

**SQUASH AND CARROT MEDLEY (FROZEN)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
40 cal	8 g	2 g	0 g	0 mg	140 mg	40 mg

**Ingredient**

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

**Weight**

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

**Measure**

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

**Issue**

15 oz

**Method**

- 1 Lightly spray steam-jacketed kettle with non-stick spray; add carrots; cook 10 minutes.
- 2 Add zucchini, garlic, salt, basil, and pepper; stir well; cover; cook 5 minutes. Do not overcook. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 3 Transfer to serving pans; garnish with green onions.