

LOUISIANA STYLE SMOTHERED SQUASH

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	8 g	1 g	3 g	7 mg	241 mg	25 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 BUTTER  
 SQUASH,FRESH,SUMMER  
 WATER,BOILING  
 SUGAR,GRANULATED  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

1-3/8 lbs  
 6 oz  
 6 oz  
 12 oz  
 24 lbs  
 1 lbs  
 7 oz  
 1-7/8 oz  
 1/8 oz

**Measure**

1 qts  
 1-1/8 cup  
 1-3/8 cup  
 1-1/2 cup  
  
 2 cup  
 1 cup  
 3 tbsp  
 1/3 tsp

**Issue**

1-5/8 lbs  
 7-1/3 oz  
 8-1/4 oz  
  
 25-1/4 lbs

**Method**

- 1 Saute onions, peppers and celery in butter or margarine until tender. Set aside for use in Step 3.
- 2 Add squash to water; cook, covered, in steam-jacketed kettle or stock pot about 5 minutes or until just tender.
- 3 Add sugar, salt and pepper to squash. Add sauteed vegetables; mix lightly.
- 4 Cook, covered, about 5 minutes, or until just heated through, stirring occasionally. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 Prepare in batches of 25 as needed. Do not peel squash.