

SQUASH AND CARROT MEDLEY (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
42 cal	9 g	2 g	0 g	0 mg	132 mg	38 mg

Ingredient

CARROTS,FRESH,SLICED
 SQUASH,FRESH,SUMMER
 SQUASH,ZUCCHINI,FRESH,JULIENNE
 COOKING SPRAY,NONSTICK
 GARLIC POWDER
 SALT
 BASIL,DRIED,CRUSHED
 PEPPER,BLACK,GROUND
 ONIONS,FRESH,CHOPPED

Weight

8 lbs
 13-1/2 lbs
 13-1/2 lbs
 3/4 oz
 1-5/8 oz
 1 oz
 7/8 oz
 1/4 oz
 13-1/2 oz

Measure

1 gal 3-1/8 qts
 3 gal 1-5/8 qts
 1 tbsp
 1/4 cup 1-2/3 tbsp
 1 tbsp
 1/4 cup 1-2/3 tbsp
 1 tbsp
 2-3/8 cup

Issue

9-3/4 lbs
 14-1/4 lbs
 14-1/4 lbs
 15 oz

Method

- 1 Wash and trim fresh vegetables.
- 2 Lightly spray steam-jacketed kettle with non-stick spray; add carrots; stir-fry carrots 5 minutes.
- 3 Add yellow squash, zucchini, garlic, salt, basil, and pepper; stir well; cover; cook 5 minutes; uncover; stir-cook 3 to 4 minutes or until squash is tender-crisp. Do not overcook.
- 4 Transfer to serving pans; garnish with green onions. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.