

**SQUASH, SUMMER (FRESH)**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
33 cal	7 g	2 g	0 g	0 mg	73 mg	33 mg

**Ingredient**

WATER  
SALT  
SQUASH,FRESH,SUMMER,SLICED

**Weight**

1-5/8 lbs  
5/8 oz  
36 lbs

**Measure**

3 cup  
1 tbsp  
9 gal 1/8 qts

**Issue**

37-7/8 lbs

**Method**

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add squash; bring water back to a boil. Cover; cook squash 10 to 20 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place squash in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.