

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"> 1. Thoroughly wash and dry all produce. Trim ends from squash. 2. Cut vegetables into ¼” coins. 3. Heat oil in steam jacketed kettle or tilt kettle over medium high heat. 4. Add ground pepper to oil and stir. 5. Add vegetables to oil and sauté over medium heat for 2 minutes, stirring constantly. 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. 7. Portion ½ cup squash per serving. <p>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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