
Serving Temp: 165 degrees  
Serving Size: 1 Sandwich

# Portobello Mushroom Parmesan

Category: Entrees:Meatless  
 Master Ref:

Portion: 1 each

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
100 kcal	10.0 gm	7.6 gm	3.9 gm	33.5 %	9 mg	326 mg	2.0 gm	143 mg

Step	Ingredients	25 Servings Amount	50 Servings Amount	100 Servings Amount
1	Mushrooms,Portobello	25 each	50 each	100 each
2	Sauce,ItalianMarinara,DeiFratelli	3-1/8 lb	6-1/4 lb	12-1/2 lb
	Cheese,Mozzarella,Sliced	25 each	50 each	100 each

- 1 Remove stems from mushrooms. Grill or bake until heated through.
- 2 Add 2 oz. hot spaghetti sauce to mushroom and top with 1 slice of mozzarella cheese. Place in oven or hotbox to melt cheese.

Serving Pan: 2 " Insert  
 Serving Utensil: Spatula  
 Serving Temp: 165 degrees  
 Serving Size: 1 Mushroom

# Roasted Cauliflower, Squash & Spinach, Fresh

Category: Side Dishes:Vegetable  
Master Ref:

Portion: 1/2 cup

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
50 kcal	7.1 gm	1.5 gm	2.4 gm	38.6 %	0 mg	21 mg	2.0 gm	34 mg

Step	Ingredients	25 Servings Amount	100 Servings Amount	200 Servings Amount
1	Cauliflower,Fresh	2 head	8 head	16 head
2	Onions,Red,diced	1 cup	1 qt	2 qt
	Squash,Butternut,Fresh,Cubed	2-1/4 lb	9 lb	18 lb
	Oil,50/50CanolaOliveOil,GEM	1/4 cup	1 cup	2 cup
3	Spinach,Fresh,Bunch	8 oz	2 lb	4 lb

- 1 Wash cauliflower. Core and cut into bit-size pieces.
- 2 Toss cauliflower, onion, and squash with oil. Arrange in single layer on baking sheet sprayed with Vegalene. Roast on center rack at 400 degrees for 30 minutes or until tender.
- 3 Add baby spinach to large bowl; add hot cauliflower-squash mixture. Toss to wilt spinach.

Serving Size: 1/2 cup  
Serving Utensil: 3 oz. Spoodle  
Serving Pan: 2" Insert  
Serving Temp: 165 degrees

# Sauteed Kale, Fresh

Category: Side Dishes:Vegetable  
Master Ref:

Portion: 1/2 cup

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
41 kcal	5.2 gm	2.4 gm	1.9 gm	36.4 %	0 mg	22 mg	2.1 gm	85 mg

Step	Ingredients	10 Servings Amount	120 Servings Amount	240 Servings Amount
1	Oil,50/50CanolaOliveOil,GEM	1 tbsp	12 tbsp	1-1/2 cup
2	Garlic Cloves,Fresh,Peeled,Chopped	2 tsp	8 tbsp	1 cup
	Kale,Shredded	1-1/4 lb	15 lb	30 lb
3	Pepper,Red,Ground	1/4 tsp	1 tbsp	2 tbsp
4	Vinegar,Red Wine	2 tsp	8 tbsp	1 cup

- 1 Add oil to a warm saute pan on medium heat.
- 2 Add garlic and kale and saute for 3-5 minutes, stirring often. If pan gets dry add a bit of water.
- 3 Add red pepper flakes and keep stirring greens for another 2 minutes until well wilted and bright green in color. Do not overcook.
- 4 Add red wine vinegar and keep cooking for about 10 seconds more.

Make in batches. Only holds for about 30 minutes before turning olive green.

Serving Utensil: Tongs  
Serving Pan: 2" 1/2 Pan  
Serving Size: 1/2 Cup  
Serving Temp: 165 degrees

# Winter Squash

Category: Side Dishes:Vegetable  
 Master Ref:

Portion: 4 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
78 kcal	20.0 gm	2.0 gm	0.1 gm	1.2 %	0 mg	42 mg	1.5 gm	33 mg

Step	Ingredients	15 Servings Amount	90 Servings Amount	180 Servings Amount
1	Squash,Butternut,Frozen	3-3/4 lb	22-1/2 lb	45 lb
2	Pepper,Black,Ground,Durkee	1/8 tsp	3/4 tsp	1-1/2 tsp
	Salt	1/4 tsp	1-1/2 tsp	1 tbs
	Sugar,Brown,Light	1/4 cup	1-1/2 cup	3 cup

- 1 Steam squash 6-8 minutes or until tender.
- 2 Puree squash and add salt, pepper, and brown sugar. Serve butter and smart balance on the side.

Place in 2" half pan.

Serving Pan: 2" 1/2 Pan  
 Serving Utensil: 4 oz Spoodle  
 Serving Temp: 165 Degrees