

# Sautéed Summer Squash

Vegetable/Fruit

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Zucchini	9 lbs 12 oz				<ol style="list-style-type: none"> <li>1. Thoroughly wash and dry all produce. Trim ends from squash.</li> <li>2. Cut vegetables into ¼” coins.</li> <li>3. Heat oil in steam jacketed kettle or tilt kettle over medium high heat.</li> <li>4. Add ground pepper to oil and stir.</li> <li>5. Add vegetables to oil and sauté over medium heat for 2 minutes, stirring constantly.</li> <li>6. Reduce heat to medium low, cover steam jacketed kettle and steam for 3 minutes. Do not overcook vegetables as they will continue to cook on the steam table.</li> <li>7. Portion ½ cup squash per serving.</li> </ol> <p style="color: red;">CCP: Hold at or above 135°F before and during service.</p>
Summer squash	12 lbs 8 oz				
Vegetable oil		2 cups			
Ground black <i>OR</i> white pepper		2 tsp			

Serving Size	1 Serving Provides	Yield
½ cup	½ c of vegetables.	

## Nutrients Per Serving

Calories	52	Vitamin A	1000 IU	Iron	0.33 mg
Protein	0.51 g	Vitamin C	11.6 mg	Calcium	16.2 mg
Carbohydrate	1.21 g	Fiber	0.9 g	Cholesterol	0 mg
Fat	4.7 g	% Fat	81 %	Sodium	3 mg
Saturated Fat	0.7 g	% Saturated Fat	12 %		

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